



Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

KEY FOR ALLERGY INFORMATION GUIDE



Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans

Tapas / Small Plates

ASIAN CRISPY BEEF

Contains: Sesame, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2232 kJ / 533 kcal	34.3 g	3.3 g	19.2 g	15.2 g	35.9 g	0.76 g

BBQ STICKY CHICKEN WINGS

Contains: Cereals containing Gluten (Barley), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1483 kJ / 351 kcal	18.9 g	6.2 g	10.1 g	6.3 g	34.9 g	1.94 g

BEEF POPCORN

Contains: No major allergens

May Contain: Peanut, Sesame, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 117 kcal	8.8 g	2.2 g	6.8 g	0.1 g	1.6 g	0.40 g

CHICKEN & RED PEPPER SKEWERS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	960 kJ / 227 kcal	5.6 g	1.1 g	8.5 g	7.2 g	34.8 g	1.49 g

HAND-CUT HALLOUMI FRIES -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1769 kJ / 423 kcal	34.1 g	11.8 g	9.6 g	1.2 g	19.4 g	2.30 g

JAMON CROQUETTES

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: Mustard, Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1348 kJ / 323 kcal	17.0 g	3.5 g	40.8 g	5.2 g	1.8 g	1.27 g

KING PRAWNS GAMBAS PIL PIL

Contains: Cereals containing Gluten (Rye, Wheat), Crustaceans, Milk

May Contain: Other Cereals containing (Barley, Oats), Sesame, Tree Nuts (Hazelnut, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1638 kJ / 394 kcal	22.3 g	7.1 g	24.0 g	1.4 g	23.2 g	1.73 g

MAC & CHEESE BITES -

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1728 kJ / 413 kcal	21.6 g	6.3 g	41.0 g	1.4 g	13.3 g	1.13 g

MINI CHORIZO

Contains: Cereals containing Gluten (Rye, Wheat)

May Contain: Other Cereals containing (Barley, Oats), Milk, Sesame, Tree Nuts (Hazelnut, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3073 kJ / 739 kcal	51.9 g	7.8 g	30.6 g	1.1 g	36.6 g	3.59 g

MIXED TOMATO & CUCUMBER SALAD - V**Contains: Cereals containing Gluten (Barley)****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 160 kcal	10.8 g	1.5 g	12.7 g	11.5 g	2.0 g	1.02 g

PADRON PEPPERS - V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	158 kJ / 38 kcal	2.1 g	0.4 g	4.8 g	1.7 g	1.1 g	2.06 g

PAN CON TOMATES - VE V**Contains: Cereals containing Gluten (Rye, Wheat)****May Contain: Other Cereals containing (Barley, Oats), Milk, Sesame, Tree Nuts (Hazelnut, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	854 kJ / 202 kcal	3.1 g	0.5 g	35.9 g	3.0 g	6.6 g	0.85 g

PATATAS BRAVAS - V**Contains: Egg, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3389 kJ / 814 kcal	40.7 g	3.2 g	95.6 g	8.1 g	10.8 g	1.12 g

SALT & PEPPER SQUID**Contains: Cereals containing Gluten (Wheat), Egg, Molluscs, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2132 kJ / 514 kcal	40.5 g	3.1 g	23.8 g	1.6 g	13.6 g	3.71 g

STEAK CHURRASCO**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1117 kJ / 268 kcal	17.0 g	4.1 g	4.1 g	1.9 g	26.0 g	0.41 g

Mains - Hand-Cut Steaks

RUMP 8OZ WITHOUT SIDES OR SAUCE**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1367 kJ / 325 kcal	13.2 g	6.1 g	4.5 g	0.4 g	50.8 g	2.45 g

FILLET 12OZ WITHOUT SIDES OR SAUCE**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2125 kJ / 509 kcal	24.8 g	12.0 g	1.7 g	0.8 g	69.3 g	3.73 g

FILLET 8OZ WITHOUT SIDES OR SAUCE**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1427 kJ / 341 kcal	16.6 g	8.0 g	1.4 g	0.6 g	46.3 g	2.56 g

RIBEYE 10OZ WITHOUT SIDES OR SAUCE**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2105 kJ / 503 kcal	27.2 g	13.0 g	3.3 g	2.4 g	61.4 g	3.19 g

RIBEYE 14OZ WITHOUT SIDES OR SAUCE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2933 kJ / 701 kcal	38.0 g	18.1 g	4.2 g	3.4 g	85.7 g	4.38 g

RUMP 12OZ WITHOUT SIDES OR SAUCE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2035 kJ / 483 kcal	19.8 g	9.2 g	6.3 g	0.6 g	75.9 g	3.56 g

SIRLOIN 12OZ WITHOUT SIDES OR SAUCE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2220 kJ / 529 kcal	23.3 g	10.9 g	6.5 g	1.5 g	78.9 g	3.72 g

SIRLOIN 8OZ WITHOUT SIDES OR SAUCE*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1490 kJ / 355 kcal	15.6 g	7.3 g	4.6 g	1.0 g	52.8 g	2.56 g

Steak Sauces

ADD BRAVAS SAUCE - *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	163 kJ / 39 kcal	1.4 g	0.1 g	6.2 g	3.5 g	0.8 g	0.54 g

ADD CHIMICHURRI - *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	455 kJ / 110 kcal	11.6 g	0.9 g	0.8 g	0.2 g	0.4 g	0.23 g

ADD DIANE SAUCE*Contains: Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	337 kJ / 81 kcal	6.4 g	3.5 g	3.3 g	1.7 g	2.1 g	0.67 g

ADD PEPPERCORN SAUCE*Contains: Celery, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	164 kJ / 39 kcal	1.4 g	0.6 g	5.0 g	1.6 g	1.5 g	0.84 g

ADD PICO DE GALLO SALSA - *Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	140 kJ / 34 kcal	2.6 g	0.4 g	1.8 g	1.6 g	0.4 g	0.15 g

ADD SIGNATURE BLOCK STEAK SAUCE - *Contains: Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	307 kJ / 72 kcal	0.0 g	0.0 g	17.1 g	6.9 g	0.5 g	0.97 g

Steak Sides

BAKED POTATO -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1520 kJ / 363 kcal	3.6 g	2.7 g	68.4 g	4.5 g	10.5 g	0.10 g

BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

BEER-BATTERED ONION RINGS -

Contains: Cereals containing Gluten (Barley, Wheat)

May Contain: Other Cereals containing (Oats, Rye)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

COAL-COOKED MINI GARLIC POTATOES -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	597 kJ / 143 kcal	1.4 g	0.8 g	24.2 g	3.8 g	5.9 g	0.20 g

GARLIC MUSHROOMS -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 119 kcal	11.0 g	6.8 g	1.2 g	0.5 g	2.9 g	2.20 g

GRILLED ASPARAGUS -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	149 kJ / 36 kcal	2.5 g	0.3 g	1.2 g	1.2 g	1.9 g	1.00 g

HOUSE SALAD -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

MEXICAN LOADED CHIPS -

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 416 kcal	21.1 g	2.2 g	47.5 g	4.4 g	6.3 g	2.35 g

MIXED TOMATO & CUCUMBER SALAD -

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	665 kJ / 160 kcal	10.8 g	1.5 g	12.7 g	11.5 g	2.0 g	1.02 g

PATATAS BRAVAS -

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3389 kJ / 814 kcal	40.7 g	3.2 g	95.6 g	8.1 g	10.8 g	1.12 g

SKIN-ON CHIPS - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

TRUFFLE-FLAVOURED MAC & CHEESE - V*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1933 kJ / 464 kcal	30.3 g	14.2 g	30.0 g	3.5 g	17.1 g	1.25 g

Mains - Speciality Steak Cuts

10OZ FILLET WITHOUT CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2266 kJ / 544 kcal	32.5 g	11.0 g	3.3 g	1.1 g	58.8 g	3.38 g

Add Beef Dripping Triple-Cooked Chunky Chips*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

14OZ RIBEYE WITHOUT CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4903 kJ / 1180 kcal	88.4 g	22.2 g	7.6 g	4.1 g	87.2 g	5.35 g

Add Beef Dripping Triple-Cooked Chunky Chips*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

CHATEAUBRIAND SHARER (per portion)*Contains: Cereals containing Gluten (Barley, Wheat), Celery, Milk**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4249 kJ / 1017 kcal	53.6 g	22.3 g	76.6 g	5.6 g	57.1 g	4.56 g

STEAK SAMPLER WITHOUT CHIPS OR SAUCE*Contains: Cereals containing Gluten (Barley, Wheat)**May Contain: Other Cereals containing (Oats, Rye)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3051 kJ / 728 kcal	34.4 g	11.7 g	29.3 g	4.3 g	78.1 g	4.19 g

Add Beef Dripping Triple-Cooked Chunky Chips*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

Mains - Grills

BAR & BLOCK HOUSE SALAD WITHOUT TOPPING - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	942 kJ / 227 kcal	14.5 g	2.3 g	16.9 g	12.2 g	4.6 g	0.72 g

CHARGRILLED SEABASS FILLETS WITH GRILLED VEG AND POTATOES

Contains: Fish, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2192 kJ / 522 kcal	25.5 g	4.1 g	28.1 g	14.9 g	43.1 g	3.63 g

CHICKEN SOUVLAKI WITH FLATBREAD

Contains: Cereals containing Gluten (Wheat), Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4055 kJ / 966 kcal	41.4 g	15.7 g	66.0 g	13.3 g	79.7 g	4.15 g

CHIMICHURRI MIXED VEGETABLES WITHOUT TOPPING - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3028 kJ / 721 kcal	36.7 g	2.8 g	72.6 g	22.1 g	19.0 g	1.29 g

Mains - Signature Blocks

BUTCHERS BANGERS BLOCK WITHOUT FRIES

Contains: Milk, Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5011 kJ / 1206 kcal	90.7 g	25.2 g	32.5 g	19.5 g	65.3 g	6.44 g

BUTCHERS BLOCK GRILL WITHOUT FRIES

Contains: Celery, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4519 kJ / 1084 kcal	71.9 g	21.7 g	22.8 g	9.6 g	87.4 g	6.54 g

DUO OF BEEF WITHOUT FRIES

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2769 kJ / 665 kcal	46.6 g	22.5 g	8.2 g	4.1 g	54.6 g	3.93 g

THE FISH BLOCK WITHOUT FRIES

Contains: Cereals containing Gluten (Wheat), Crustaceans, Egg, Fish, Milk, Molluscs, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3608 kJ / 868 kcal	63.2 g	13.8 g	24.6 g	3.4 g	50.3 g	5.51 g

Add Your Fries

Add Skin-On Chips 200g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Mains - Burgers

MUSHROOM & TRUFFLE BURGER BASE WITHOUT BUN - CHOOSE YOUR BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Barley)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1210 kJ / 292 kcal	26.1 g	6.8 g	9.3 g	2.9 g	3.7 g	1.65 g

Add Skin-On Chips 200g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add 6OZ Burger Patty

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1919 kJ / 461 kcal	29.1 g	12.2 g	0.5 g	0.5 g	47.4 g	0.78 g

Add Grilled Halloumi - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1464 kJ / 352 kcal	27.4 g	17.6 g	0.1 g	0.1 g	24.6 g	2.36 g

Add Vegan Burger Bun - **VE** **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

CHEESEBURGER WITHOUT BUN AND FRIES

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2832 kJ / 681 kcal	47.7 g	17.4 g	7.6 g	5.8 g	53.3 g	2.70 g

Add Skin-On Chips 200g - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add House Salad - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 150 kcal	10.1 g	1.4 g	10.8 g	8.0 g	2.4 g	0.57 g

Add Vegan Burger Bun - **VE** **V**

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

MIGHTY BLOCK BURGER WITHOUT BUN AND FRIES

Contains: Cereals containing Gluten (Wheat), Milk, Mustard

May Contain: Other Cereals containing (Barley)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3473 kJ / 833 kcal	57.7 g	14.9 g	15.8 g	8.9 g	60.9 g	3.08 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add Vegan Burger Bun - **VE** **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

PLANT-BASED CHEESEBURGER WITHOUT BUN & FRIES - **VE** **V***Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1637 kJ / 395 kcal	29.6 g	6.5 g	17.5 g	5.4 g	11.3 g	1.99 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add Vegan Burger Bun - **VE** **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

RED PEPPER + HARISSA CHICKEN BURGER WITHOUT BUN & FRIES*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1487 kJ / 354 kcal	15.3 g	5.9 g	13.5 g	11.8 g	39.3 g	3.13 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - **VE** **V***Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Add Vegan Burger Bun - **VE** **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

SHORT RIB BRISKET BURGER WITHOUT BUN & FRIES*Contains: Cereals containing Gluten (Wheat), Celery, Egg, Milk, Mustard**May Contain: Other Cereals containing (Barley)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2595 kJ / 625 kcal	50.0 g	15.4 g	13.9 g	6.2 g	29.0 g	2.07 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add Vegan Burger Bun - **VE** **V****Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

Sides

BAKED POTATO - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1520 kJ / 363 kcal	3.6 g	2.7 g	68.4 g	4.5 g	10.5 g	0.10 g

BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

BEER-BATTERED ONION RINGS - **V****Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

COAL-COOKED MINI GARLIC POTATOES - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	597 kJ / 143 kcal	1.4 g	0.8 g	24.2 g	3.8 g	5.9 g	0.20 g

GARLIC MUSHROOMS - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 119 kcal	11.0 g	6.8 g	1.2 g	0.5 g	2.9 g	2.20 g

GRILLED ASPARAGUS - **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	149 kJ / 36 kcal	2.5 g	0.3 g	1.2 g	1.2 g	1.9 g	1.00 g

HOUSE SALAD - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

MEXICAN LOADED CHIPS - **V****Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 416 kcal	21.1 g	2.2 g	47.5 g	4.4 g	6.3 g	2.35 g

SKIN-ON CHIPS - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

TRUFFLE-FLAVOURED MAC & CHEESE - V**Contains: Cereals containing Gluten (Wheat), Milk, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1933 kJ / 464 kcal	30.3 g	14.2 g	30.0 g	3.5 g	17.1 g	1.25 g

Desserts

BELGIAN CHOCOLATE COOKIE DOUGH - V**Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Egg, Milk, Soya****May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3234 kJ / 773 kcal	37.7 g	20.7 g	97.8 g	67.5 g	9.0 g	0.86 g

BURNT BASQUE CHEESECAKE - V**Contains: Egg, Milk, Sulphite****May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1511 kJ / 358 kcal	17.4 g	10.2 g	51.1 g	44.6 g	7.4 g	0.28 g

CHURRO DULCE DE LECHE SUNDAE - V**Contains: Cereals containing Gluten (Barley, Wheat), Milk****May Contain: Egg, Mustard, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3526 kJ / 844 kcal	45.9 g	20.5 g	91.4 g	50.0 g	15.0 g	1.24 g

LEMON & RASPBERRY SEMIFREDDO - VE V**Contains: Cereals containing Gluten (Oats), Soya, Sulphite****May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1798 kJ / 428 kcal	19.9 g	12.4 g	61.3 g	42.6 g	1.2 g	0.20 g

MINI BROWNIE WITHOUT HOT DRINK See Drinks information - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

PEACH MELBA ETON MESS - V**Contains: Egg, Milk****May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1623 kJ / 387 kcal	17.6 g	11.1 g	55.4 g	50.7 g	5.8 g	0.22 g

STICKY TOFFEE PUDDING WITH VANILLA DAIRY ICE CREAM - V**Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2487 kJ / 594 kcal	18.6 g	9.1 g	99.8 g	63.3 g	8.8 g	0.80 g

TIRAMISU**Contains: Cereals containing Gluten (Wheat), Egg, Milk****May Contain: Peanut, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1890 kJ / 451 kcal	30.4 g	12.9 g	39.2 g	29.3 g	4.6 g	0.29 g

TRIPLE CHOCOLATE BROWNIE - V**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2604 kJ / 620 kcal	23.6 g	13.6 g	89.4 g	72.4 g	9.2 g	0.32 g

WARM CINNAMON CHURROS - V**Contains:** Cereals containing Gluten (Wheat), Milk, Soya**May Contain:** Egg, Mustard, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2918 kJ / 695 kcal	28.0 g	4.1 g	97.9 g	50.2 g	12.1 g	1.54 g

Sunday Roast Mains

ROAST CHATEAUBRIAND SHARER (per portion)**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	6456 kJ / 1546 kcal	82.1 g	31.0 g	117.9 g	26.9 g	73.9 g	5.08 g

ROAST CHICKEN BREAST**Contains:** Cereals containing Gluten (Wheat), Egg, Milk, Sulphite**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5460 kJ / 1305 kcal	61.8 g	19.7 g	111.7 g	27.8 g	65.1 g	4.34 g

ROAST SIRLOIN OF BEEF**Contains:** Cereals containing Gluten (Wheat), Egg, Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	5291 kJ / 1265 kcal	62.0 g	21.3 g	109.8 g	27.5 g	59.9 g	2.77 g

SLOW COOKED RIB OF BEEF**Contains:** Cereals containing Gluten (Wheat), Celery, Egg, Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	7661 kJ / 1838 kcal	113.3 g	43.8 g	117.1 g	33.8 g	77.0 g	4.92 g

Sunday Menu Sides

PIGS IN BLANKETS**Contains:** Cereals containing Gluten (Wheat), Sulphite**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1170 kJ / 280 kcal	17.4 g	6.2 g	9.0 g	1.0 g	21.6 g	2.20 g

TRUFFLE CAULIFLOWER CHEESE - V**Contains:** Milk**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1269 kJ / 306 kcal	27.1 g	12.4 g	5.1 g	2.2 g	9.7 g	1.00 g

TRUFFLE-FLAVOURED MAC & CHEESE - V**Contains:** Cereals containing Gluten (Wheat), Milk, Mustard**May Contain:** No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1933 kJ / 464 kcal	30.3 g	14.2 g	30.0 g	3.5 g	17.1 g	1.25 g

Kids Sunday Menu Mains

SUNDAY CHICKEN BREAST KIDS

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2766 kJ / 661 kcal	29.4 g	8.5 g	63.0 g	14.2 g	30.5 g	1.75 g

SUNDAY ROAST BEEF KIDS

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3154 kJ / 754 kcal	35.7 g	11.8 g	64.8 g	14.4 g	39.8 g	1.62 g

Lunch - Starters

BBQ STICKY CHICKEN WINGS

Contains: Cereals containing Gluten (Barley), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1483 kJ / 351 kcal	18.9 g	6.2 g	10.1 g	6.3 g	34.9 g	1.94 g

HAND-CUT HALLOUMI FRIES -

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1769 kJ / 423 kcal	34.1 g	11.8 g	9.6 g	1.2 g	19.4 g	2.30 g

MAC & CHEESE BITES -

Contains: Cereals containing Gluten (Wheat), Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1728 kJ / 413 kcal	21.6 g	6.3 g	41.0 g	1.4 g	13.3 g	1.13 g

PADRON PEPPERS -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	158 kJ / 38 kcal	2.1 g	0.4 g	4.8 g	1.7 g	1.1 g	2.06 g

SALT & PEPPER SQUID

Contains: Cereals containing Gluten (Wheat), Egg, Molluscs, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2132 kJ / 514 kcal	40.5 g	3.1 g	23.8 g	1.6 g	13.6 g	3.71 g

Lunch - Mains

MUSHROOM & TRUFFLE BURGER BASE WITHOUT BUN - CHOOSE YOUR BURGER

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Barley)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1210 kJ / 292 kcal	26.1 g	6.8 g	9.3 g	2.9 g	3.7 g	1.65 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add 6OZ Burger Patty*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1919 kJ / 461 kcal	29.1 g	12.2 g	0.5 g	0.5 g	47.4 g	0.78 g

Add Grilled Halloumi - **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1464 kJ / 352 kcal	27.4 g	17.6 g	0.1 g	0.1 g	24.6 g	2.36 g

Add Vegan Burger Bun - **VE** **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

BAR & BLOCK HOUSE SALAD WITHOUT TOPPING - **VE** **V***Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	942 kJ / 227 kcal	14.5 g	2.3 g	16.9 g	12.2 g	4.6 g	0.72 g

BEER BATTERED FISH & CHIPS*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4212 kJ / 1008 kcal	56.0 g	12.5 g	81.3 g	5.6 g	44.7 g	3.14 g

CHARGRILLED SEABASS FILLETS WITH FLATBREAD*Contains: Cereals containing Gluten (Wheat), Fish, Milk, Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1770 kJ / 422 kcal	18.6 g	5.3 g	37.2 g	10.7 g	25.6 g	2.34 g

CLASSIC 6OZ BEEF BURGER WITHOUT BUN & FRIES*Contains: Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2487 kJ / 598 kcal	40.7 g	13.1 g	7.6 g	5.8 g	48.2 g	2.32 g

Add Skin-On Chips 200g - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Add House Salad - **VE** **V***Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 150 kcal	10.1 g	1.4 g	10.8 g	8.0 g	2.4 g	0.57 g

Add Vegan Burger Bun - **VE** **V***Contains: Cereals containing Gluten (Wheat)**May Contain: Sesame*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

EXPRESS 8OZ SIRLOIN WITHOUT FRIES**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1989 kJ / 476 kcal	29.1 g	16.2 g	4.5 g	1.2 g	52.8 g	2.60 g

Add Skin-On Chips 200g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

EXPRESS RUMP STEAK WITHOUT FRIES**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1468 kJ / 352 kcal	22.9 g	13.2 g	3.3 g	0.5 g	35.9 g	1.42 g

Add Skin-On Chips 200g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

OPEN CLUB WITHOUT FRIES**Contains: Cereals containing Gluten (Wheat), Egg, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2699 kJ / 644 kcal	28.4 g	5.7 g	55.6 g	3.8 g	38.5 g	3.06 g

Add Skin-On Chips 200g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - **VE** **V****Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

PLANT-BASED BURGER WITHOUT BUN & FRIES - **VE** **V****Contains: Cereals containing Gluten (Barley, Wheat), Mustard, Soya****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1399 kJ / 338 kcal	25.0 g	2.3 g	13.5 g	5.4 g	11.3 g	1.53 g

Add Skin-On Chips 200g - **VE** **V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Add Vegan Burger Bun - VE V**Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

RED PEPPER + HARISSA CHICKEN BURGER WITHOUT BUN & FRIES**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1487 kJ / 354 kcal	15.3 g	5.9 g	13.5 g	11.8 g	39.3 g	3.13 g

Add Skin-On Chips 200g - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Add Vegan Burger Bun - VE V**Contains: Cereals containing Gluten (Wheat)****May Contain: Sesame**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 177 kcal	2.7 g	1.0 g	31.9 g	4.5 g	5.7 g	0.51 g

STEAK SANDWICH WITHOUT FRIES**Contains: Cereals containing Gluten (Wheat), Egg, Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2178 kJ / 518 kcal	17.9 g	3.7 g	58.6 g	4.7 g	30.7 g	2.30 g

Add Skin-On Chips 200g - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Lunch Sides

BEER-BATTERED ONION RINGS - V**Contains: Cereals containing Gluten (Barley, Wheat)****May Contain: Other Cereals containing (Oats, Rye)**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1823 kJ / 436 kcal	23.3 g	1.9 g	48.8 g	6.6 g	5.9 g	1.03 g

GARLIC MUSHROOMS - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 119 kcal	11.0 g	6.8 g	1.2 g	0.5 g	2.9 g	2.20 g

GRILLED ASPARAGUS - V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	149 kJ / 36 kcal	2.5 g	0.3 g	1.2 g	1.2 g	1.9 g	1.00 g

HOUSE SALAD - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

TRUFFLE-FLAVOURED MAC & CHEESE - V*Contains: Cereals containing Gluten (Wheat), Milk, Mustard**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1933 kJ / 464 kcal	30.3 g	14.2 g	30.0 g	3.5 g	17.1 g	1.25 g

Lunch - Desserts

BELGIAN CHOCOLATE COOKIE DOUGH - V*Contains: Cereals containing Gluten (Barley, Oats, Rye, Wheat), Egg, Milk, Soya**May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3234 kJ / 773 kcal	37.7 g	20.7 g	97.8 g	67.5 g	9.0 g	0.86 g

LEMON & RASPBERRY SEMIFREDDO - VE V*Contains: Cereals containing Gluten (Oats), Soya, Sulphite**May Contain: Other Cereals containing (Wheat), Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1798 kJ / 428 kcal	19.9 g	12.4 g	61.3 g	42.6 g	1.2 g	0.20 g

PEACH MELBA ETON MESS - V*Contains: Egg, Milk**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1623 kJ / 387 kcal	17.6 g	11.1 g	55.4 g	50.7 g	5.8 g	0.22 g

STICKY TOFFEE PUDDING WITH VANILLA DAIRY ICE CREAM - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk**May Contain: Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2487 kJ / 594 kcal	18.6 g	9.1 g	99.8 g	63.3 g	8.8 g	0.80 g

TRIPLE CHOCOLATE BROWNIE - V*Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2604 kJ / 620 kcal	23.6 g	13.6 g	89.4 g	72.4 g	9.2 g	0.32 g

Condiments

Condiments - V

MALT VINEGAR - VE V

Contains: Cereals containing Gluten (Barley)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

MUSTARD per spoon - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	26 kJ / 6 kcal	0.3 g	0.0 g	0.6 g	0.3 g	0.2 g	0.31 g

FRENCH MUSTARD (per spoon) - VE V

Contains: Cereals containing Gluten (Wheat), Mustard

May Contain: Sulphite

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	17 kJ / 4 kcal	0.2 g	0.0 g	0.4 g	0.1 g	0.2 g	0.10 g

HP SAUCE (per sachet) - VE V

Contains: Cereals containing Gluten (Barley, Rye)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	25 kJ / 6 kcal	0.0 g	0.0 g	1.4 g	1.2 g	0.0 g	0.06 g

MAYONNAISE - V

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	108 kJ / 26 kcal	2.6 g	0.2 g	0.7 g	0.3 g	0.1 g	0.17 g

TOMATO KETCHUP - VE V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	22 kJ / 5 kcal	0.1 g	0.0 g	1.0 g	0.6 g	0.1 g	0.16 g

SIGNATURE BBQ SAUCE - VE V

Contains: Cereals containing Gluten (Barley), Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	35 kJ / 8 kcal	0.1 g	0.1 g	1.8 g	1.4 g	0.1 g	0.10 g

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	4.0 g	1.3 g	0.2 g	0.1 g	6.5 g	0.91 g

Add 2 This Isn't Bacon - VE V

Contains: Soya

May Contain: Other Cereals containing (Wheat)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	240 kJ / 57 kcal	2.4 g	0.2 g	2.0 g	0.2 g	6.3 g	0.68 g

Add 3 Prawns to your Steak*Contains: Crustaceans, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	775 kJ / 186 kcal	13.9 g	9.0 g	2.1 g	0.5 g	13.2 g	0.80 g

Add Burger Patty 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1919 kJ / 461 kcal	29.1 g	12.2 g	0.5 g	0.5 g	47.4 g	0.78 g

Add Fillet 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1752 kJ / 419 kcal	20.6 g	10.0 g	0.6 g	0.6 g	57.5 g	0.43 g

Add Fillet 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	350 kJ / 84 kcal	4.1 g	2.0 g	0.1 g	0.1 g	11.5 g	0.09 g

Add Fillet 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 168 kcal	8.3 g	4.0 g	0.3 g	0.3 g	23.0 g	0.17 g

Add Fillet 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1051 kJ / 252 kcal	12.4 g	6.0 g	0.4 g	0.4 g	34.5 g	0.26 g

Add Fillet 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	0 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

Add Grilled Chicken Breast*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Ribeye 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2077 kJ / 496 kcal	27.1 g	12.9 g	2.4 g	2.4 g	60.9 g	0.47 g

Add Ribeye 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	415 kJ / 99 kcal	5.4 g	2.6 g	0.5 g	0.5 g	12.2 g	0.09 g

Add Ribeye 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	5.2 g	0.9 g	0.9 g	24.4 g	0.19 g

Add Ribeye 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1246 kJ / 298 kcal	16.2 g	7.8 g	1.4 g	1.4 g	36.6 g	0.28 g

Add Ribeye 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1662 kJ / 397 kcal	21.6 g	10.4 g	1.9 g	1.9 g	48.7 g	0.38 g

Add Rump 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1677 kJ / 398 kcal	16.4 g	7.7 g	4.5 g	0.5 g	63.0 g	0.28 g

Add Rump 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	335 kJ / 80 kcal	3.3 g	1.5 g	0.9 g	0.1 g	12.6 g	0.06 g

Add Rump 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	671 kJ / 159 kcal	6.6 g	3.1 g	1.8 g	0.2 g	25.2 g	0.11 g

Add Rump 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1006 kJ / 239 kcal	9.9 g	4.6 g	2.7 g	0.3 g	37.8 g	0.17 g

Add Rump 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 319 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.4 g	0.23 g

Add Seabass Fillet*Contains: Fish**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 127 kcal	6.6 g	1.4 g	0.1 g	0.1 g	16.9 g	0.32 g

Add Sirloin 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1831 kJ / 436 kcal	19.4 g	9.1 g	4.7 g	1.2 g	65.6 g	0.42 g

Add Sirloin 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	366 kJ / 87 kcal	3.9 g	1.8 g	0.9 g	0.2 g	13.1 g	0.08 g

Add Sirloin 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	737 kJ / 175 kcal	7.8 g	3.7 g	1.9 g	0.5 g	26.4 g	1.17 g

Add Sirloin 4oz**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	732 kJ / 174 kcal	7.7 g	3.6 g	1.9 g	0.5 g	26.2 g	0.17 g

Add Sirloin 6oz**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1099 kJ / 262 kcal	11.6 g	5.5 g	2.8 g	0.7 g	39.3 g	0.25 g

Add Sirloin 8oz**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 349 kcal	15.5 g	7.3 g	3.7 g	0.9 g	52.4 g	0.34 g

Add Violife slice - **Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	238 kJ / 57 kcal	4.6 g	4.2 g	4.0 g	0.0 g	0.0 g	0.46 g

Add a Cheese Slice - **Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	7.0 g	4.3 g	0.0 g	0.0 g	5.1 g	0.38 g

Kids Starters

KIDS CORN ON THE COB - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	300 kJ / 72 kcal	1.7 g	0.3 g	8.6 g	2.3 g	3.2 g	0.00 g

KIDS GARLIC FLATBREAD - **V**

Contains: Cereals containing Gluten (Wheat), Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	750 kJ / 178 kcal	6.0 g	2.5 g	26.7 g	0.3 g	3.9 g	0.51 g

VEGGIE STICKS & DIP - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	131 kJ / 31 kcal	0.9 g	0.1 g	4.3 g	4.0 g	1.2 g	0.24 g

Kids Mains

KIDS BEEF BURGER + SKIN-ON CHIPS

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2234 kJ / 533 kcal	23.6 g	7.4 g	46.5 g	4.5 g	30.9 g	1.69 g

KIDS CHICKEN BREAST + SKIN-ON CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	995 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.7 g	1.39 g

KIDS CHICKEN BURGER + SKIN-ON CHIPS

Contains: Cereals containing Gluten (Wheat)

May Contain: Sesame

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1605 kJ / 380 kcal	10.3 g	1.6 g	46.3 g	4.5 g	23.6 g	1.86 g

KIDS HAND BATTERED FISH + SKIN-ON CHIPS

Contains: Cereals containing Gluten (Wheat), Egg, Fish, Mustard

May Contain: Other Cereals containing (Barley)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2017 kJ / 483 kcal	29.4 g	2.3 g	32.5 g	2.4 g	20.8 g	1.97 g

KIDS SPAGHETTI BOLOGNESE

Contains: Cereals containing Gluten (Wheat)

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1449 kJ / 343 kcal	5.4 g	1.1 g	57.8 g	6.2 g	14.0 g	0.68 g

KIDS STEAK + SKIN-ON CHIPS

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1387 kJ / 330 kcal	16.2 g	5.4 g	22.4 g	0.6 g	24.5 g	1.00 g

KIDS TEN-VEG TOMATO PASTA -

Contains: Cereals containing Gluten (Wheat), Celery

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1550 kJ / 367 kcal	7.1 g	0.7 g	64.8 g	5.9 g	9.7 g	1.06 g

Kids Sides

Add Baked Beans -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Add House Salad -

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 150 kcal	10.1 g	1.4 g	10.8 g	8.0 g	2.4 g	0.57 g

Add Mini Corn on the Cobs -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Veggie Sticks -

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	0.2 g	0.0 g	2.8 g	2.6 g	0.6 g	0.03 g

Kids Desserts

CHOCOLATE BROWNIE -

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1357 kJ / 323 kcal	12.7 g	7.4 g	45.6 g	35.1 g	5.1 g	0.16 g

ETON MESS SUNDAE KIDS -

Contains: Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	549 kJ / 131 kcal	6.3 g	4.1 g	16.0 g	13.7 g	2.4 g	0.09 g

FRUIT SALAD - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	224 kJ / 53 kcal	0.1 g	0.0 g	11.4 g	11.4 g	0.7 g	0.00 g

PANCAKES WITH FRUIT - **V**

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	784 kJ / 185 kcal	3.3 g	0.4 g	34.0 g	19.1 g	3.9 g	0.31 g

VANILLA DAIRY ICE CREAM - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 154 kcal	5.8 g	3.7 g	21.4 g	16.5 g	4.2 g	0.13 g

Non-Gluten Containing Ingredients Menu Allergy & Nutrition

Starters

ASIAN CRISPY BEEF

Contains: Sesame, Soya

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2232 kJ / 533 kcal	34.3 g	3.3 g	19.2 g	15.2 g	35.9 g	0.76 g

CHICKEN & RED PEPPER SKEWERS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	960 kJ / 227 kcal	5.6 g	1.1 g	8.5 g	7.2 g	34.8 g	1.49 g

KING PRAWN GAMBAS PIL PIL

Contains: Crustaceans, Egg, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1533 kJ / 370 kcal	23.6 g	7.1 g	16.1 g	0.6 g	20.3 g	1.70 g

MINI CHORIZO

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2969 kJ / 715 kcal	53.3 g	7.8 g	22.7 g	0.3 g	33.7 g	3.56 g

MIXED TOMATO & CUCUMBER SALAD - V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	508 kJ / 123 kcal	10.7 g	1.5 g	4.2 g	3.8 g	1.6 g	1.01 g

PADRON PEPPERS - V

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	158 kJ / 38 kcal	2.1 g	0.4 g	4.8 g	1.7 g	1.1 g	2.06 g

PATATAS BRAVAS - V

Contains: Egg, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3389 kJ / 814 kcal	40.7 g	3.2 g	95.6 g	8.1 g	10.8 g	1.12 g

STEAK CHURRASCO

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1117 kJ / 268 kcal	17.0 g	4.1 g	4.1 g	1.9 g	26.0 g	0.41 g

Mains - Grills

BAR & BLOCK HOUSE SALAD WITHOUT TOPPING - VE V

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	942 kJ / 227 kcal	14.5 g	2.3 g	16.9 g	12.2 g	4.6 g	0.72 g

CHARGRILLED SEABASS FILLETS WITH GRILLED VEG AND POTATOES**Contains: Fish, Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2192 kJ / 522 kcal	25.5 g	4.1 g	28.1 g	14.9 g	43.1 g	3.63 g

CHICKEN SOUVLAKI**Contains: Milk, Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2349 kJ / 559 kcal	22.9 g	6.2 g	14.6 g	12.6 g	72.2 g	3.03 g

CHIMICHURRI MIXED VEGETABLES WITHOUT TOPPING - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	3028 kJ / 721 kcal	36.7 g	2.8 g	72.6 g	22.1 g	19.0 g	1.29 g

Mains - Burgers

CLASSIC CHEESEBURGER WITHOUT BUN & CHIPS**Contains: Mustard****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2487 kJ / 598 kcal	40.7 g	13.1 g	7.6 g	5.8 g	48.2 g	2.32 g

RED PEPPER & HARISSA CHICKEN BURGER WITHOUT BUN & FRIES**Contains: Milk****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1435 kJ / 342 kcal	14.4 g	5.8 g	12.7 g	11.2 g	39.1 g	3.13 g

Add your Bun, Chips or Salad**Add Skin-On Chips 200g - VE V****Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Add Non Gluten Containing Ingredient Burger Bun - V**Contains: Egg****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 167 kcal	3.6 g	0.4 g	25.9 g	3.2 g	4.2 g	0.75 g

Add Skin-On Chips 200g - VE V**Contains: No major allergens****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

HOUSE SALAD - VE V**Contains: Mustard, Sulphite****May Contain: No major allergens**

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Mains - Steaks

RUMP 8OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1367 kJ / 325 kcal	13.2 g	6.1 g	4.5 g	0.4 g	50.8 g	2.45 g

10OZ FILLET WITHOUT CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2266 kJ / 544 kcal	32.5 g	11.0 g	3.3 g	1.1 g	58.8 g	3.38 g

14OZ RIBEYE WITHOUT CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4903 kJ / 1180 kcal	88.4 g	22.2 g	7.6 g	4.1 g	87.2 g	5.35 g

FILLET 12OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2125 kJ / 509 kcal	24.8 g	12.0 g	1.7 g	0.8 g	69.3 g	3.73 g

FILLET 8OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1427 kJ / 341 kcal	16.6 g	8.0 g	1.4 g	0.6 g	46.3 g	2.56 g

RIBEYE 10OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2105 kJ / 503 kcal	27.2 g	13.0 g	3.3 g	2.4 g	61.4 g	3.19 g

RIBEYE 14OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2933 kJ / 701 kcal	38.0 g	18.1 g	4.2 g	3.4 g	85.7 g	4.38 g

RUMP 12OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2035 kJ / 483 kcal	19.8 g	9.2 g	6.3 g	0.6 g	75.9 g	3.56 g

SIRLOIN 12OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2220 kJ / 529 kcal	23.3 g	10.9 g	6.5 g	1.5 g	78.9 g	3.72 g

SIRLOIN 8OZ WITHOUT SIDES OR SAUCE

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1490 kJ / 355 kcal	15.6 g	7.3 g	4.6 g	1.0 g	52.8 g	2.56 g

STEAK SAMPLER WITHOUT SAUCE OR CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2139 kJ / 510 kcal	22.8 g	10.8 g	4.9 g	1.0 g	75.1 g	2.67 g

Add your Chips or Salad & Sauce

Add Beef Dripping Triple-Cooked Chunky Chips

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

HOUSE SALAD - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

Sauces

ADD BRAVAS SAUCE - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	163 kJ / 39 kcal	1.4 g	0.1 g	6.2 g	3.5 g	0.8 g	0.54 g

ADD CHIMICHURRI - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	455 kJ / 110 kcal	11.6 g	0.9 g	0.8 g	0.2 g	0.4 g	0.23 g

ADD DIANE SAUCE

Contains: Milk, Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	337 kJ / 81 kcal	6.4 g	3.5 g	3.3 g	1.7 g	2.1 g	0.67 g

ADD PICO DE GALLO SALSA - **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	140 kJ / 34 kcal	2.6 g	0.4 g	1.8 g	1.6 g	0.4 g	0.15 g

ADD SIGNATURE BLOCK STEAK SAUCE - **VE** **V**

Contains: Mustard

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	307 kJ / 72 kcal	0.0 g	0.0 g	17.1 g	6.9 g	0.5 g	0.97 g

Sides

BAKED POTATO - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1520 kJ / 363 kcal	3.6 g	2.7 g	68.4 g	4.5 g	10.5 g	0.10 g

BEEF DRIPPING TRIPLE-COOKED CHUNKY CHIPS*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1675 kJ / 400 kcal	19.7 g	9.5 g	53.0 g	0.3 g	4.6 g	0.20 g

GARLIC MUSHROOMS - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	489 kJ / 119 kcal	11.0 g	6.8 g	1.2 g	0.5 g	2.9 g	2.20 g

GRILLED ASPARAGUS - V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	149 kJ / 36 kcal	2.5 g	0.3 g	1.2 g	1.2 g	1.9 g	1.00 g

HOUSE SALAD - VE V*Contains: Mustard, Sulphite**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	613 kJ / 148 kcal	10.1 g	1.4 g	10.5 g	7.7 g	2.4 g	0.57 g

MEXICAN LOADED CHIPS - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1745 kJ / 416 kcal	21.1 g	2.2 g	47.5 g	4.4 g	6.3 g	2.35 g

SKIN-ON CHIPS - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1329 kJ / 316 kcal	13.9 g	1.0 g	41.2 g	0.8 g	4.4 g	1.68 g

Desserts

AFFOGATO WITH VANILLA DAIRY ICE CREAM - V*Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	457 kJ / 109 kcal	4.2 g	2.5 g	13.9 g	7.5 g	3.3 g	0.06 g

AFFOGATO WITH VEGAN ICE CREAM - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	543 kJ / 129 kcal	4.7 g	3.6 g	19.6 g	8.5 g	1.7 g	0.06 g

FRUIT SALAD - VE V*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	448 kJ / 106 kcal	0.2 g	0.0 g	22.8 g	22.8 g	1.4 g	0.01 g

PEACH MELBA ETON MESS - V*Contains: Egg, Milk**May Contain: Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1623 kJ / 387 kcal	17.6 g	11.1 g	55.4 g	50.7 g	5.8 g	0.22 g

Sunday Roast

ADULTS ROAST BEEF

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4784 kJ / 1145 kcal	58.5 g	20.9 g	94.5 g	26.6 g	53.5 g	2.47 g

ADULTS ROAST CHICKEN

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	4368 kJ / 1044 kcal	49.6 g	16.2 g	91.8 g	26.4 g	47.9 g	2.95 g

SLOW COOKED RIB OF BEEF

Contains: Celery, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	7154 kJ / 1718 kcal	109.8 g	43.4 g	101.8 g	32.9 g	70.7 g	4.62 g

Upgrade

Add 2 Dry-Cured Oak-Smoked Streaky Bacon

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	262 kJ / 63 kcal	4.0 g	1.3 g	0.2 g	0.1 g	6.5 g	0.91 g

Add 3 Prawns to your Steak

Contains: Crustaceans, Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	775 kJ / 186 kcal	13.9 g	9.0 g	2.1 g	0.5 g	13.2 g	0.80 g

Add Burger Patty 6oz

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1919 kJ / 461 kcal	29.1 g	12.2 g	0.5 g	0.5 g	47.4 g	0.78 g

Add Fillet 10oz

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1752 kJ / 419 kcal	20.6 g	10.0 g	0.6 g	0.6 g	57.5 g	0.43 g

Add Fillet 2oz

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	350 kJ / 84 kcal	4.1 g	2.0 g	0.1 g	0.1 g	11.5 g	0.09 g

Add Fillet 4oz

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	701 kJ / 168 kcal	8.3 g	4.0 g	0.3 g	0.3 g	23.0 g	0.17 g

Add Fillet 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1051 kJ / 252 kcal	12.4 g	6.0 g	0.4 g	0.4 g	34.5 g	0.26 g

Add Fillet 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	0 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g

Add Grilled Chicken Breast*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	661 kJ / 156 kcal	2.5 g	0.6 g	0.1 g	0.5 g	32.9 g	1.11 g

Add Ribeye 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2077 kJ / 496 kcal	27.1 g	12.9 g	2.4 g	2.4 g	60.9 g	0.47 g

Add Ribeye 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	415 kJ / 99 kcal	5.4 g	2.6 g	0.5 g	0.5 g	12.2 g	0.09 g

Add Ribeye 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	831 kJ / 199 kcal	10.8 g	5.2 g	0.9 g	0.9 g	24.4 g	0.19 g

Add Ribeye 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1246 kJ / 298 kcal	16.2 g	7.8 g	1.4 g	1.4 g	36.6 g	0.28 g

Add Ribeye 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1662 kJ / 397 kcal	21.6 g	10.4 g	1.9 g	1.9 g	48.7 g	0.38 g

Add Rump 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1677 kJ / 398 kcal	16.4 g	7.7 g	4.5 g	0.5 g	63.0 g	0.28 g

Add Rump 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	335 kJ / 80 kcal	3.3 g	1.5 g	0.9 g	0.1 g	12.6 g	0.06 g

Add Rump 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	671 kJ / 159 kcal	6.6 g	3.1 g	1.8 g	0.2 g	25.2 g	0.11 g

Add Rump 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1006 kJ / 239 kcal	9.9 g	4.6 g	2.7 g	0.3 g	37.8 g	0.17 g

Add Rump 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1341 kJ / 319 kcal	13.1 g	6.1 g	3.6 g	0.4 g	50.4 g	0.23 g

Add Seabass Fillet*Contains: Fish**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	532 kJ / 127 kcal	6.6 g	1.4 g	0.1 g	0.1 g	16.9 g	0.32 g

Add Sirloin 10oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1831 kJ / 436 kcal	19.4 g	9.1 g	4.7 g	1.2 g	65.6 g	0.42 g

Add Sirloin 2oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	366 kJ / 87 kcal	3.9 g	1.8 g	0.9 g	0.2 g	13.1 g	0.08 g

Add Sirloin 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	737 kJ / 175 kcal	7.8 g	3.7 g	1.9 g	0.5 g	26.4 g	1.17 g

Add Sirloin 4oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	732 kJ / 174 kcal	7.7 g	3.6 g	1.9 g	0.5 g	26.2 g	0.17 g

Add Sirloin 6oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1099 kJ / 262 kcal	11.6 g	5.5 g	2.8 g	0.7 g	39.3 g	0.25 g

Add Sirloin 8oz*Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1465 kJ / 349 kcal	15.5 g	7.3 g	3.7 g	0.9 g	52.4 g	0.34 g

Add a Cheese Slice - *Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	345 kJ / 83 kcal	7.0 g	4.3 g	0.0 g	0.0 g	5.1 g	0.38 g

Kids Starters

KIDS CORN ON THE COB - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	300 kJ / 72 kcal	1.7 g	0.3 g	8.6 g	2.3 g	3.2 g	0.00 g

VEGGIE STICKS & DIP - **V**

Contains: Milk

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	131 kJ / 31 kcal	0.9 g	0.1 g	4.3 g	4.0 g	1.2 g	0.24 g

Kids Mains

KIDS BEEF BURGER & SKIN-ON CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2367 kJ / 565 kcal	25.3 g	7.1 g	48.2 g	5.3 g	30.5 g	1.89 g

KIDS CHICKEN BREAST + SKIN-ON CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	995 kJ / 236 kcal	8.2 g	0.8 g	20.7 g	0.7 g	18.7 g	1.39 g

KIDS CHICKEN BURGER & SKIN-ON CHIPS

Contains: Egg

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	2068 kJ / 491 kcal	13.2 g	1.6 g	48.1 g	5.5 g	39.7 g	2.62 g

KIDS RUMP STEAK + SKIN-ON CHIPS

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	1335 kJ / 318 kcal	13.5 g	3.6 g	22.4 g	0.6 g	27.4 g	0.95 g

Kids Sides

Add Baked Beans - **VE** **V**

Contains: No major allergens

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	174 kJ / 41 kcal	0.1 g	0.0 g	6.7 g	2.7 g	2.5 g	0.28 g

Add House Salad - **VE** **V**

Contains: Mustard, Sulphite

May Contain: No major allergens

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	621 kJ / 150 kcal	10.1 g	1.4 g	10.8 g	8.0 g	2.4 g	0.57 g

Add Mini Corn on the Cobs - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	200 kJ / 48 kcal	1.1 g	0.2 g	5.7 g	1.5 g	2.2 g	0.00 g

Add Peas - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	198 kJ / 47 kcal	0.4 g	0.1 g	6.3 g	3.3 g	3.1 g	0.00 g

Add Veggie Sticks - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	70 kJ / 17 kcal	0.2 g	0.0 g	2.8 g	2.6 g	0.6 g	0.03 g

Kids Desserts

ETON MESS SUNDAE KIDS - **V***Contains: Egg, Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	549 kJ / 131 kcal	6.3 g	4.1 g	16.0 g	13.7 g	2.4 g	0.09 g

FRUIT SALAD - **VE** **V***Contains: No major allergens**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	224 kJ / 53 kcal	0.1 g	0.0 g	11.4 g	11.4 g	0.7 g	0.00 g

VANILLA DAIRY ICE CREAM - **V***Contains: Milk**May Contain: No major allergens*

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	648 kJ / 154 kcal	5.8 g	3.7 g	21.4 g	16.5 g	4.2 g	0.13 g

Drinks Menu

Allergy



Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any **"may contains"** information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR BAR + BLOCK STEAKHOUSE ALLERGY INFORMATION GUIDE

Y	The allergen is present
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Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
SPRING SUMMER 2025																		
COCKTAILS																		
(SANGRIA) CLASSICA SANGRIA											Y							
(SANGRIA) BLANCA SANGRIA											Y							
(SANGRIA) ROSA SANGRIA											Y							
(SIGNATURE) THE FLAMENCO																		
(SIGNATURE) THE MATADOR																		
(SIGNATURE) AGUA DE VALENCIA											Y							
(SIGNATURE) TIKI TINI																		
(SIGNATURE) JUNGLE BIRD											Y							
(TWIST) HENDRICK'S BRAMBLE																		
(TWIST) PEACH & RASPBERRY MOJITO																		
(TWIST) PINEAPPLE CHILLI MARGARITA																		
(TWIST) RASPBERRY MARGARITA																		
(CLASSIC) APEROL SPRITZ											Y							
(CLASSIC) PORNSTAR MARTINI											Y							
(CLASSIC) ESPRESSO MARTINI																		
(CLASSIC) FRENCH MARTINI																		
(CLASSIC) COSMOPOLITAN																		
(CLASSIC) MOJITO											Y							
(CLASSIC) LONG ISLAND ICED TEA											Y							
(CLASSIC) TOMMY'S MARGARITA																		
(CLASSIC) NEGRONI											Y							
SHOTS																		
(SHOT-TAILS) BABY GUINNESS							Y											
(SHOT-TAILS) JAM DOUGHNUT							Y											
(SHOT-TAILS) NEAPOLITAN							Y											
TEQUILA ROSE							Y											
EL JIMADOR TEQUILA BLANCO																		
EL JIMADOR TEQUILA REPOSADO																		
ANTICA CLASSIC SAMBUCA																		
ANTICA BLACK SAMBUCA																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
SPIRITS																		
GIN																		
TARQUIN'S BLOOD ORANGE																		
WARNER'S RHUBARB																		
WARNER'S LONDON DRY																		
HENDRICK'S																		
WHITLEY NEILL BLACK CHERRY																		
WHITLEY NEILL RASPBERRY																		
WHITLEY NEILL DISTILLER'S CUT LONDON DRY																		
BOMBAY SAPPHIRE LONDON DRY																		
JJ PINK																		
JJ LONDON DRY																		
VODKA																		
TRASH & TREASURE CITRUS																		
ABSOLUT® PASSION FRUIT																		
ABSOLUT® RASPBERRI																		
ABSOLUT® VANILIA																		
ABSOLUT® ORIGINAL																		
JJ ARTISANAL																		
WHISKEY / WHISKY																		
TALISKER 1 YO																		
JOHNNIE WALKER BLACK LABEL																		
GLENFIDDICH 12 YO																		
JACK DANIEL'S NO.7 BOURBON																		
JOHNNIE WALKER RED LABEL																		
JAMESON IRISH WHISKEY																		

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)
RUM																		
TWIN FIN SPICED																		
TRASH & TREASURE TROPICAL																		
DEAD MAN'S FINGERS SPICED																		
BACARDI											Y							
CAPTAIN MORGAN DARK																		
CAPTAIN MORGAN WHITE																		
LIQUEURS & SPECIALITIES																		
ARCHERS																		
SOUTHERN COMFORT																		
DISARONNO AMARETTO																		
APEROL																		
CAMPARI																		
CHAMBORD RASPBERRY																		
COINTREAU																		
JAGERMEISTER																		
COURVOISIER VS																		
MARTINI ROSSO											Y							
BAILEYS IRISH CREAM							Y											
PIMMS NO.1																		
DE KUYPER TRIPLE SEC																		
DRAMBUIE																		
LOW & NO																		
WARNER'S % SERVES - G% NAKED																		
WARNER'S % SERVES - SKINNY DIP																		

Product Description	Allergens Present																		
	Cereals Containing Gluten																		
	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	
DRAUGHT BEERS & CIDERS																			
PRAVHA			Y																
STELLA ARTOIS			Y																
MADRI EXCEPCIONAL	Y		Y																
BIRRA MORETTI			Y																
ASAHI SUPER DRY			Y																
CAMDEN HELLS LAGER	Y		Y																
CAMDEN PALE ALE	Y		Y																
CORONA			Y																
ASPALL CYDER											Y								
GUINNESS			Y																
HARP			Y																
CARLSBERG			Y																
ROCKSHORE			Y																
SMITHWICK'S			Y																
HOP HOUSE			Y																
CITRA IPA			Y																
GUINNESS			Y																
MAGNERS ORIGINAL											Y								
PACKAGED BEERS & CIDERS - SEE BOTTLE LABEL FOR ALLERGENS																			
MIXERS - SEE PACKAGING LABEL FOR ALLERGENS																			
DRAUGHT SOFTS																			
COCA-COLA ZERO SUGAR																			
DIET COKE																			
COCA-COLA																			
SCHWEPES SLIMLINE LEMONADE																			
SUNPRIDE APPLE JUICE																			
SUNPRIDE MANDARIN JUICE																			
SUNPRIDE CRANBERRY JUICE																			
SUNPRIDE MANDARIN JUICE																			
SUNPRIDE APPLE JUICE																			
SCHWEPES BLACKCURRANT CORDIAL																			
SCHWEPES LIME CORDIL																			
SCHWEPES ORANGE CORDIAL																			
PACKAGED SOFT/KIDS DRINKS - SEE PACKAGING LABEL FOR ALLERGENS																			

Product Description	Allergens Present																	
	Cereals Containing Gluten																	
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HOUSE SODAS																		
LEMON & LIME SHERBET																		
GRAPEFRUIT																		
PEACH & RASPBERRY																		
PASSION FRUIT											Y							
CHERRY & VANILLA											Y							
ICED TEAS																		
PEACH ICED TEA																		
RASPBERRY ICED TEA																		
HOT DRINKS																		
COFFEE / TEA																		
LATTE							Y											
CAPPUCCINO							Y											
FLAT WHITE							Y											
AMERICANO BLACK																		
AMERICANO WHITE							Y											
ESPRESSO																		
DOUBLE ESPRESSO																		
HOT CHOCOLATE							Y											
HOT CHOCOLATE WITH CREAM							Y											
PG TIPS ENGLISH BREAKFAST																		
PG TIPS PEPPERMINT																		
PG TIPS RASPBERRY																		
PG TIPS GREEN TEA																		
PG TIPS EARL GREY																		
PG DECAF																		
ALPRO SOYA DRINK					Y													
SEMI-SKIMMED MILK							Y											
AFTER DINNER DRINKS																		
IRISH COFFEE							Y											
BAILEYS LATTE							Y											
COFFEE SYRUPS																		
SWEETBIRD VANILLA SUGAR FREE SYRUP																		
SWEETBIRD HAZELNUT SUGAR FREE SYRUP																		
SWEETBIRD SALTED CARAMEL SUGAR FREE SYRUP																		

Product Description	Allergens Present																		
	Cereals Containing Gluten																		
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WINES																			
WHITE																			
RIESLING, JIM BARRY 'THE LODGE HILL'							Y				Y								
GAVI DEL COMUNE DI GAVI, SAN SILVESTRO 'FOSSILI'											Y								
SAUVIGNON BLANC, SAINT CLAIR											Y								
VIOGNIER, VIÑA EDMARA							Y				Y								
VERDEJO ORGANIC, MESTA, UCLÉS											Y								
CHARDONNAY UNOAKED, 'FOUNDSTONE', BERTON VINEYARD							Y				Y								
PINOT GRIGIO, NOVITÀ								Y			Y								
SAUVIGNON BLANC, TIERRA ANTICA											Y								
ROSE																			
CÔTES DE PROVENCE, CHÂTEAU DE L'AUMÉRADE, AUMÉRADE STYLE											Y								
TEMPRANILLO ROSÉ ORGANIC, MESTA, UCLÉS											Y								
PINOT GRIGIO BLUSH, NOVITÀ											Y								
ZINFANDEL BLUSH, ZIN HEAVEN											Y								
RED																			
BAROLO, SAN SILVESTRO 'PATRES'											Y								
CABERNET SAUVIGNON, JIM BARRY 'COVER DRIVE'						Y					Y								
ZINFANDEL, MAGGIO 'OLD VINES', LODI											Y								
RIOJA RESERVA, BODEGAS ONDARRE											Y								
CAMENÈRE, UNDURRAGA											Y								
GARNACHA ORGANIC, MESTA, UCLÉS											Y								
PINOT NOIR, VIÑA EDMARA											Y								
SHIRAZ, 'FOUNDSTONE', BERTON VINEYARD											Y								
MALBEC, EL CAMINO											Y								
MERLOT, TIERRA ANTICA											Y								
SPARKLING																			
CHAMPAGNE BERNARD REMY, CARTE BLANCHE BRUT											Y								
CHAMPAGNE BERNARD REMY, BRUT ROSÉ NV											Y								
PROSECCO, FAVOLA EXTRA DRY											Y								
PROSECCO ROSÉ, SACCHETTO BRUT											Y								