

# NON-GLUTEN-CONTAINING INGREDIENTS MENU

The dishes on this menu are made with ingredients which do not intentionally contain gluten. However, we handle gluten containing ingredients in our kitchens so we cannot guarantee they are 100% gluten-free. **Please ensure you make your server aware when ordering from this menu.**

## 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)	8.25
<b>King Prawns Gambas Pil Pil** ♣</b> Garlic + chilli prawns, olive oil, non-gluten-containing bloomer (362kcal)	8.25
<b>Padron Peppers (ve) ♣</b> (38kcal)	6.75
<b>Patatas Bravas^ (v)</b> Lemon aioli (815kcal)	7.75
<b>Mini Chorizo ♣</b> Non-gluten-containing bloomer (741kcal)	7.75
<b>Chicken + Red Pepper Skewers ♣</b> Pico De Gallo salsa (227kcal)	7.75
<b>Mixed Tomato + Cucumber Salad (v)</b> (112kcal)	6.50

Asian Crispy Beef (533kcal) 8.25

## GRILLS

<b>Chicken Souvlaki ♣</b> Marinated chicken, red pepper + onion skewer, feta salad, tzatziki (559kcal)	21.00
<b>Chargrilled Sea Bass Fillets**</b> Mediterranean vegetables, roasted potatoes, harissa red pepper sauce (522kcal)	21.25
<b>Chimichurri Mixed Vegetables (ve) ♣</b> Red peppers, flat mushroom, asparagus, tomato, crispy potatoes, corn on the cob, chimichurri^, harrisa red pepper sauce (730kcal)	13.50
<b>Bar + Block House Salad (ve)</b> Sweetcorn, avocado, mixed tomatoes, red onion, cucumber, cos lettuce, French dressing (220kcal)	12.50
<b>Upgrade the above 2 dishes:</b>	
+ 4oz* Sirloin (+175kcal)	+6.00
+ Sea Bass Fillet** (+127kcal)	+5.00
+ Chicken Breast (+155kcal)	+4.00

## BURGERS

We hand-grind + prepare our beef burgers on-site every day. Our burgers come in a non-gluten-containing brioche bun with lettuce, tomato, fried red onion + skin-on chips on the side, unless stated otherwise. Swap your bun for our house salad (-17kcal).

<b>Cheeseburger</b> 6oz* beef patty, cheese, burger sauce (1,081kcal)	15.50
+ 6oz* Beef Burger Patty (+461kcal)	+3.00
+ Dry-Cured Oak-Smoked Streaky Bacon (+63kcal)	+1.00
<b>Red Pepper + Harissa Chicken Burger ♣</b> Marinated chicken breast, feta, roasted red onions, rocket (825kcal)	18.00

Adults need around 2,000kcal a day

## HAND-CUT STEAKS

Matured for 30 days for the best flavour + texture, all served with samphire, your choice of house salad (144kcal) or beef dripping triple-cooked chips (400kcal). We are passionate about sourcing + serving up carefully selected steaks reared from British + Irish Angus breeds. **We can hand-cut your steak to any size. Just ask and we will do the rest.**

### 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)	+6.50

### 2 ADD SAUCE

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

## SPECIALITY CUTS

<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
<b>Bar + Block Steak Sampler</b> 4oz* fillet + 4oz* sirloin + 4oz* rump. With beef dripping triple-cooked chunky chips, samphire, your choice of steak sauce (910kcal without steak sauce) Each cut is cooked to perfection	34.50

SIDES

Skin-On Chips (ve) (316kcal)	4.25
Beef Dripping Triple-Cooked Chunky Chips (400kcal)	4.75
Baked Potato (v) 🌱 (363kcal)	4.75
Garlic Mushrooms (v) (119kcal)	4.50
House Salad (ve) (144kcal)	4.25
Loaded Skin-On Chips (v) Mixed spice seasoning, cheese sauce, Pico De Gallo salsa (416kcal)	5.75
Grilled Asparagus (v) (36kcal)	4.75

DESSERTS

Peach Melba Eton Mess° (v) (387kcal)	7.00
Fruit Salad (ve) (106kcal)	4.50
Affogato (v) Vanilla ice cream, shot of espresso (109kcal) Vegan option available (ve) (129kcal)	4.50

KIDS’ MENU

ONLY  
£8

3-COURSE  
MEAL

STARTERS

Veggie Sticks + Dip (v) Cucumber, carrots, red pepper sticks, tzatziki (31kcal)	🍏 1
Corn On The Cob (ve) (72kcal)	🍏 1


MAINS

Chicken Breast + Skin-On Chips (236kcal)
4oz* Rump Steak + Skin-On Chips (318kcal)
Beef Burger + Skin-On Chips Non-gluten-containing burger bun (565kcal)
Chicken Burger + Skin-On Chips Non-gluten-containing burger bun (490kcal)

CHOOSE 2 SIDES

Mini Corn On The Cobs (ve) (48kcal)	🍏 1
Baked Beans (ve) (41kcal)	🍏 1
Peas (ve) (47kcal)	🍏 1
Veggie Sticks (ve) (17kcal)	🍏 1
House Salad (ve) (72kcal)	🍏 1

DESSERTS

<b>Fruit Salad (ve)</b> (53kcal)	 2
<b>Ice Cream (v)</b> Toffee sauce (154kcal)	
<b>Eton Mess Sundae° (v)</b> (131kcal)	

JOIN US FOR A SUNDAY ROAST  
AVAILABLE FROM 12-6PM

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

ROASTS

Roast Sirloin of Beef 16.50 30-day-aged Aberdeen Angus sirloin, cooked medium (1,145kcal)	Slow Cooked Rib of Beef 26.00 Slow-cooked Angus beef rib (1,717kcal)	Roast Chicken Breast 15.50 Lightly seasoned chicken (1,045kcal)
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Adults need around 2,000kcal a day. Children between the age of 5 - 10 need around 1,800kcal a day.

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. †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. 🍷 1 of your 5 a day. 🍷 2 of your 5 a day. 1 of your 5 a day is a minimum of 40g of fruit or vegetables, or 150ml pure juice. All the dishes on the kids’ menu meet our children’s nutrition criteria. Calorie information on an average serving for each dish is provided to help you make an informed choice. Children between 5-10 years old need around 1,800 calories a day, this will vary by age and some children will need less, and some will need more.