

# 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 100% gluten-free. Please ensure you make your server aware when ordering from this menu.

## STARTERS

### ◆ Canadian King Scallops\*\* 7.5

Cooked over charcoal with plenty of garlic butter, served in a scallop shell (253kcal)

### Butter Chicken Wings 7

Charcoal-cooked wings tossed in a traditional butter sauce and fresh coriander (589kcal)

### Asian Crispy Beef 6.5

Tossed in hoisin, cucumber, spring onions, chilli and coriander (596kcal)

## MAINS

### ◆ Chicken Souvlaki 19.5

Marinated chicken skewered with red pepper and onions. Served with a tomato, red onion, cucumber and feta salad, and our fresh tzatziki (564kcal)

### Classic Cheeseburger 14.5

Our homemade 6oz\* beef patty topped with a cheese slice and burger sauce. Served in a non-gluten containing brioche bun with lettuce, tomato, fried red onion and a side of fries (1,018kcal). If you'd like your burger without the bun, let us know and we will swap it for our house salad (-52kcal)

+ 6oz\* Beef Burger Patty 3.00 (461kcal)

+ Two Dry-Cured Oak-Smoked Steak Bacon 1.00 (63kcal)

### ◆ Red Pepper + Harissa Chicken Burger 16.5

Marinated chicken breast with feta, roasted red onions and fresh rocket. Served in a non-gluten containing brioche bun and a side of fries (770kcal)

### ◆ Chimichurri Mixed Vegetables (ve) 13

Charcoal-cooked red peppers, sliced flat mushroom, Tenderstem® broccoli and grilled tomato, with mini crispy potatoes and charred corn. Finished with a drizzle of our homemade chimichurri and a side of harissa and red pepper sauce (737kcal)

### Bar + Block House Salad (ve) 11.5

Our house salad of sweetcorn, freshly sliced avocado, cherry tomatoes, red onion and cucumber, tossed with crisp cos lettuce and drizzled with French dressing (229kcal)

+ 4oz\* Sirloin 4.00 (175kcal)

+ Chicken Breast 5.00 (155kcal)

## HAND CUT + SPECIALITY STEAKS

Matured for 30 days for the best flavour and texture, all served with samphire and your choice of House Salad (115kcal) or Beef Dripping Triple-Cooked Chunky Chips (400kcal)

### Fillet 12oz\*/8oz\* 37.5 / 29.5

The most lean and tender of all the steaks (509/341kcal)  
Recommended medium rare

### Ribeye 14oz\*/10oz\* 35 / 28

Marbling gives this great steak a soft texture and rich flavour (701/503kcal) Recommended medium

### Sirloin 12oz\*/8oz\* 31 / 24

Succulent and tender with delicate flavour (529/355kcal)  
Recommended medium

### Rump 12oz\*/8oz\* 25.5 / 19.5

A prime cut from the rump heart, full of flavour with a firm texture (460/309kcal) Recommended medium rare

### 10oz\* Spiral Cut Angus Fillet 36

Spiral cut by our trained chefs, marinated for 24 hours in garlic and parsley for extra tenderness and flavour. Served with beef dripping triple-cooked chunky chips, our homemade chimichurri and samphire (1,068kcal) Recommended medium rare

### 14oz\* Spiral Cut Angus Ribeye 37.5

Spiral cut by our trained chefs, marinated for 24 hours in chimichurri for extra tenderness and flavour. Served with beef dripping triple-cooked chunky chips, our homemade chimichurri and samphire (1,475kcal)  
Recommended medium

### Steak Sampler 30.5

Discover three steaks: 4oz\* fillet, 4oz\* rump and 4oz\* sirloin. Served with beef dripping triple-cooked chunky chips, samphire and your choice of steak sauce (902kcal without steak sauce) Recommended medium rare

### ◆ Short Rib\* 27

Slow-cooked Angus beef rib, finished over charcoal and glazed with its cooking juices. Served with our homemade chimichurri and coal-cooked mini garlic potatoes (1,250kcal)

## SURF YOUR TURF

Upgrade any steak with...

+ Add Garlic King Prawns\*\* (152kcal) 6

+ Add Garlic Canadian Scallops\*\* (128kcal) 6

+ Or add both\*\* (280kcal) 10

## ADD YOUR SAUCE

Chimichurri (ve) (187kcal) 2

Mushroom + Red Wine\* (16kcal) 2

## SIDES

**Beef Dripping Triple-Cooked Chunky Chips** 4.5

(400kcal)

**Fries (ve)** (256kcal) 4

◆ **Baked Potato (v)** (227kcal) 4

**Garlic Mushrooms (v)** (119kcal) 4

**Garlic Spinach (ve)** (43kcal) 4

**House Salad (ve)** (115kcal) 3.5

## DESSERTS

**Eton Mess Sundae<sup>®</sup> (v)** 6.5

Meringue layered with vanilla ice cream, mixed berries and whipped cream (394kcal)

◆ **Caramelised Banoffee Cheesecake (v)** 7.5

Vanilla cheesecake topped with caramelised banana from our Kopa oven and drizzled with caramel sauce (600kcal)

**Affogato (v)** 4.5

Vanilla ice cream served with a freshly ground shot of espresso to pour over (106kcal)

Vegan option available (ve) (117kcal)

## KIDS

### STARTERS

**Veggie Sticks + Dips (v)**

A mix of cucumber, carrots and red pepper sticks served with fresh tzatziki (34kcal)

### MAINS

**Chicken Breast**

Grilled chicken breast served with fries (187kcal)

**Steak + Frites**

Mini chargrilled 4oz\* rump steak, served with fries (262kcal)

### PICK TWO YUMMY SIDES

**Mini Corn On The Cobs (ve)** (48kcal) **Veggie Sticks (ve)** (16kcal)

**Baked Beans (ve)** (41kcal)

**House Salad (ve)** (115kcal)

**Peas (ve)** (47kcal)

### DESSERTS

**Fruit Salad (ve)**

A mix of pineapple, oranges, red apple, green apple, strawberries and red grapes (53kcal)

**Ice Cream (v)**

Two scoops of vanilla ice cream drizzled with chocolate toffee sauce (153kcal)

### PART OF OUR 3 COURSE CHILDREN'S MEAL DEAL

# SUNDAY ROAST MENU

12 - 6 ON SUNDAY

Our Sunday dishes are served with beef dripping roasties, honey-glazed parsnips, roasted carrots, mixed greens and rich red wine gravy<sup>^</sup>

**Roast Beef Sirloin** 14.5

30-day-aged Aberdeen Angus sirloin. Melt-in-your-mouth tenderness, cooked medium (1,023kcal)

**Roast Chicken** 14.5

Lightly seasoned half chicken, tender and succulent with crispy, golden skin (1,248kcal)

**Roast Lamb Rump** 15

Succulent British and Irish lamb rump, roasted pink to perfection (1,083kcal)

◆ Cooked over charcoal for a unique, smoky flavour

Adults need around 2,000 kcal a day, Children between the age of 5 - 10 need around 1,800 kcals 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, 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.

Terms and conditions: Sunday Roast is available on Sunday 12pm - 6pm, subject to exclusions. \*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 small traces of alcohol. \*\*Fish, meat and poultry dishes may contain bones. \*May contain fruit stones. 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. ® - Reg. Trademark used in agreement with the Trademark owner. This menu is available for a limited time only and is subject to availability. We may occasionally sell out of some of the more popular dishes. If we do, we'll do our very best to offer you the nearest alternative. Prices are inclusive of VAT.