

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 30.06.17

| Category | Dish Name | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | | Nuts | Celery & Celeric | 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 | Crab Pate | W | Yes | ✓ | ✓ | | | | ✓ | | | | | | ✓ | | |
| Starters | Crispy Beef Ends | W | Yes | | | ✓ | | ✓ | ✓ | | | | ✓ | | | | |
| Starters | Smoked Salmon | W, B | 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 | Gorgonzola | W | Yes | | ✓ | | | | ✓ | Cashew, Pine Nuts, Walnuts | | | ✓ | | ✓ | | |
| 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 | | ✓ | ✓ | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | | |

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

| Category | Dish Name | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery & Celeriac | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|------------|---|---------|------------------|-------------|------|------|---------|------|------|------|-------------------|---------|--------|-----------------|-------|----------|
| 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 | | | | | | | | ✓ | | ✓ | | | | | |

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

| Category | Dish Name | Cereals | Contains Gluten? | Crustaceans | Eggs | Fish | Peanuts | Soya | Milk | Nuts | Celery & Celeriac | Mustard | Sesame | Sulphur Dioxide | Lupin | Molluscs |
|----------|--|---------|------------------|-------------|------|------|---------|------|------|------|-------------------|---------|--------|-----------------|-------|----------|
| Sides | Fries | | | | | | | | | | | | | | | |
| Sides | House Salad | | | | | | | | | | | ✓ | | ✓ | | |
| Sides | Jacket Potato | | | | | | | | ✓ | | | | | | | |
| Sunday | Crispy Belly Pork | W | Yes | | | | | | | | | | | ✓ | | |
| 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 | Bratwurst Sausage | | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Lunch | Smoked Brisket & Mushroom Stew | W | Yes | | | | | | ✓ | | ✓ | | | ✓ | | |
| Lunch | Half Pint Scampi & Battered Haddock | W, B | Yes | ✓ | | ✓ | | | ✓ | | | | | | | |
| Lunch | Barbecue Chicken Tortilla Wrap | W | Yes | | ✓ | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | |
| Lunch | Smoked Salmon & Crab Pate Open Sandwich | W, B, R | Yes | ✓ | ✓ | ✓ | | | ✓ | | | | | | | |
| Lunch | Lunch Burger | W, B | Yes | | ✓ | ✓ | | | ✓ | | ✓ | ✓ | ✓ | ✓ | | |
| Lunch | Roasted Pepper Wrap | W | Yes | | ✓ | | | | | | ✓ | ✓ | | ✓ | | |
| Lunch | Bratwurst 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 | | | | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | |

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|----------|---|---------|------------------|-------------|------|------|---------|------|------|------|-------------------|---------|--------|-----------------|-------|----------|
| Lunch | Bratwurst Sausage | | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Desserts | Ice Cream & Sorbet (See Flavours) | | | | | | | | ✓ | | | | | | | |
| Desserts | Fruit Salad | | | | | | | | ✓ | | | | | | | |
| Sauces | Cheese Sauce | | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Sauces | Chilli Cheese Sauce | | | | | | | | ✓ | | ✓ | | | ✓ | | |
| Sauces | Green Peppercorn & English Brandy Sauce | | | | | | | | ✓ | | | ✓ | | ✓ | | |
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| Sauces | Home Smoked Barbecue Sauce | | | | | ✓ | | ✓ | | | | ✓ | | | | |
| Sauces | Jalapeno Chutney | | | | | | | | | | | ✓ | | | | |
| Sauces | Lobster & Sweet Paprika Butter | | | ✓ | | ✓ | | | ✓ | | | | | | | ✓ |
| Sauces | Saffron Mayonnaise | | | | ✓ | | | | | | | | | | | |
| Sauces | Thermidor Sauce | | | | | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | | |

