

## A TASTE FOR DISCOVERY

Using the freshest ingredients, passion + creativity, we invite you to discover quality hand-cut steak, handmade burgers + signature dishes cooked in our unique KOPA charcoal oven. There's a world of flavours waiting for you to explore. Welcome to Bar + Block.



**Look for the KOPA symbol**  
We use smouldering charcoal in our unique ovens to create full flavour + great taste across our menu

## START WITH A HANDCRAFTED COCKTAIL

See drinks menu for full range

### **NEW** Dragon Fruit + Papaya Mojito

Bacardi Carta Blanca Rum, dragon fruit + papaya syrup with lime juice + fresh mint. Topped with soda. (1.9 units)

### **NEW** Tutti Fru-tini

El Jimador Tequila Blanco, pineapple + orange juice with passion fruit + raspberry syrups. Finished with a dragon fruitwheel (1.9 units)

### **NEW** Hugo Spritz

JJ London Dry Gin, elderflower syrup, prosecco + soda water (2.0 units)

## SMALL PLATES

Perfect for sharing or as a starter before your main course. 4 for 22 or 3 for 17.

### Chef Recommends

#### Steak Churrasco<sup>^</sup>

Chimichurri sliced rump steak, Pico de Gallo salsa (328kcal) **8.25**

#### Garlic + Chilli King Prawns\*\*<sup>^</sup>

Sourdough bloomer (556kcal) **8.25**

### **NEW** Italian Spicy Sausage + Mozzarella Arancini

Tomato salsa, Grana Padano, rocket (371kcal) **7.75**

#### Padron Peppers (v) <sup>^</sup> (38kcal) **6.75**

### **NEW** Gem Caesar Salad

Boiled egg, avocado, mixed tomatoes, croutons, Grana Padano (315kcal) **6.75**

#### Charcoal Roasted Mini Chorizo <sup>^</sup>

Sourdough bloomer (642kcal) **7.75**

### Chef Recommends

#### BBQ Sticky Chicken Wings<sup>^</sup> <sup>^</sup> (351kcal) **7.75**

#### Salt + Pepper Squid<sup>-^</sup>

Truffle mayo (455kcal) **8.00**

### **NEW** Creamy Mixed Mushrooms

Sourdough bloomer, Grana Padano, rocket (674kcal) **6.75**

#### Chicken + Red Pepper Skewers <sup>^</sup>

Pico de Gallo salsa (234kcal) **7.75**

#### Asian Crispy Beef (532kcal) **8.25**

### **NEW** Pulled Beef Rarebit Crumpet<sup>^</sup>

(678kcal) **8.25**

#### Hand-Cut Halloumi Fries (v) (423kcal) **7.00**

## HAND CUT STEAKS

We are passionate about sourcing carefully selected British + Irish steaks. Matured for 30 days for the best flavour + texture, served with samphire, your choice of house salad (134kcal) or beef dripping triple-cooked chips (400kcal).

## 1 CHOOSE YOUR CUT

### Chef Recommends

#### Fillet 12oz\*/8oz\*

The most lean + tender of all the steaks  
Recommended medium rare (909/741kcal) **40.50 / 32.50**

#### Ribeye 14oz\*/10oz\*

Marbling gives a soft texture + rich flavour  
Recommended medium (1,101/903kcal) **38.00 / 31.00**

#### Sirloin 12oz\*/8oz\*

Succulent + tender with delicate flavour  
Recommended medium (929/755kcal) **34.00 / 27.00**

#### Rump 12oz\*/8oz\*

A prime cut, full of flavour + firm texture  
Recommended medium rare (883/725kcal) **28.50 / 22.50**

#### + ADD Garlic King Prawns\*\* <sup>^</sup> (+186kcal) **+7.50**

## 2 ADD SAUCE +2.50 each

### **NEW** Block Béarnaise (+77kcal)

Peppercorn Sauce (+34kcal)

### Chef Recommends

#### Signature Block Steak Sauce (ve) (+67kcal)

#### Diane Sauce<sup>^</sup> (+103kcal)

Chimichurri<sup>^</sup> (ve) (+134kcal)

### **NEW** Crumbled Blue Cheese (v) (+102kcal)

## + WANT A LARGER STEAK?

We can hand cut your steak to any size, just ask.

Price per additional 2 Oz\* from 4.50

## ENHANCE YOUR MEAL + ADD A SIDE.

See below

## SPECIALITY CUTS

Signature cuts from the butcher's block created by our chefs.

### Chef Recommends

#### 16oz\* Chateaubriand for Two

A prized cut from the end of the fillet, lean + tender with sublime flavour. With asparagus, buttered garlic mushrooms, beef dripping triple-cooked chunky chips, beer-battered onion rings<sup>^</sup>, samphire, peppercorn sauce  
Recommended medium rare (1,024kcal serves 2) **70.00**

#### Spiral Cut 14oz\* Ribeye, marinated in chimichurri<sup>^</sup>

Marinated for 24 hours. With beef dripping triple-cooked chunky chips, chimichurri<sup>^</sup>, samphire.  
Recommended medium (1,681kcal) **40.50**

#### Spiral Cut 10oz\* Fillet, marinated in garlic + parsley

Marinated for 24 hours. With beef dripping triple-cooked chunky chips, chimichurri<sup>^</sup>, samphire.  
Recommended medium rare (966kcal) **39.00**

## BAR + BLOCK STEAK SHARING EXPERIENCE

Enjoy two speciality cuts or a Chateaubriand + Vina Edmara Pinot Noir for **90.00**

## SIGNATURE BLOCKS

### Chef Recommends

#### The Block Steak Sampler

4oz\* fillet, 4oz\* sirloin, 4oz\* rump, beer-battered onion rings<sup>^</sup>, beef dripping triple-cooked chunky chips, samphire + choice of steak sauce. Each cut is cooked to perfection (1,128kcal without steak sauce) **36.00**

### **NEW** Ultimate Surf + Turf\*\*

12oz\* chimichurri<sup>^</sup> sirloin, garlic king prawns, truffle + Grana Padano skin-on chips + choice of side: creamed spinach, garlic flat mushrooms, blue cheese flat mushrooms, grilled asparagus + béarnaise (2,042kcal) **37.50**

#### Butcher's Block Grill <sup>^</sup>

Slow-cooked Angus beef rib finished over charcoal, chimichurri<sup>^</sup> rump steak, charcoal roasted mini chorizo, chicken + red pepper skewers, skin-on chips, signature block sauce (1,347kcal) **29.50**

#### The Fish Block\*\*<sup>-^</sup> <sup>^</sup>

Grilled sea bass fillet, charcoal-cooked pollock, charcoal-cooked garlic king prawns, salt + pepper squid, skin-on chips, truffle mayo, rocket, samphire (1,122kcal) **24.00**

## + MORE delicious mains on reverse

+ **UPGRADE** your skin-on chips on any main:

+ Beef dripping triple-cooked chunky chips (+400kcal) **+0.50**

+ Loaded Skin-On Chips (v) (+415kcal) **+1.50**

+ **NEW** Hasselback potatoes (+556kcal) **+0.50**

+ **NEW** Crispy beef dripping mash<sup>^</sup> (+624kcal) **+1.50**

+ House salad (+134kcal)

## SIDES

### Beef Dripping Triple-Cooked Chunky Chips (400kcal) **5.25**

#### Skin-on Chips (ve) (315kcal) **4.75**

### Chef Recommends

#### Loaded Skin-On Chips (v)

Mixed spice seasoning, cheese sauce, Pico De Gallo salsa (415kcal) **6.25**

### **NEW** Crispy Beef Dripping Mash<sup>^</sup>

Jug of gravy (624kcal) **6.00**

### **NEW** Hasselback Potatoes

Garlic butter, Grana Padano (556kcal) **4.75**

#### Beer-Battered Onion Rings<sup>^</sup> (v)

(436kcal) **5.25**

### Chef Recommends

#### Truffle-Flavoured Mac + Cheese (v) (471kcal) **5.25**

### **NEW** Blue Cheese Flat Mushrooms (v) (332kcal) **5.25**

#### Garlic Flat Mushrooms (v) (369kcal) **5.00**

#### Grilled Asparagus + Block Béarnaise (110kcal) **5.25**

### **NEW** Creamed Spinach (v) (362kcal) **4.75**

#### House Salad (ve) (134kcal) **4.75**

#### Mixed Tomato + Cucumber Salad (ve) (149kcal) **6.50**

# GRILLS

## Chef Recommends

### Chargrilled Sea Bass Fillets\*\*

Mediterranean vegetables, roasted potatoes, harissa red pepper sauce (520kcal) **22.25**

### Chicken Souvlaki 🍴

Marinated chicken, red pepper + onion skewer, feta salad, flatbread, tzatziki (968kcal) **22.00**

### Charcoal Roasted Mixed Vegetables (ve) 🍴

Red peppers, flat mushroom, asparagus, tomato, crispy potatoes, corn ribs, chimichurri\*, harissa red pepper sauce (770kcal) **14.00**

### + UPGRADE Mixed Veg or Salads:

+ 4oz\* Sirloin (+175kcal) **+6.00**

# SALAD

## NEW Gem Caesar Salad

Boiled egg, avocado, mixed tomatoes, croutons, Grana Padano (631kcal) **13.50**

### Bar + Block House Salad (ve)

Sweetcorn, avocado, mixed tomatoes, red onion, cucumber, lettuce, French dressing (257kcal) **13.00**

+ Sea Bass Fillet\*\* (+126kcal) **+4.00**

+ Chicken Breast (+156kcal) **+5.00**

# BURGERS

We hand-grind our beef burgers on-site every day. Served in a brioche-style bun with skin-on chips. Swap your bun for house salad (-138kcal).

### Short Rib Brisket

Slow-cooked Angus beef rib, crispy onions, signature block mayo, chimichurri\* (1,235kcal) **21.00**

## NEW Blue Cheese + Bacon

6oz\* beef patty, blue cheese, balsamic onion confit\*, oak-smoked streaky bacon, rocket, gherkin + burger sauce (1,391kcal) **19.00**

## Chef Recommends

### The Mighty Block

6oz\* beef patty, pulled beef, mature Cheddar cheese sauce, crispy onions, gherkin, burger sauce (1,420kcal) **20.00**

### Red Pepper + Harissa Chicken 🍴

Marinated chicken breast, feta, fried red onions, rocket (941kcal) **19.00**

### Beef, Mushroom + Truffle

6oz\* beef patty, grilled flat mushroom, truffle mayo, crispy onions (1,291kcal) **18.50**

Go veggie, swap your patty for halloumi (v) (1,182kcal)

### Plant-Based Cheeseburger (ve)

GARDEN GOURMET® Sensational™ patty, Violife slice, burger sauce (986kcal) **17.00**

### + UPGRADE any burger:

+ 6oz\* beef burger patty (+461kcal) **+3.00**

+ Cheese slice (v) (+83kcal) **+1.00**

+ Dry-cured oak-smoked streaky bacon (+63kcal) **+1.00**

+ THIS™ Isn't bacon (ve) (+115kcal) **+1.00**

# DESSERTS

## Burnt Basque Cheesecake (v)

Fruit berry mix (384kcal) **8.50**

## NEW Cinnamon Bun (v)

Dulce de leche sauce, chocolate shavings, vanilla ice cream (571kcal) **8.50**

## Warm Cinnamon Churros (v)

Hot chocolate dulce de leche sauce (587kcal) **8.25**

## Lemon + Raspberry Semifreddo (ve) (470kcal) 8.25

## NEW Raspberry + Strawberry Eton Mess (v)

(444kcal) **8.25**

## Sticky Toffee Pudding (v)

Vanilla ice cream (600kcal) **7.50**

## NEW Chocolate Fondant (v)

Chocolate sauce, chocolate shavings, vanilla ice cream, strawberry (692kcal) **8.50**

## Chef Recommends

## Belgian Chocolate Cookie Dough (v) 🍴

Vanilla ice cream, caramelised biscuit crumb (768kcal) **8.50**

## Churros Dulce De Leche Sundae (v) (790kcal) 8.50

## Ultimate Chocolate Brownie (v)

Vanilla ice cream, dulce de leche sauce (479kcal) **7.0**

## NEW Lemon Tart (v)

Vanilla ice cream, strawberry, raspberries (563kcal) **8.25**

## NO ROOM FOR DESSERT? ENJOY A COCKTAIL

### NEW Cherry Amaretto Sour

Disaronno Amaretto shaken with lemon juice, sugar syrup + vegan foamer (1.4 units)

### NEW Tennessee Mule

Jack Daniel's Tennessee Honey, lime juice topped with Fever-Tree ginger ale (2.0 units)

### NEW S'Mores Martini

Absolut® Vanilla Vodka, Tia Maria, Baileys Irish Cream + s'mores syrup (1.9 units)

# HOT DRINKS

Latte (97kcal) **3.20**

Cappuccino (93kcal) **3.20**

Flat white (57kcal) **3.20**

Americano (6kcal or 50kcal with 95ml milk) **3.00**

Espresso (4kcal) **2.50**

Double Espresso (6kcal) **2.80**

PG Tips Tea (Ask for varieties) **2.50**

Hot Chocolate (222kcal) **3.30**

+ Add cream (+232kcal) **+0.20**

NEW S'Mores Hot Chocolate (248kcal) **3.75**

### Add Sugar Free Syrup

Vanilla (2kcal), Salted Caramel (3kcal), Hazelnut (2kcal) **0.60**

Irish Coffee (1 unit) **5.50**

Baileys Latte (0.4 units) **5.50**

# ROASTS

## SERVED SUNDAYS 12-6PM

With a Yorkie, beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens, gravy

### Roast Sirloin of Beef

30-day-aged Aberdeen Angus sirloin, cooked medium (1,260kcal) **18.50**

### 16oz\* Chateaubriand Roast Sharer

Served with two portions of all the trimmings, truffle-flavoured mac + cheese

Single (1,544kcal) Sharer (3,088kcal) Serves 2 **65.00**

### Roast Chicken Breast

Lightly seasoned chicken, pig in blanket (1,299kcal) **17.50**

# KIDS' ROASTS

### Roast Chicken Breast

Yorkie, beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens, gravy (656kcal) **7.00**

### Roast Beef

30-day-aged Aberdeen Angus sirloin, Yorkie, beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens, gravy (749kcal) **7.00**

# SIDES

Pigs in Blankets (280kcal) **4.75**

Truffle-Flavoured Cauliflower Cheese (v)

(315kcal) **4.75**

Want more? See our sides overleaf

# WHAT'S ON THE BLOCK?

**£10.00 LUNCH + EARLY DINNER**  
SERVED 11.30AM- 5PM MON-FRI

**BRUNCH £30.00**

2 hours + 4 drinks + 3 small plates

**FROM 12PM-7PM (SUN-FRI) + 12PM-5PM SAT**

**UNLIMITED BREAKFAST**

from £10.99. EVERY MORNING



Scan the QR code to see our NGCI menu

Adults need around 2,000kcal a day be [drinkaware.co.uk](http://drinkaware.co.uk)



/barandblock

barandblock.co.uk

We've teamed up with Pennies, the digital charity box, to help support our partner GOSH Charity. Just press 'yes' when you pay by card to donate 25p. Every penny you give goes to charity: 95% to Great Ormond Street Hospital Children's Charity (registered charity no. 1160024) and 5% to Pennies (registered charity no. 1122489).



Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, so please ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however some product variation may occur. Ingredients are occasionally substituted or changed which may affect the calorie information. "v" = suitable for vegetarians. "ve" = suitable for vegans and vegetarians. Our vegan and vegetarian dishes are made to a vegan or vegetarian recipe but we cannot guarantee that they are suitable if you have a food allergy. Please refer to our allergen information if you have a specific requirement. \*Approximate weight uncooked. \*\*May contain bones or shell pieces. -Contains tentacles and rings. \*May contain small traces of alcohol. \*May contain fruit stones. Fish, meat and poultry dishes may contain bones. Dishes do not list every ingredient, so please ask for more information. Enjoy our complimentary beef-seasoned popcorn (117kcal) while browsing through the menu. All prices include VAT. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Terms and conditions: Management reserves the right to withdraw/change offers (without notice), at any time. Please see drinks menu for further information. Alcohol served to over-18s only. Proof of age may be required. We remind all our guests to drink responsibly. For more information on responsible drinking visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk).