

## 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.

## SMALL PLATES

Perfect for sharing or as starter before your main course.

4 FOR 22.00 OR 3 FOR 17.00

## TAPAS INSPIRED BY SPAIN

<b>Steak Churrasco^</b> Chimichurri sliced rump steak, Pico De Gallo salsa (274kcal)	8.00
<b>King Prawns Gambas Pil Pil**</b> 🔥 Garlic + chilli prawns, olive oil, sourdough bloomer (399kcal)	8.00
<b>Jamon Croquettes^</b> Bravas sauce (324kcal)	6.75
<b>Padron Peppers (ve)</b> 🔥 (38kcal)	6.50
<b>Patatas Bravas^ (v)</b> Lemon aioli (815kcal)	7.75
<b>Pan Con Tomate (ve)</b> Sourdough bloomer, tomato, garlic (223kcal)	6.50
<b>Mini Chorizo</b> 🔥 Sourdough bloomer (779kcal)	7.75
<b>Salt + Pepper Squid~^</b> Lemon aioli (515kcal)	8.00
<b>Chicken + Red Pepper Skewers</b> 🔥 Pico De Gallo salsa (227kcal)	7.75
<b>Mixed Tomato + Cucumber Salad (v)</b> (149kcal)	6.50
<b>Mac + Cheese Bites (v)</b> (413kcal)	6.75
<b>Asian Crispy Beef</b> (533kcal)	8.00
<b>Hand-Cut Halloumi Fries (v)</b> (423kcal)	6.75
<b>BBQ Sticky Chicken Wings^</b> 🔥 (351kcal)	7.75

Adults need around 2,000kcal a day



### Look out for the KOPA symbol

Charcoal oven cooking creates full flavour + great taste. We use smouldering charcoal to keep our cuts juicy. The purest form of cooking for the ultimate flavour, the Bar + Block experience.

## 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 (144kcal) or beef dripping triple-cooked chips (400kcal).

We can hand-cut your steak to any size. Just ask!

### 1 CHOOSE YOUR CUT

<b>Fillet 12oz*/8oz*</b> The most lean + tender of all the steaks (509/341kcal) Recommended medium rare	39.00 / 31.00
<b>Ribeye 14oz*/10oz*</b> Marbling gives a soft texture + rich flavour (701/503kcal) Recommended medium	36.50 / 29.50
<b>Sirloin 12oz*/8oz*</b> Succulent + tender with delicate flavour (529/355kcal) Recommended medium	32.50 / 25.50
<b>Rump 12oz*/8oz*</b> A prime cut, full of flavour + firm texture (483/325kcal) Recommended medium rare	27.00 / 21.00
<b>Add Garlic King Prawns**</b> 🔥 (+187kcal)	+6.00

### 2 ADD SAUCE

<b>Bravas Sauce^ (ve)</b> (+41kcal)	+2.00	<b>Signature Block Steak Sauce (ve)</b> (+72kcal)	+2.00
<b>Pico De Gallo Salsa (v)</b> (+34kcal)	+2.00	<b>Peppercorn Sauce</b> (+39kcal)	+2.00
<b>Chimichurri^ (ve)</b> (+120kcal)	+2.00	<b>Diane Sauce^</b> (+81kcal)	+2.00

### 3 ADD SIDES

<b>Patatas Bravas^ (v)</b> (815kcal)	7.75	<b>Grilled Asparagus (v)</b> (36kcal)	4.75
<b>Mixed Tomato + Cucumber Salad (v)</b> (149kcal)	6.50	<b>Beer-Battered Onion Rings^ (v)</b> (436kcal)	4.75
<b>Skin-on Chips (ve)</b> (316kcal)	4.25	<b>Truffle-Flavoured Mac + Cheese (v)</b> (536kcal)	4.75
<b>Coal-Cooked Mini Garlic Potatoes (v)</b> 🔥 (143kcal)	4.25	<b>Garlic Mushrooms (v)</b> (119kcal)	4.25
<b>Baked Potato (v)</b> 🔥 (363kcal)	4.75	<b>Loaded Skin-on Chips (v)</b> (416kcal)	5.75
<b>House Salad (ve)</b> (144kcal)	4.25		

Upgrade your skin-on chips on any main:

<b>Beef Dripping Triple-Cooked Chunky Chips</b> (400kcal)	+0.50
<b>Loaded Skin-On Chips (v)</b> (416kcal)	+1.50

## SPECIALITY CUTS

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

<b>16oz* Chateaubriand For Two</b> 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^, samphire, peppercorn sauce (2,836kcal serves 2) Recommended medium rare	65.00
<b>Bar + Block Steak Sampler</b> 4oz* fillet + 4oz* sirloin + 4oz* rump. With beer-battered onion rings^, beef dripping triple-cooked chunky chips, samphire, your choice of steak sauce (1,128kcal without steak sauce) Each cut is cooked to perfection	32.00
<b>Spiral Cut Angus Steak</b> Marinated for 24 hours. With beef dripping triple-cooked chunky chips, chimichurri^, samphire <b>Choose from:</b> 14oz* Ribeye, marinated in chimichurri^ (1,622kcal) Recommended medium	39.00
10oz* Fillet, marinated in garlic + parsley (953kcal) Recommended medium rare	37.50

## GRILLS

<b>Chicken Souvlaki</b> 🔥 Marinated chicken, red pepper + onion skewer, feta salad, stonebaked flatbread, tzatziki (966kcal)	22.00
<b>Chargrilled Sea Bass Fillets**</b> Mediterranean vegetables, roasted potatoes, harissa red pepper sauce (522kcal)	22.00
<b>Chimichurri Mixed Vegetables (ve)</b> 🔥 Red peppers, flat mushroom, asparagus, tomato, crispy potatoes, corn on the cob, chimichurri^, harissa red pepper sauce (730kcal)	14.00
<b>Bar + Block House Salad (ve)</b> Sweetcorn, avocado, mixed tomatoes, red onion, cucumber, cos lettuce, French dressing (220kcal)	13.00
<b>Upgrade the above two dishes:</b> + 4oz* Sirloin (+175kcal) + Sea Bass Fillet** (+127kcal) + Chicken Breast (+155kcal)	+6.00 +5.00 +4.00

## SIGNATURE BLOCKS

<b>Duo of Beef</b> 🔥 Slow-cooked Angus beef rib finished over charcoal, 30-day matured 4oz* sirloin, truffle + porcini butter, skin-on chips, samphire (981kcal)	27.00
<b>Butcher’s Block Grill</b> 🔥 Slow-cooked Angus beef rib finished over charcoal, chimichurri^ sliced rump steak, mini chorizo, a marinated chicken skewer, skin-on chips, signature block sauce (1,420kcal)	29.00
<b>Butcher’s Bangers Block</b> 🔥 British mini beef + mustard chubbies, pork, Cheddar + smoked bacon swirls, mini chorizo, premium pork sausage, skin-on chips, apple chimichurri^, bacon relish, signature block sauce (1,545kcal)	18.00
<b>The Fish Block**~</b> 🔥 Grilled sea bass fillet, pollock, charcoal-cooked garlic king prawns, salt + pepper squid, skin-on chips, lemon aioli^, rocket, samphire (1,184kcal)	24.00

# BURGERS

We hand-grind + prepare our beef burgers on-site every day. Our burgers come in a brioche-style bun with skin-on chips. Swap your bun for our house salad (-27kcal).

**Mighty Block Burger** **19.50**  
6oz\* beef patty, pulled beef, mature Cheddar cheese sauce, crispy onions, gherkin, burger sauce (1,326kcal)

**Short Rib Brisket Burger** **20.50**  
Slow-cooked Angus beef rib, crispy onions, signature block mayo, chimichurri^ (1,129kcal)

**Beef, Mushroom + Truffle Burger** **18.50**  
6oz\* beef patty, grilled flat mushroom, truffle mayo, truffle + porcini butter, crispy onions (1,246kcal)  
Go veggie, swap your patty for halloumi (v) (-109kcal)

**Red Pepper + Harissa Chicken Burger** 🍷 **18.50**  
Marinated chicken breast, feta, roasted red onions, rocket (847kcal)

**Cheeseburger** **16.50**  
6oz\* beef patty, cheese, burger sauce (1,174kcal)

**Plant-Based Cheeseburger (ve)** **16.50**  
GARDEN GOURMET® Sensational™ patty, Violife slice, burger sauce (888kcal)

**Upgrade:**  
+ 6oz\* Beef Burger Patty (+461kcal)  
+ Cheddar Cheese Slice (v) (+83kcal)  
+ Dry-Cured Oak-Smoked Streaky Bacon (+63kcal)  
+ THIS™ Isn’t Bacon (ve) (+57kcal)  
**+3.00**  
**+1.00**  
**+1.00**  
**+1.00**

# SIDES

**Beef Dripping Triple-Cooked Chunky Chips** (400kcal) **4.75**

**Skin-On Chips (ve)** (316kcal) **4.25**

**Beer-Battered Onion Rings^** (v) (436kcal) **4.75**

**Truffle-Flavoured Mac + Cheese (v)** (536kcal) **4.75**

**House Salad (ve)** (144kcal) **4.25**

**Coal-Cooked Mini Garlic Potatoes (v)** 🍷 (143kcal) **4.25**

**Grilled Asparagus (v)** (36kcal) **4.75**

**Garlic Mushrooms (v)** (119kcal) **4.25**

**Loaded Skin-On Chips (v)** **5.75**  
Mixed spice seasoning, cheese sauce, Pico De Gallo salsa (416kcal)

**Baked Potato (v)** 🍷 (363kcal) **4.75**

Adults need around 2,000kcal a day      be **drinkaware**.co.uk

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 dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. \*Approximate weight uncooked. \*\*May contain bones or shell pieces. ~Contains tentacles and rings. ~May contain small traces of alcohol. ~May contain fruit stones/stone fragments. Fish, meat and poultry dishes may contain bones. Dishes do not list every ingredient, 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:®Two for one cocktails are valid on two of the same cocktail every day. 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).

# DESSERTS

**Burnt Basque Cheesecake°** (v) **8.00**  
Peach + raspberry compote (358kcal)

**Warm Cinnamon Churros (v)** **7.75**  
Hot chocolate dulce de leche sauce (695kcal)

**Peach Melba Eton Mess°** (v) (387kcal) **6.75**

**Lemon + Raspberry Semifreddo (ve)** (428kcal) **7.75**

**Sticky Toffee Pudding (v)** **7.00**  
Vanilla ice cream (594kcal)

**Belgian Chocolate Cookie Dough (v)** 🍷 **8.00**  
Vanilla ice cream, speculoos crumb (772kcal)

**Churro Dulce De Leche Sundae (v)** (844kcal) **8.00**

**Tiramisu^** (451kcal) **6.50**

**Triple Chocolate Brownie (v)** **7.00**  
Vanilla ice cream, dulce de leche sauce (620kcal)

**Mini Triple Chocolate Brownie + Hot Drink (v)** **6.25**  
Your choice of hot drink (261kcal without hot drink)

# HOT DRINKS

**Latte** (97kcal) **3.20** **Hot Chocolate** **3.30**  
**Add cream** **+0.20**  
(222kcal or 232kcal with cream)

**Cappuccino** (93kcal) **3.20**

**Flat White** (57kcal) **3.20** **Add Sugar Free syrup** **0.60**  
Vanilla (2kcal), Salted Caramel (3kcal), Hazelnut (2kcal)

**Americano** **3.00**

(6kcal or 50kcal with 95ml milk)

**Espresso** (4kcal) **2.50**

**Double Espresso** (6kcal) **2.80**

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

**Irish Coffee** (1.0 units) **5.50**

**Baileys Latte** (0.4 units) **5.50**

## LOVE OUR BLOCK STEAK SAUCE?

Expertly created by our chefs to complement your steak. **Enjoy a bottle at home for only 3.00**



Scan the QR code to see our NGCI menu

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).

# WHAT’S ON THE BLOCK?

## SUNDAY ROAST AVAILABLE FROM 12-6PM

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

# ROASTS

**Roast Sirloin of Beef** **18.50**  
30-day-aged Aberdeen Angus sirloin, cooked medium (1,265kcal)

**Roast Chicken Breast** **17.50**  
Lightly seasoned chicken (1,304kcal)

**Slow Cooked Rib of Beef** **28.00**  
Slow-cooked Angus beef rib (1,838kcal)

**16oz\* Chateaubriand Roast Sharer** **65.00**  
Served with two portions of all the trimmings, truffle-flavoured mac + cheese (3,163kcal serves 2)

# SUNDAY SIDES

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

**Truffle-Flavoured Cauliflower Cheese (v)** (306kcal) **4.75**

# KIDS’ ROASTS

**Chicken Breast** **7.00**  
Yorkie, beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens, gravy (661kcal)

**Roast Beef** **7.00**  
30-day-aged Aberdeen Angus sirloin, Yorkie, beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens, gravy (754kcal)

Ask your server for more information or book a table online today

## STEAK SHARING EXPERIENCE

Enjoy two speciality cuts or a Chateaubriand + a bottle of Jim Barry ‘Cover Drive’ Cabernet Sauvignon for **90.00**

## 2 FOR 1<sup>s</sup> COCKTAILS

Shaken + stirred, hand-crafted cocktails available all day, every day

/barandblock      barandblock.co.uk