

ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Blockhouse to enjoy our food.

This document contains all of our allergen information.

Our dish descriptions do not mention every ingredient, just ask us if unsure.

Our suppliers and kitchens handle numerous ingredients and allergens. 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.

Please always inform waiting staff of an allergy before ordering so we can take extra care preparing your dish.

Should you have specific dietary requirements please ask the restaurant manager for details before you order.

The following pages highlight the known allergen ingredients within our dishes. Please use the following key for identifying the cereals that are within each dish;

W	Wheat
R	Rye
WW	Whole Wheat
WG	Whole Grain
B	Barley
S	Spelt
O	Oats

Allergen Matrix

Updated 02.09.19

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Starters	Spicy crispy buttermilk chicken strips	W,B	YES			✓			✓		✓	✓		✓		
Starters	Halloumi wedges								✓							
Starters	Crispy beef ends	W,B	YES			✓		✓			✓	✓		✓		
Starters	Buffalo wings	B	YES			✓		✓			✓	✓		✓		
Starters	Deep fried macaroni cheese balls	W	YES		✓				✓			✓		✓		
Starters	Tempura king prawns	W	YES	✓												
Starters	Fresh tomatoes								✓							
Starters	Homemade soup of the day	See server														
Sharers for two	Nachos - Chicken	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Sharers for two	Nachos - Pork	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Sharers for two	Nachos - Beef	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Sharers for two	Nachos - Vegetarian	W,B			✓			✓	✓		✓			✓		
Sharers for two	Hot Buffalo wing combo	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Sharers for two	Smoked barbecue rib combo	W,B	YES	✓	✓	✓		✓	✓		✓	✓		✓		
Salads	Brisket & cajun halloumi	W	YES						✓							
Salads	Blockhouse caesar	W,B,R	YES		✓	✓		✓	✓		✓	✓		✓		
Salads	Grilled salmon fillet					✓			✓							
Fajitas	Chicken fajita skewer	W	YES						✓							
Fajitas	Rump steak fajita skewer	W	YES						✓							
Fajitas	Sweet potato & halloumi skewer	W	YES						✓							
Fish	Ale battered haddock & chips	W,B	YES		✓	✓			✓					✓		
Fish	Baked sea bass	B	YES			✓			✓		✓			✓		
Fish	Seafood platter	W	YES	✓	✓	✓		✓	✓		✓	✓		✓		✓
Fish	Cajun salmon	B	YES			✓			✓		✓			✓		
Chicken	Chicken Schnitzel	W	YES		✓				✓		✓					
Chicken	Chimichanga	W,B	YES		✓			✓	✓		✓	✓		✓		
Chicken	Half smoked chicken - Barbecue	B	YES		✓	✓		✓	✓		✓	✓		✓		
Chicken	Half smoked chicken - Chimichurri				✓				✓		✓					
Steaks	Rump steak 8/10oz				✓				✓							
Steaks	Rib eye steak 8/10oz				✓				✓							

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Steaks	Sirloin steak 10oz				✓				✓							
Steaks	Fillet steak 8oz				✓				✓							
Steaks	Mixed grill	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Dogs	Straight Dog	W	YES		✓			✓	✓		✓	✓				
Dogs	Mac Dog	W	YES		✓			✓	✓		✓	✓		✓		
Dogs	Mexican Dog	W,B	YES		✓			✓	✓		✓	✓		✓		
Burgers	Blockhouse burger	W	YES		✓				✓		✓	✓	✓	✓		
Burgers	Chicken burger	W,B	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Best of both burger	W	YES		✓				✓		✓	✓	✓	✓		
Burgers	Cow & pig burger	W,B	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Black & blue burger	W	YES		✓			✓	✓		✓	✓	✓	✓		
Burgers	Full block burger	W,B	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Mushroom burger	W	YES		✓				✓		✓	✓	✓	✓		
Ribs & Brisket	12 Hour smoked beef brisket				✓				✓		✓	✓		✓		
Ribs & Brisket	Barbecue full rack of ribs	B	YES		✓	✓		✓	✓		✓	✓		✓		
Ribs & Brisket	Smoked ham hock				✓				✓		✓	✓				
Ribs & Brisket	Half rack of baby back ribs & barbecue chicken	B	YES		✓	✓		✓	✓		✓	✓		✓		
Ribs & Brisket	Butchers block sharing board	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Sunday Lunch	Silverside of beef	W	YES		✓				✓		✓			✓		
Sunday Lunch	Half smoked chicken	W	YES		✓				✓		✓			✓		
Sunday Lunch	Sunday brunch burger	W	YES		✓				✓		✓	✓	✓	✓		
Sunday Lunch	Smoked ham hock	W	YES		✓				✓		✓			✓		
Sunday Lunch	Sharer for 2	W	YES		✓				✓		✓			✓		
Sunday Lunch	Family sharer	W	YES		✓				✓		✓			✓		
Sunday Lunch	Kids beef	W	YES		✓				✓		✓			✓		
Sunday Lunch	Kids Chicken	W	YES		✓				✓		✓			✓		
Kids Menu	Beef burger	W	YES		✓				✓		✓	✓	✓	✓		
Kids Menu	chargrilled chicken fillet	B	YES			✓		✓	✓		✓	✓		✓		
Kids Menu	barbecue ribs	B	YES			✓		✓	✓		✓	✓		✓		
Kids Menu	buttermilk chicken strips	W,B	YES			✓			✓		✓	✓		✓		
Kids Menu	battered haddock	W,B	YES			✓			✓							
Kids Menu	macaroni cheese	W,B,R	YES					✓	✓		✓			✓		
Kids Menu	hot dog	W	YES		✓			✓	✓							

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Sides	Blue Cheese Sauce							✓	✓		✓			✓		
Sides	Cajun Onion Rings	W,B	YES			✓										
Sides	Cheese Sauce							✓	✓		✓			✓		
Sides	Chilli Cheese Sauce							✓	✓		✓			✓		
Sides	Coleslaw				✓											
Sides	Corn on the Cob								✓							
Sides	Fries															
Sides	Fries - Cheesy Bacon							✓	✓		✓			✓		
Sides	Fries - Chilli Cheese							✓	✓		✓			✓		
Sides	Fries - Black & Blue	W	YES					✓	✓		✓			✓		
Sides	Garlic Bread	W, B, R	YES						✓							
Sides	Garlic Bread with Cheese	W, B, R	YES						✓							
Sides	Guacamole															
Sides	Jalapeno Chutney											✓		✓		
Sides	House Salad								✓			✓		✓		
Sides	Homemade Hash Brown	W	YES						✓			✓		✓		
Sides	Peppercorn sauce							✓	✓			✓		✓		
Lighter Lunch	Spicy crispy buttermilk chicken strips	W,B	YES			✓			✓		✓	✓		✓		
Lighter Lunch	Halloumi wedges								✓							
Lighter Lunch	Homemade soup of the day	See server														
Lighter Lunch	Fresh tomatoes								✓							
Lighter Lunch	Cheese & bacon potato skins								✓							
Lighter Lunch	Flat iron chicken ciabatta	W,B,R	YES		✓			✓	✓		✓	✓		✓		
Lighter Lunch	Toasted goats cheese ciabatta	W,B,R	YES		✓				✓			✓		✓		
Lighter Lunch	Chargrilled steak & bell pepper melt	W,B,R	YES		✓			✓	✓		✓	✓		✓		
Lighter Lunch	Half beef battered haddock	W, B	YES		✓	✓			✓					✓		
Lighter Lunch	Lunch burger	W	YES		✓			✓	✓		✓	✓	✓	✓		
Lighter Lunch	Croque madame	W	YES		✓	✓		✓	✓		✓	✓		✓		
Lighter Lunch	Blockhouse caesar salad	W,B,R	YES		✓	✓		✓	✓		✓	✓		✓		
Lighter Lunch	Low-carb burger	B	YES		✓	✓		✓	✓	✓	✓	✓		✓		
Lighter Lunch	Roasted salmon fillet hash				✓	✓			✓	✓			✓	✓		
Lighter Lunch	Grilled lemon chicken salad									✓			✓	✓		

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Desserts	Blockhouse waffles	W	YES		✓			✓	✓							
Desserts	Toffee sponge pudding	W	YES		✓				✓							
Desserts	Double chocolate cookie dough s'more	W	YES		✓			✓	✓							
Desserts	Chocolate brownie	W	YES		✓			✓	✓							
Desserts	Key lime pie	W	YES		✓				✓							
Desserts	Eton mess panna cotta	W	YES		✓				✓							
Desserts	Rocky road tart	W	YES		✓			✓	✓					✓		
Desserts	Blockhouse knickerbocker glory	W	YES		✓				✓							
Desserts	Ice cream & sorbet selection	W	YES		✓				✓							
Desserts	Chocolate fondue	W	YES		✓			✓	✓							
Desserts	Homemade marshmallows				✓			✓	✓							
Desserts	Kids brownie	W	YES		✓			✓	✓							
Desserts	Kids fondue	W	YES		✓			✓	✓							
Desserts	Kids marshmallows				✓			✓	✓							
Desserts	Kids sweets & ice cream				✓			✓	✓							

Allergen Matrix - NON GLUTEN CONTAINING INGREDIENTS MENU

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
NGCI	Halloumi wedges								✓							
NGCI	Fresh tomatoes								✓							
NGCI	Cheese & bacon potato skins								✓							
NGCI	Blockhouse burger				✓				✓	Almonds	✓	✓		✓		
NGCI	Black & Blue Burger				✓			✓	✓	Almonds	✓	✓		✓		
NGCI	Mushroom Burger				✓				✓	Almonds	✓	✓		✓		
NGCI	Rump steak 8/10oz				✓				✓							
NGCI	Rib eye steak 8/10oz				✓				✓							
NGCI	Sirloin steak 10oz				✓				✓							
NGCI	Fillet steak 8oz				✓				✓							
NGCI	Half smoked chicken - Chimichurri				✓				✓		✓			✓		
NGCI	Smoked ham hock				✓				✓			✓		✓		
NGCI	12 hr beef brisket				✓				✓		✓	✓		✓		
NGCI	Salmon salad					✓			✓							
NGCI	Ice cream				✓				✓							
NGCI	Marshmallows				✓			✓	✓							
NGCI	Fondue				✓			✓	✓							