

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 17.10.18

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Starters	Homemade Soup of the Day	W	YES					✓	✓	Walnuts	✓	✓		✓		
Starters	Combo 1	B	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Starters	Combo 2	W,B	YES	✓	✓	✓		✓	✓		✓	✓		✓		
Starters	Crispy Beef Ends	W,B	YES			✓		✓	✓		✓	✓		✓		
Starters	Nachos - Vegetarian								✓					✓		
Starters	Nachos - Pulled Pork	B	YES			✓		✓	✓		✓	✓		✓		
Starters	Nachos - Barbecue Chicken	B	YES			✓		✓	✓		✓	✓		✓		
Starters	Fresh Tomatoes								✓							
Starters	Buffalo Wings	B	YES		✓	✓			✓		✓	✓	✓	✓		
Starters	Macaroni Cheese Balls	W	YES		✓				✓			✓		✓		
Starters	Buttermilk Chicken Strips	W,B	YES			✓			✓		✓	✓		✓		
Starters	Halloumi Wedges with Coriander Yoghurt								✓							
Starters	Tempura King Prawns	W	YES	✓												
Salads	Brisket & Cajun Halloumi	B	YES						✓							
Salads	Grilled Salmon Fillet					✓			✓							
Salads	Chicken Caesar	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Salads	Chilli Bean Nacho Salad	B	YES			✓		✓	✓		✓	✓		✓		
Fish & Shellfish	Hake & Crayfish Taco	W	YES	✓	✓				✓		✓	✓				
Fish & Shellfish	Seafood Platter	W	YES		✓	✓		✓	✓		✓	✓				✓
Fish & Shellfish	Cajun Salmon	B	YES			✓			✓		✓			✓		
Fish & Shellfish	Ale Battered Haddock	W,B	YES		✓	✓			✓			✓				
Burgers	Mushroom	W	YES		✓				✓		✓	✓	✓	✓		
Burgers	Full Block	W	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Black & Blue	W	YES		✓				✓		✓	✓	✓	✓		
Burgers	Cow & Pig	W	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Best of Both	W	YES		✓				✓		✓	✓	✓	✓		
Burgers	Chicken	W	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Burgers	Blockhouse	W	YES		✓				✓		✓	✓	✓	✓		

The Blockhouse

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Sides	Home Smoked Barbecue Sauce	B	YES			✓		✓	✓		✓	✓		✓		
Sides	House Salad								✓			✓		✓		
Sides	Jacket Potato								✓							
Sides	Jalapeno Chutney											✓				
Sides	Mac N Cheese	W	YES						✓		✓			✓		
Sides	Peppercorn Sauce							✓	✓			✓		✓		
Sides	Sweet Potato Fries															
Sides	Iceberg wedge							✓	✓		✓			✓		
Condiments	Tomato Ketchup										✓					
Condiments	Mayonnaise				✓							✓				
Condiments	Colman's english mustard	W	Yes									✓				
Condiments	Colman's french mustard											✓				
Condiments	Colman's wholegrain mustard											✓				
Condiments	Colman's dijon mustard											✓				
Condiments	Colman's mint sauce (May get mixed with vinegar)	B	Yes													
Condiments	Colman's horseradish				✓							✓				
Condiments	Colman's tartare				✓							✓				
Condiments	HP sauce	B, R	YES													
Condiments	Mint creams							✓								
Childrens Menu	Macaroni Cheese	W,B,R	YES					✓	✓		✓			✓		
Childrens Menu	Battered Haddock	W,B	YES			✓			✓							
Childrens Menu	Hot Dog	W	YES		✓			✓	✓							
Childrens Menu	Buttermilk Chicken Strips	W,B	YES			✓			✓		✓	✓		✓		
Childrens Menu	Barbecue Ribs	B	YES			✓		✓	✓		✓	✓		✓		
Childrens Menu	Chargrilled Chicken Fillet	B	YES			✓		✓	✓		✓	✓		✓		
Childrens Menu	Burger	W	YES		✓	✓			✓		✓	✓	✓			

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Sunday Menu	Silverside of Beef	W	YES		✓				✓		✓			✓		
Sunday Menu	Half Smoked Chicken	W	YES		✓				✓		✓			✓		
Sunday Menu	Sunday Brunch Burger	W	YES		✓				✓		✓	✓	✓	✓		
Sunday Menu	Family Sharer (two or four persons)	W	YES		✓				✓		✓			✓		
Sunday Menu	Sunday Ham Hock	W	YES		✓				✓		✓			✓		
Lunch Menu	Potato Skins								✓							
Lunch Menu	Flat Iron Chicken Ciabatta	W,B,R	YES		✓			✓	✓		✓	✓		✓		
Lunch Menu	Goats Cheese Ciabatta	W,B,R	YES		✓							✓		✓		
Lunch Menu	Steak & Bell Pepper Melt	W,B,R	YES		✓			✓	✓		✓	✓		✓		
Lunch Menu	Lunch Burger	W, B	YES		✓	✓		✓	✓		✓	✓	✓	✓		
Lunch Menu	Beer Battered Haddock	W, B	YES		✓	✓			✓			✓				
Lunch Menu	Rib Rack Roll	W,B	YES		✓	✓		✓	✓		✓	✓		✓		
Lunch Menu	Blockhouse Caesar Salad	W,B,R	YES		✓	✓		✓	✓		✓	✓		✓		
Lunch Menu	Low Carb Burger	B	YES		✓	✓		✓	✓	Almonds	✓	✓		✓		
Lunch Menu	Roasted Salmon Fillet				✓	✓			✓				✓	✓		
Lunch Menu	Two Scoops Ice Cream	W	YES		✓				✓							

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Desserts	Ice Cream Selection	W	YES		✓				✓							
Desserts	Blockhouse Waffles	W	YES		✓			✓	✓							
Desserts	Toffee Sponge Pudding	W	YES		✓				✓							
Desserts	Raspberry & White Chocolate Cookie Dough	W	YES		✓			✓	✓							
Desserts	Chocolate Brownie	W	YES		✓			✓	✓							
Desserts	Key Lime Pie	W	YES		✓				✓							
Desserts	Bubblegum Panna Cotta	W	YES		✓				✓							
Desserts	Rocky Road Cheesecake	W	YES		✓			✓	✓					✓		
Desserts	Eton Mess Sundae				✓				✓							
Desserts	Chocolate Fondue	W	YES		✓			✓	✓							
Desserts	Kids Sweets & Ice Cream				✓			✓	✓							
Desserts	Kids Fondue	W	YES		✓			✓	✓							
Desserts	Kids Brownie	W	YES		✓			✓	✓							
Desserts	Kids Marshmallows				✓			✓	✓							