



Available 12pm - 10pm, 7 days a week

SHARERS

Stone-baked Flatbreads	
Topped with sweet red onion marmalade, Cheddar cheese, red chilli and watercress (v)	5.25
Topped with sliced seared steak, Cheddar cheese, sweet red onion marmalade, chargrilled red peppers and watercress	7.50
Trio of Dips (v)	5.25
Chargrilled red pepper and feta dip, tzatziki and guacamole, served with stone-baked flatbread	
Cheese & Chipotle Stuffed Dippers (v)	7.95
A generous serve of our special recipe dippers filled with cheese and chipotle then fried and served with sour cream dip	
Salt Beef Block	8.95
Thinly sliced salt beef, marinated dill pickles, chargrilled red peppers, piccalilli, crusty bread and mustard	
Ploughman’s Block	10.95
Homemade Scotch egg, sausage roll, Cheddar cheese, thinly sliced salt beef, a wedge of pork pie, marinated dill pickles, chargrilled red peppers, piccalilli and crusty bread	
Chicken Wings with Raspberry & TABASCO® Sauce	6 for 5.95 12 for 10.95 24 for 19.95
Crispy chicken wings coated with our special TABASCO® raspberry chipotle sauce, served with sour cream dip	

STARTERS

Garlic King Prawns^	7.50
Cooked in white wine, garlic and butter, with a squeeze of lemon juice and served with crusty ciabatta	
Cheese & Herb Topped Mushrooms (v)	5.50
Oven-baked mushrooms topped with a Cheddar cheese and herb crust and rocket	
British Mini Meatballs^	5.50
Mini beef meatballs in a rich onion and red wine gravy, topped with fresh parsley and served with crusty ciabatta	
Beef Empanadas	5.95
Traditional Argentinean style pasties filled with lightly spiced beef and served with a fresh tomato salsa	
King Prawn Cocktail	5.95
King prawns in a Bloody Mary Rose sauce with avocado, tomato, cucumber, lettuce and a toasted brown bloomer	

SALADS

Grilled Vegetable Salad (v)	5.50 / 9.95
Grilled courgettes, red peppers, red onions and broccoli dressed with croutons, crumbled feta and mint	
Chicken & Bacon Caesar Salad	6.50 / 10.95
Romaine lettuce, chicken breast, crispy smoked bacon, croutons and parmesan, tossed in our Caesar dressing	
Grilled Sirloin Salad	7.50 / 11.95
Sliced sirloin on a bed of mixed salad leaves and grilled vegetables, dressed with feta, mint and crunchy croutons	

SUNDAY BEST

Available from midday Sunday and for a minimum of two people. First come, first served.

Sliced sirloin served with Yorkies, beef dripping roasties, carrots, parsnips, Cheddar cauliflower cheese, seasonal greens and rich gravy

Full allergen information available upon request. All prices include VAT. We do not include service charge, except on parties of 6 or more, where a discretionary charge of 10% will be added. All tips go to the restaurant staff. (v) Suitable for vegetarians. ^Approximate weight uncooked.\*\*May contain bones.\*May contain traces of alcohol. °May contain fruit stones. TABASCO® is a registered trademark.

GRILLS

Mixed Grill	19.95
Smoky maple flavour BBQ pork ribs, half a grilled chicken breast, a thick cut of double smoked bacon, rump steak, sausage patty, lamb chop, chargrilled red peppers, a fried egg and beef dripping chunky chips	
Flattened Grilled Chicken	10.95
Served with a salad of heritage tomatoes, olive oil, lemon, basil and rocket	
Smoked Paprika Chicken & Ribs	13.95
Half a smoked paprika chicken and smoky maple flavour BBQ pork ribs, served with spicy beans and French fries	

STEAKS

Our beef comes from British breeds of cattle reared across the Pampas in South America. All of our steak is aged for a minimum of 28 days and hand-cut, so you can have your steak as big as you want it – just ask.

All of our steaks are finished in the special Bar + Block way and served with beef dripping chunky chips.

Rump 8oz / 10oz*	11.95 / 13.95
A working cut of the cow, full of flavour and with a firm texture	
Ribeye 8oz / 10oz*	15.50 / 17.95
Marbling gives this steak a soft texture and rich flavour	
Sirloin 8oz / 10oz*	15.95 / 18.50
Succulent, tender and with a delicate flavour	
Fillet 8oz / 10oz*	19.95 / 22.95
The most lean and tender of all the steaks	
Spiral Cut Fillet 10oz*	24.50
A unique dish created by spiral cutting the fillet and marinating it in garlic and parsley for tenderness and flavour	

OUR BUTCHER’S BLOCK

Our special cut of the day. As well as our regular cuts, we source a range of unique steaks as they become available. Ask one of our team for more details.

SAUCES

‘B’ Sauce	All 1.50
Our signature blend – an extra spicy black sauce	Try all six for £6
Chimichurri	
Trio Of Peppercorn^	
Creamy Mushroom	
Béarnaise	
Blue Cheese	

TOPPERS

Cheese & Herb Topped Mushroom	2.95
Garlic King Prawns	2.95

HANDMADE BURGERS

We hand grind and prepare our beef burgers on-site, each and every day using prime cuts of steak.

All of our burgers are served in a glazed sesame seed bun with French fries.

Classic 8oz* Beef Burger	9.50
With lettuce, tomato, red onion and our house sauce	
Add cheese & bacon	2.00
Add mushroom & cheese	2.00
Veggie Burger (v)	10.95
A lightly spiced mix of broad beans, peas and spinach, coated in breadcrumbs and topped with feta, chargrilled red peppers and tzatziki	
Mexican Chicken Burger	11.50
Spicy chicken breast with guacamole, sour cream, tomato, lettuce and red onion	

Just ask if you’d prefer to have one of our burgers naked.

MAINS

Slow-Cooked Pork Belly	13.95
Sage, fennel and rosemary pork belly slow-cooked and served with wholegrain mustard mash, apple and watercress	
Beef Short Rib^	15.95
Slow-cooked beef rib in an Irish stout and shallot jus, served with spring onion mash and seasonal greens	
Steak & Cheddar Pie	12.95
Slow-cooked diced beef, carrots, leeks and onions in a rich gravy, topped with Cheddar and puff pastry, served with seasonal greens	
Aubergine & Mozzarella Bake (v)	9.95
Baked aubergine, tomato, basil and mozzarella served with a side of rocket salad	
British Mini Meatballs & Mash^	9.95
Mini beef meatballs in a rich onion and red wine gravy, served with creamy buttered mash	
Beer-Battered Fish & Chips***	11.50
Served with mushy peas, a wedge of lemon, beef dripping chunky chips and our homemade tartare sauce	
Lamb Shepherd’s Pie^	12.95
Lamb cooked with onions, tomato and red wine, topped with creamy buttered mash and a lamb chop, served with seasonal greens	
Crispy Spring Vegetable Cake (v)	9.50
A lightly spiced mix of broad beans, peas and spinach coated in herbed breadcrumbs and served on a bed of grilled vegetables and rocket, dressed with feta, mint and tzatziki	
Market Fish of the Day**	MP
Ask one of our team for the daily special	

SIDES

French Fries (v)	2.95
Beef Dripping Chunky Chips	2.95
Buttermilk Onion Rings (v)	2.50
Wholegrain Mustard Mash (v)	2.95
Heritage Tomato Salad (v)	2.95
Sweet Potato Fries with Chorizo, Feta & Coriander	3.50
Creamed Spinach (v)	2.95
House Salad (v)	2.95
Seasonal Greens (v)	2.95

PUDDINGS

Triple Chocolate Brownie (v)	5.95
Served warm with chunks of chocolate throughout and topped with chocolate toffee sauce and vanilla ice cream	
Chocolate & Orange Bread & Butter Pudding (v)	5.95
Topped with vanilla ice cream	
Apple & Blackberry Crumble (v)	5.95
Served with vanilla ice cream or custard	
Limoncello Tart^ (v)	5.50
Served with lemon curd sorbet	
Blackforest Sundae^° (v)	5.95
Layered chunks of warm chocolate brownie, kirsch cherries, custard, vanilla ice cream and chocolate toffee sauce, topped with cream	
Baked Cheesecake (v)	5.50
Topped with berry compote	
Cheese Block for Two	6.95
A selection of cheeses served with crackers, onion marmalade, grapes and celery	
Ice Cream (v)	4.50
3 scoops of either vanilla ice cream or lemon sorbet	
Chocolate Toffee Fondue for Two^ (v)	9.95
Cinnamon coated banana fritters, warm bread & butter bites, chocolate brownie bites and fresh fruit, served with a warm chocolate toffee sauce for dipping	

## GREAT STEAK GUIDE.

To help you pick out your perfect steak and recognise your Rump from your Ribeye; here's a guide to the distinctive taste, texture and character of our classic cuts.

As an extra pointer, we've also dropped in a little suggestion for the side, sauce or wine that we think really makes the cut.

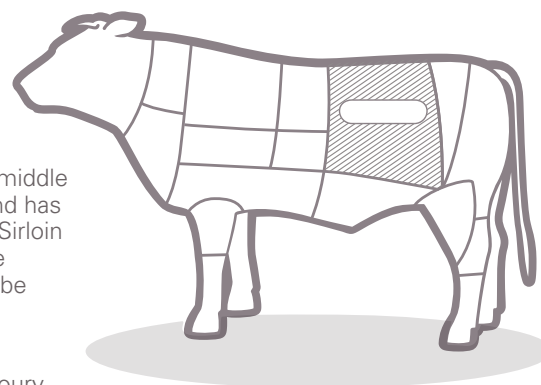
## SIRLOIN

*Tender+full-bodied*

The classic 'Loin' cut, Sirloin is taken from the upper middle of the cattle. This region isn't naturally overworked and has a covering layer of fat, so remains beautifully tender. Sirloin is known to be an 'all-rounder', cooking well from rare through to well done. We do however recommend it be cooked medium so the fat melts through the meat.

### *Wash it down with:*

A glass of The Spee'Wah Deep River Shiraz. This savoury, juicy and spicy red is the perfect accompaniment to Sirloin.



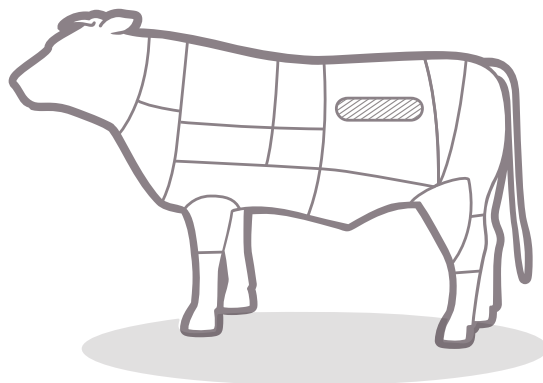
## Fillet

**TENDER+MILD**

The finest cut, located alongside the Sirloin. This area is rarely used by the cattle, so the Fillet remains extremely tender and has a delicately mild flavour. To retain the cut's natural tenderness, we'd suggest serving it medium rare and ideally not cooked past medium well.

### *Perfect topped with:*

The delicate texture and flavour of our Garlic King Prawns.



## Spiral Cut

**LONG+LEAN**

One of the more unique dishes on our menu, created by spiral cutting a piece of Fillet into a long rectangular steak. Perfect for drawing in marinades, this cut offers the best of both worlds, producing a wonderfully tender and flavoursome steak. We recommend our Spiral Cut Fillet be cooked medium rare.

### *Perfect with:*

The simple, fresh flavours of our Heritage Tomato Salad.

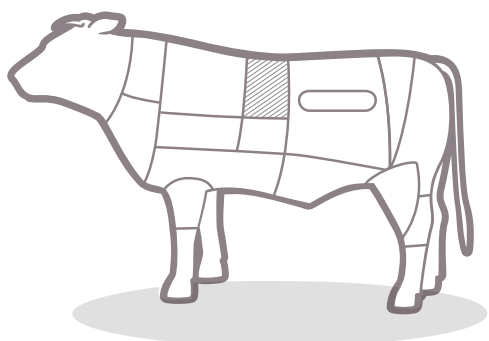
## Ribeye

**RICH+SUCCULENT**

A timeless cut, Ribeye comes, as it suggests, from the cattle's rib area. It has a wonderfully rich flavour and because it contains soft fat marbling, it is beautifully tender. We think Ribeye is best cooked medium rare or more as this allows the fat to melt into the steak, adding to the rich flavour and giving the steak a lovely succulent texture.

### *Wash it down with:*

A glass or two of the Beefsteak Malbec. This vibrant, spicy red perfectly complements a Ribeye's rich flavour.



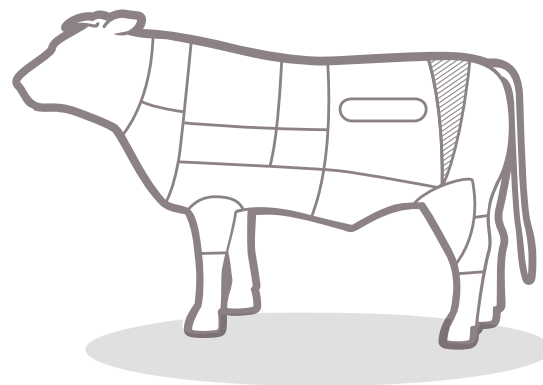
## RUMP

*Firm+flavoursome*

As the name suggests, Rump is found towards the rear of the cattle. As the working muscle of the cattle, it has a firmer texture and less fat compared to other steaks, but is without doubt one of the most flavoursome cuts. Due to the lack of fat we recommend it be cooked medium rare.

### *Perfect with:*

Our signature 'B' sauce, its spicy kick complements Rump beautifully.



## OUR BUTCHER'S BLOCK

*Eat+discover*

As well as our 'always on' cuts, we also like to bring in a wide selection of steak specials. Constantly on the lookout for the finest meats, we source a whole range of unique and different

cuts as they become available. These orders naturally come to us in smaller quantities, so when they're gone, they're gone. Interested in trying something a little different?

**ASK A MEMBER OF THE TEAM WHAT'S ON OUR BLOCK TODAY.**