

ALLERGEN & INTOLERANCES INFORMATION BOOKLET

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

This document contains all 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.

Allergens contained within table condiments and extra toppings chosen to add to a dish are not included in the allergen information

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

The allergen information for requested condiments such as sauces or mustard is available on the bottle provided



Blockhouse Allergen Matrix

Updated 24.08.17

Category	Dish Name	Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk		Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Starters	Smoked Barbecue Ribs	W	Yes			✓		✓	✓				✓				
Starters	Hot Buffalo wings	B	Yes		✓	✓			✓								
Starters	Brick Barbecue Rump Steak				✓												
Starters	Fresh Tomatoes								✓								
Starters	Nachos (Pork)					✓		✓	✓				✓		✓		
Starters	Nachos (Chicken)					✓		✓	✓				✓		✓		
Starters	Popcorn Mussels	W	Yes		✓												✓
Starters	Crispy Beef Ends	W	Yes			✓		✓	✓				✓				
Starters	Pan Fried Hake on Toast	W, B, R	Yes			✓			✓								
Starters	Grilled Halloumi Toasts	W, B, R	Yes						✓								
Starters	Potato Skins								✓								
Starters	Macaroni Cheese Balls	W	Yes						✓				✓				
Starters	Vegetable Soup	W, B	Yes					✓	✓			✓	✓		✓		
Salads	Spiced Tempura Chicken	W	Yes										✓		✓		
Salads	Blockhouse Caesar	W, B, R	Yes		✓	✓		✓	✓						✓		
Salads	Chargrilled Mackerel					✓											
Salads	Butternut & Red Bean									Cashew, Pine Nuts, Walnuts					✓		
Fish & Shellfish	Roasted Hake					✓											
Fish & Shellfish	Ale Battered Haddock	W, B	Yes			✓			✓								
Fish & Shellfish	Roasted Sea Bass					✓			✓			✓			✓		
Fish & Shellfish	Blockhouse Lobster			✓	✓				✓			✓					
Fish & Shellfish	Thermidor Risotto			✓		✓			✓			✓	✓		✓		✓
Large Plate	Chicken Schnitzel	W	Yes		✓				✓			✓					
Large Plate	Beef Brisket & Guinness Stew	W, B	Yes						✓			✓			✓		
Large Plate	Mixed Grill Fajita Skewer	W	Yes						✓			✓			✓		
Large Plate	Butternut Tart	W	Yes		✓				✓	Pine Nuts		✓	✓		✓		
Burger	Blockhouse	W, B	Yes		✓	✓			✓			✓	✓	✓	✓		
Burger	Chicken	W	Yes		✓	✓		✓	✓			✓	✓	✓	✓		
Burger	Best of Both	W, B	Yes		✓	✓			✓			✓	✓	✓	✓		

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Burger	Cow & pig	W, B	Yes		✓	✓		✓	✓		✓	✓	✓	✓		
Burger	Black & Blue	W, B	Yes		✓	✓			✓		✓	✓	✓	✓		
Burger	Full Block	W, B	Yes		✓	✓		✓	✓		✓	✓	✓	✓		
Burger	Mushroom	W, B	Yes		✓				✓		✓	✓	✓	✓		
Sharer	Seafood	W	Yes	✓	✓	✓			✓		✓			✓		✓
Sharer	Burger & lobster (For Burger See BURGERS)	W	Yes	✓	✓				✓		✓			✓		
Sharer	Butchers Block	W	Yes	✓	✓	✓		✓	✓		✓	✓		✓		
Smoker	12 Hour Smoked Beef Brisket			✓					✓		✓					
Smoker	Barbecue Full Rack of Ribs				✓	✓		✓	✓		✓	✓				
Smoker	Beef Short Rib				✓				✓		✓					
Smoker	Ribs & Chicken				✓	✓		✓	✓		✓	✓				
Smoker	Lobster & Brisket			✓	✓				✓		✓					
Smoker	Barbecue Smoked Half Chicken				✓	✓		✓	✓		✓	✓		✓		
Steaks	8oz Rump				✓				✓		✓					
Steaks	8oz Rib Eye				✓				✓		✓					
Steaks	10oz Rib Eye				✓				✓		✓					
Steaks	16oz T-Bone				✓				✓		✓					
Bar Snacks	Pork Pie	W	Yes		✓				✓			✓				
Bar Snacks	Sausage Poker								✓							
Bar Snacks	Popcorn Mussels	W	Yes													✓
Bar Snacks	Gammon Fritters	W, B	Yes		✓											
Bar Snacks	Hummus Trio	W, B	Yes						✓				✓			
Bar Snacks	Sliced Truffle Ham with Toasts	W, B	Yes													
Bar Snacks	Guinness Rarebit	W, B	Yes						✓			✓				
Bar Snacks	Salmon Tacos					✓			✓							✓
Sides	Seasonal Vegetables															
Sides	Cajun Onion Rings	W	Yes		✓				✓							
Sides	Garlic Bread	W, B, R	Yes		✓				✓							
Sides	Coleslaw (House Slaw)				✓											
Sides	Sweet Potato Fries															
Sides	Bread & Hummus	W, B, R	Yes										✓			
Sides	Mac 'n' Cheese	W	Yes						✓		✓			✓		
Sides	Olives													✓		
Sides	Corn on the Cob								✓		✓					

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Sides	Fries															
Sides	House Salad								✓			✓		✓		
Sides	Jacket Potato								✓							
Sunday	Haddock Goujons	W, B	Yes		✓	✓						✓				
Sunday	Blockhouse Waffle Toasts	W	Yes		✓				✓		✓			✓		
Sunday	Smoked Beef Brisket	W	Yes		✓				✓		✓			✓		
Sunday	Half Chicken	W	Yes		✓				✓		✓			✓		
Sunday	Prime Beef Rib	W	Yes		✓				✓		✓			✓		
Sunday	Roasted Sweet Potato	W	Yes		✓				✓		✓			✓		
Sunday	Hake	W	Yes			✓			✓		✓			✓		
Lunch	Smoked Sausage								✓		✓			✓		
Lunch	Barbecue Ribs & Chicken Strips	W	Yes		✓	✓		✓	✓		✓	✓				
Lunch	Half Pint Scampi & Battered Haddock	W, B	Yes	✓		✓			✓							
Lunch	Barbecue Chicken Tortilla Wrap	W	Yes		✓	✓			✓		✓	✓		✓		
Lunch	Smoked Salmon Sandwich	W, B, R	Yes		✓	✓										
Lunch	Lunch Burger	W, B	Yes		✓	✓			✓		✓	✓	✓	✓		
Lunch	Roasted Pepper Wrap	W	Yes		✓						✓	✓		✓		
Lunch	Smoked Sausage Sandwich	W	Yes		✓	✓		✓	✓		✓	✓		✓		
Lunch	Burger canapes	W, B	Yes		✓	✓			✓		✓	✓		✓		
Desserts	Blockhouse Waffles	W	Yes		✓			✓	✓							
Desserts	Toffee Sponge	W	Yes		✓				✓							
Desserts	Lemon Baked Alaska	W	Yes		✓				✓							
Desserts	Ice Cream & Sorbet (See Flavours)								✓							
Desserts	Tiramisu Cheesecake	W	Yes		✓				✓							
Desserts	Fruit Salad								✓							
Desserts	Chocolate Fondue	W	Yes		✓			✓	✓							
Desserts	Raspberry & White Chocolate Cookie Dough	W	Yes		✓			✓	✓							
Desserts	Homemade Apple Crumble	W	Yes					✓	✓							
Desserts	Cheese Board	W, B	Yes						✓							
Desserts	Brownie & Custard Trifle	W	Yes		✓			✓	✓							
Sauces	Cheese Sauce								✓		✓			✓		
Sauces	Chilli Cheese Sauce								✓		✓			✓		
Sauces	Green Peppercorn & English Brandy Sauce								✓			✓		✓		

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Sauces	Highland Whisky Sauce															
Sauces	Home Smoked Barbecue Sauce					✓		✓				✓				
Sauces	Jalapeno Chutney											✓				
Sauces	Lobster & Sweet Paprika Butter			✓		✓			✓							✓
Sauces	Saffron Mayonnaise				✓											
Sauces	Thermidor Sauce					✓			✓		✓	✓		✓		
Kids Menu	Beef Burger	W, B	YES		✓	✓			✓		✓	✓	✓			
Kids Menu	Chargrilled Chicken Fillet					✓		✓	✓			✓		✓		
Kids Menu	Barbecue Ribs					✓		✓	✓		✓	✓		✓		
Kids Menu	Chicken Tortilla Wrap	W	YES			✓			✓		✓	✓		✓		
Kids Menu	Sausage								✓		✓			✓		
Kids Menu	Battered Haddock	W, B	YES			✓			✓							
Kids Menu	Macaroni Cheese	W, B, R	YES						✓		✓			✓		