

| The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below. | | | | | | | | |
|--|-----------------------------------|--------|-----------|---------------|------------------|------------|-------------|----------|
| Reference Intake (RI) | Energy | Energy | Total Fat | Saturates | Carbohydrate | Sugars | Protein | Salt |
| | kJ | kcal | g | g | g | g | g | g |
| | 8400 | 2000 | 70.0 | 20.0 | 260.0 | 90.0 | 50.0 | 6.0 |
| The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices | | | | | | | | |
| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| MAIN MENU | | | | | | | | |
| NIBBLES | | | | | | | | |
| HOUSE BREADS | 2105 | 503 | 34.3 | 12.8 | 59.2 | 1.6 | 10.4 | 2.6 |
| OLIVES | 720 | 172 | 18.0 | 2.7 | 0.0 | 0.0 | 1.2 | 2.8 |
| GRAZING PLATES | | | | | | | | |
| KOREAN BBQ PORK RIBS | 990 | 236 | 11.0 | 4.2 | 14.4 | 14.1 | 18.1 | 0.9 |
| SALT & PEPPER SQUID | 2017 | 482 | 36.2 | 3.0 | 24.8 | 1.8 | 13.5 | 3.5 |
| PULLED BEEF TACOS | 1983 | 474 | 22.7 | 8.9 | 44.4 | 7.6 | 19.1 | 1.6 |
| MIDDLE EASTERN KING PRAWNS | 1701 | 406 | 21.5 | 9.5 | 28.6 | 6.2 | 25.1 | 3.0 |
| MAC & CHEESE BITES | 1647 | 393 | 22.1 | 8.1 | 35.6 | 1.4 | 12.1 | 1.5 |
| AROMATIC CRISPY MUSHROOM PANCAKES | 1062 | 254 | 4.4 | 0.5 | 45.0 | 13.0 | 6.8 | 0.8 |
| MUSSELS MARINIERE | 606 | 145 | 13.2 | 8.8 | 3.5 | 0.6 | 2.8 | 0.4 |
| ASIAN CRISPY BEEF | 1257 | 300 | 10.1 | 3.1 | 18.2 | 15.7 | 33.3 | 1.2 |
| CHEESE & JALAPENO STUFFED DIPPERS | 1441 | 344 | 19.3 | 8.9 | 27.4 | 5.5 | 14.0 | 1.3 |
| HOUSE SHARING BLOCK | 5223 | 1247 | 61.6 | 20.8 | 110.8 | 39.8 | 57.7 | 4.7 |
| SALADS | | | | | | | | |
| SALT BEEF SALAD SMALL | 1356 | 324 | 17.2 | 5.3 | 10.9 | 7.0 | 30.3 | 1.7 |
| SALT BEEF SALAD LARGE | 2270 | 542 | 28.0 | 8.8 | 19.0 | 11.9 | 52.2 | 3.1 |
| CHARGRILLED CHICKEN SALAD SMALL | 626 | 149 | 6.6 | 1.2 | 4.2 | 4.2 | 17.6 | 1.6 |
| CHARGRILLED CHICKEN SALAD LARGE | 1206 | 288 | 13.1 | 2.3 | 6.7 | 6.8 | 34.6 | 3.1 |
| BURRATA SALAD SMALL | 1436 | 343 | 29.5 | 13.8 | 4.9 | 3.8 | 13.9 | 0.5 |
| BURRATA SALAD LARGE | 2197 | 525 | 47.6 | 16.5 | 8.3 | 6.6 | 14.9 | 0.8 |
| FISH + VEG | | | | | | | | |
| THAI GREEN CURRY | 3499 | 836 | 34.8 | 24.6 | 107.1 | 27.2 | 16.9 | 1.6 |
| BEER-BATTERED COD & CHIPS | 3200 | 764 | 38.3 | 7.5 | 70.1 | 5.6 | 31.6 | 3.1 |
| HOT-SMOKED SALMON | 2427 | 580 | 27.8 | 4.0 | 30.9 | 11.9 | 48.3 | 0.4 |
| GRILLED TUNA | 1413 | 338 | 16.4 | 2.5 | 12.1 | 10.8 | 34.6 | 3.1 |

| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
|--|-----------------------------------|------|---------|---------------|------------------|------------|-------------|----------|
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| STEAKS | | | | | | | | |
| HALLOUMI FRIES | 1796 | 429 | 35.2 | 15.0 | 3.6 | 1.1 | 23.8 | 2.5 |
| BAKED POTATO | 1125 | 269 | 10.6 | 1.0 | 35.5 | 4.2 | 5.4 | 0.3 |
| CLASSIC CUTS | | | | | | | | |
| RUMP 8OZ WITH CHIPS | 2638 | 630 | 21.2 | 8.3 | 46.5 | 1.2 | 60.8 | 4.1 |
| RUMP 8OZ WITH SALAD | 1760 | 420 | 15.0 | 3.7 | 11.5 | 8.9 | 58.0 | 4.0 |
| RUMP 12OZ WITH CHIPS | 3263 | 779 | 25.2 | 9.8 | 46.8 | 1.5 | 88.7 | 4.8 |
| RUMP 12OZ WITH SALAD | 2384 | 569 | 19.0 | 5.2 | 11.9 | 9.3 | 85.9 | 4.6 |
| RIBEYE 8OZ WITH CHIPS | 3057 | 730 | 35.0 | 15.8 | 47.6 | 2.3 | 53.9 | 3.2 |
| RIBEYE 8OZ WITH SALAD | 2178 | 520 | 28.8 | 11.1 | 12.7 | 10.0 | 51.1 | 3.1 |
| RIBEYE 12OZ WITH CHIPS | 3889 | 929 | 45.8 | 20.9 | 48.5 | 3.2 | 78.3 | 3.4 |
| RIBEYE 12OZ WITH SALAD | 3010 | 719 | 39.6 | 16.3 | 13.6 | 11.0 | 75.5 | 3.3 |
| SIRLOIN 8OZ WITH CHIPS | 2697 | 644 | 28.0 | 12.3 | 45.9 | 0.6 | 49.9 | 3.4 |
| SIRLOIN 8OZ WITH SALAD | 1819 | 434 | 21.9 | 7.6 | 11.0 | 8.3 | 47.1 | 3.2 |
| SIRLOIN 12OZ WITH CHIPS | 3351 | 800 | 35.4 | 15.7 | 46.0 | 0.7 | 72.3 | 3.6 |
| SIRLOIN 12OZ WITH SALAD | 2473 | 591 | 29.3 | 11.1 | 11.1 | 8.4 | 69.5 | 3.4 |
| FILLET 8OZ WITH CHIPS | 2795 | 668 | 29.8 | 13.4 | 46.2 | 0.9 | 51.1 | 3.2 |
| FILLET 8OZ WITH SALAD | 1917 | 458 | 23.6 | 8.8 | 11.3 | 8.7 | 48.3 | 3.0 |
| FILLET 12OZ WITH CHIPS | 3498 | 836 | 38.1 | 17.4 | 46.5 | 1.2 | 74.1 | 3.4 |
| FILLET 12OZ WITH SALAD | 2620 | 626 | 31.9 | 12.8 | 11.6 | 8.9 | 71.3 | 3.2 |
| SPECIALITY CUTS | | | | | | | | |
| 10OZ SPIRAL CUT FILLET WITH CHIPS | 3342 | 798 | 38.0 | 15.7 | 48.1 | 1.3 | 63.0 | 3.3 |
| 10OZ SPIRAL CUT FILLET WITH SALAD | 2463 | 588 | 31.8 | 11.0 | 13.2 | 9.1 | 60.3 | 3.1 |
| DECONSTRUCTED BEEF WELLINGTON WITH CHIPS | 5904 | 1410 | 79.6 | 39.0 | 92.8 | 6.1 | 76.0 | 3.9 |
| DECONSTRUCTED BEEF WELLINGTON WITH SALAD | 5026 | 1200 | 73.5 | 34.3 | 57.9 | 13.8 | 73.2 | 3.7 |
| SURF & TURF WITH CHIPS | 3489 | 833 | 43.4 | 22.5 | 46.1 | 0.7 | 62.5 | 4.7 |
| SURF & TURF WITH SALAD | 2611 | 624 | 37.2 | 17.8 | 11.2 | 8.5 | 59.8 | 4.5 |
| TIRA DE ANCHO WITH CHIPS | 7677 | 1834 | 137.8 | 29.4 | 52.5 | 5.2 | 92.3 | 3.5 |
| TIRA DE ANCHO WITH SALAD | 6799 | 1624 | 131.6 | 24.8 | 17.6 | 12.9 | 89.5 | 3.4 |
| ARGENTINE PICHANA | 3498 | 836 | 40.8 | 6.1 | 38.1 | 5.5 | 76.0 | 2.1 |
| BUTCHER'S BLOCK- BEEF RIB | 3057 | 730 | 46.2 | 15.8 | 26.9 | 6.7 | 49.6 | 1.7 |
| SAUCES | | | | | | | | |
| FIERY BLACK SAUCE | 92 | 22 | 0.1 | 0.1 | 4.7 | 3.3 | 0.3 | 1.7 |
| CHIMICHURRI | 1305 | 312 | 33.6 | 2.3 | 1.3 | 0.6 | 0.5 | 0.0 |
| MUSHROOM, RED WINE & PANCETTA | 283 | 68 | 2.7 | 0.9 | 8.0 | 5.9 | 2.9 | 1.0 |
| TRIO OF PEPPERCORN | 88 | 21 | 0.5 | 0.3 | 2.9 | 1.6 | 1.1 | 0.5 |
| BEARNAISE | 500 | 119 | 10.5 | 6.5 | 2.5 | 0.2 | 0.8 | 0.9 |

| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
|--|-----------------------------------|------|---------|---------------|------------------|------------|-------------|----------|
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| SIDES | | | | | | | | |
| FRENCH FRIES | 1372 | 328 | 13.2 | 1.0 | 46.1 | 0.1 | 4.7 | 1.5 |
| HALLOUMI FRIES | 1796 | 429 | 35.2 | 15.0 | 3.6 | 1.1 | 23.8 | 2.5 |
| BEEF DRIPPING TRIPLE COOKED CHUNKY CHIPS | 1328 | 317 | 12.2 | 5.3 | 44.8 | 0.4 | 4.7 | 0.6 |
| SWEET POTATO FRIES | 1216 | 290 | 15.0 | 1.5 | 35.7 | 12.7 | 1.1 | 0.7 |
| HISPA CABBAGE | 932 | 223 | 13.6 | 8.2 | 14.5 | 14.1 | 6.0 | 3.3 |
| BEER BATTERED ONION RINGS | 1172 | 280 | 15.0 | 1.2 | 31.3 | 4.2 | 3.8 | 0.7 |
| MAC & CHEESE BITES | 1647 | 393 | 22.1 | 8.1 | 35.6 | 1.4 | 12.1 | 1.5 |
| GARLIC SPINACH | 292 | 70 | 3.0 | 0.4 | 2.9 | 0.9 | 8.1 | 1.1 |
| APPLE SLAW | 755 | 180 | 2.0 | 2.3 | 29.0 | 15.5 | 8.4 | 0.7 |
| BAKED POTATO | 1125 | 269 | 10.6 | 1.0 | 35.5 | 4.2 | 5.4 | 0.3 |
| GARLIC MUSHROOMS | 494 | 118 | 10.7 | 6.6 | 1.3 | 0.5 | 2.9 | 2.2 |
| GREEK SALAD | 527 | 126 | 8.9 | 4.4 | 5.6 | 4.8 | 5.2 | 1.0 |
| HOUSE SALAD | 449 | 107 | 6.0 | 0.7 | 9.9 | 8.1 | 1.9 | 0.5 |
| MIXED TOMATO SALAD | 308 | 74 | 4.0 | 0.5 | 7.3 | 6.6 | 1.1 | 0.3 |
| GRILLS | | | | | | | | |
| MIXED GRILL | 5153 | 1231 | 60.9 | 17.5 | 69.0 | 10.8 | 98.3 | 5.3 |
| PORK CHOP | 2980 | 712 | 44.4 | 21.2 | 29.0 | 7.2 | 49.1 | 2.7 |
| LEMON & THYME CHICKEN | 6195 | 1480 | 97.0 | 20.9 | 50.1 | 1.3 | 98.8 | 4.3 |
| LAMB SOUVLAKI | 2123 | 507 | 21.0 | 8.8 | 18.4 | 15.6 | 60.1 | 2.8 |
| HANDMADE BURGERS | | | | | | | | |
| THE MIGHTY BLOCK BURGER | 6159 | 1471 | 75.2 | 27.0 | 97.5 | 11.0 | 95.1 | 5.6 |
| THE MIGHTY BLOCK BURGER WITHOUT BUN | 5204 | 1243 | 71.1 | 25.3 | 58.7 | 7.1 | 87.5 | 5.0 |
| CLASSIC 8OZ BEEF BURGER | 5306 | 1267 | 64.0 | 19.7 | 91.3 | 9.0 | 76.2 | 4.6 |
| CLASSIC 8OZ BEEF BURGER WITHOUT BUN | 4352 | 1039 | 59.9 | 17.9 | 52.5 | 5.1 | 68.6 | 4.0 |
| CLASSIC BURGER WITH CHEESE & BACON | 5918 | 1413 | 75.0 | 25.3 | 91.5 | 9.1 | 87.8 | 5.9 |
| CLASSIC BURGER WITH CHEESE & BACON WITHOUT BUN | 4963 | 1185 | 70.9 | 23.6 | 52.7 | 5.2 | 80.1 | 5.3 |
| HALLOUMI & COURGETTE BURGER | 3438 | 821 | 34.3 | 11.9 | 93.5 | 9.4 | 30.5 | 3.9 |
| HALLOUMI & COURGETTE BURGER WITHOUT BUN | 2484 | 593 | 30.2 | 10.2 | 54.8 | 5.5 | 22.8 | 3.2 |
| TANDOORI CHICKEN BURGER | 4045 | 966 | 37.4 | 5.5 | 104.0 | 10.6 | 49.1 | 5.8 |
| TANDOORI CHICKEN BURGER WITHOUT BUN | 3090 | 738 | 33.3 | 3.7 | 65.2 | 6.7 | 41.4 | 5.1 |
| SURF & TURF BURGER | 5553 | 1326 | 69.3 | 16.8 | 98.4 | 9.6 | 71.8 | 5.7 |
| SURF & TURF BURGER WITHOUT BUN | 4599 | 1098 | 65.2 | 15.1 | 59.7 | 5.7 | 64.1 | 5.0 |
| SUNDAY BEST | | | | | | | | |
| SUNDAY BEST BEEF SHARER for whole dish | 9847 | 2352 | 98.7 | 44.6 | 234.6 | 42.8 | 123.6 | 7.4 |
| SUNDAY BEST CHICKEN SHARER for whole dish | 14375 | 3433 | 189.1 | 68.2 | 235.1 | 41.8 | 189.2 | 9.5 |

| Product/ Dish Description | Nutrition Information Per Portion | | | | | | | |
|---|-----------------------------------|------|---------|---------------|------------------|------------|-------------|----------|
| | kJ | kcal | Fat (g) | Saturates (g) | Carbohydrate (g) | Sugars (g) | Protein (g) | Salt (g) |
| PUDDINGS | | | | | | | | |
| RHUBARB & CUSTARD SUNDAE | 2066 | 493 | 26.4 | 14.8 | 53.2 | 40.9 | 7.5 | 0.5 |
| TRIPLE CHOCOLATE BROWNIE | 3108 | 742 | 30.6 | 14.2 | 102.0 | 84.2 | 12.1 | 0.3 |
| CHOCOLATE TOFFEE FONDUE SHARER for whole dish | 5524 | 1319 | 53.4 | 17.8 | 192.2 | 125.0 | 13.1 | 0.8 |
| LEMON & CLEMENTINE CHEESECAKE | 2169 | 518 | 23.7 | 15.5 | 69.4 | 52.2 | 5.2 | 0.3 |
| ESPRESSO MARTINI CRÈME BRULÉE | 2316 | 553 | 43.2 | 26.6 | 31.0 | 30.5 | 4.7 | 0.1 |
| CHOCOLATE CHURROS SUNDAE | 3489 | 833 | 40.2 | 17.1 | 99.5 | 55.1 | 13.3 | 0.5 |
| MIXED BERRY PAVLOVA | 810 | 193 | 10.6 | 6.9 | 22.0 | 21.6 | 2.2 | 0.1 |
| STICKY TOFFEE PUDDING | 3013 | 720 | 37.4 | 17.0 | 86.3 | 62.6 | 7.6 | 0.5 |
| FRUIT SALAD | 833 | 199 | 4.5 | 3.9 | 35.5 | 34.9 | 2.1 | 0.2 |