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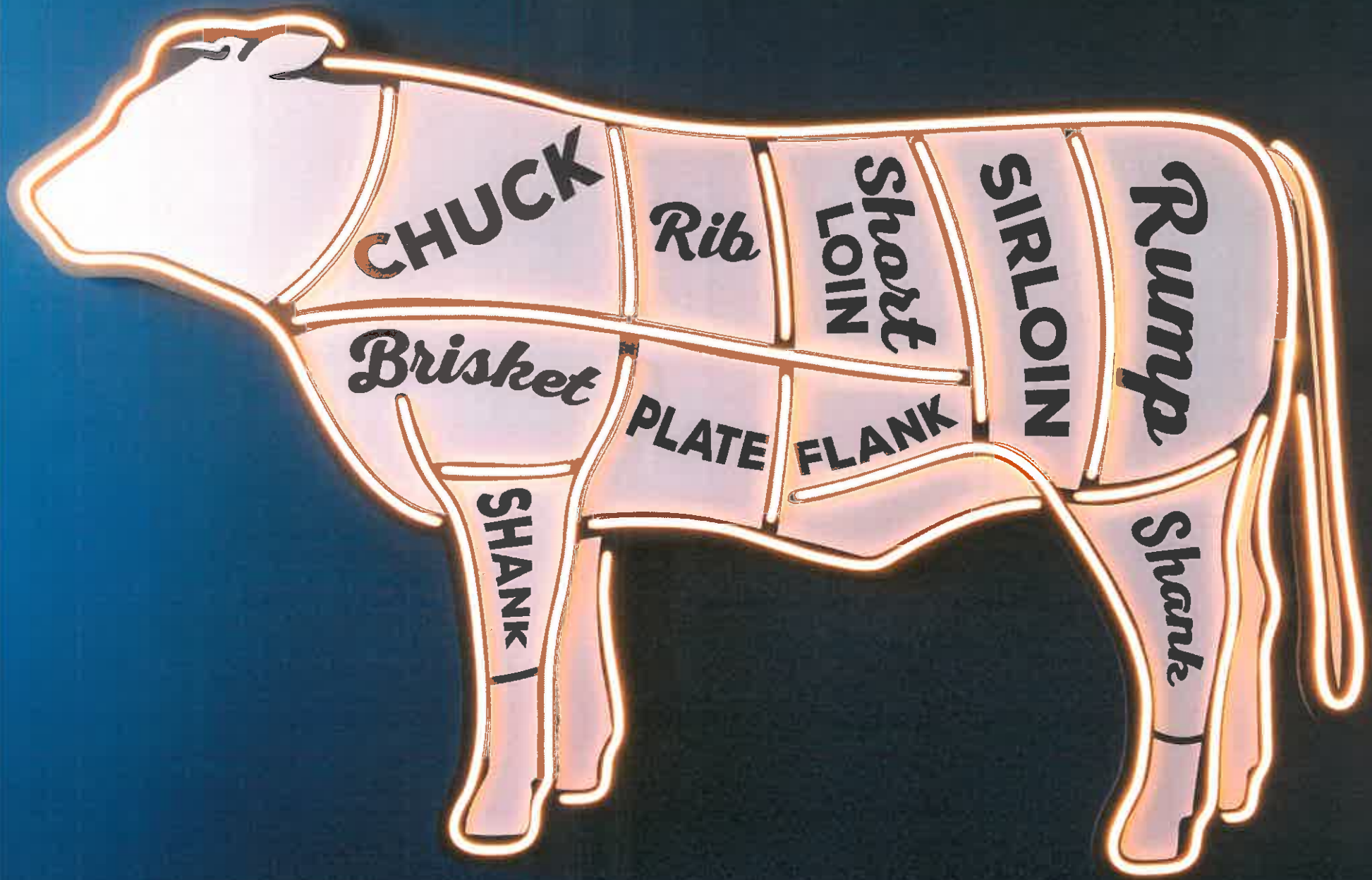












**CHUCK**

*Rib*

**Short  
LOIN**

**SIRLOIN**

*Rump*

*Brisket*

**PLATE**

**FLANK**

**SHANK**

*Shank*



# MEAT

## 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.

Our classic cuts come from British breeds of cattle reared across the Pampas in South America. These cuts are all aged for a minimum of 28 days and hand cut on site, so you can have your steak as big as you want it – just ask.

Or how about sampling one of our speciality cuts? We have a great selection available sourced from around the globe, from our delicious Deconstructed Beef Wellington to our tender Spiral Cut Fillet.

## Our Butcher's Block

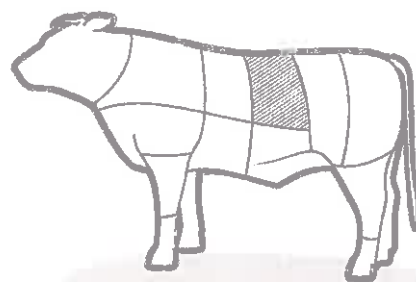
As well as our quality classic and speciality steaks, we also source a wide range of unique cuts, each one selected to create a steak special for the season. Fancy trying something a little different?

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

### 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.

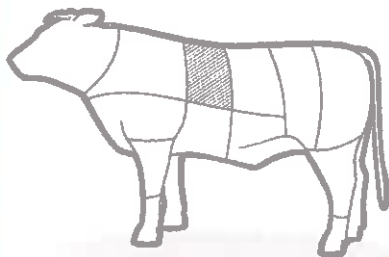
**Perfect with:**  
The fresh flavours of our Greek Salad.



### 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.

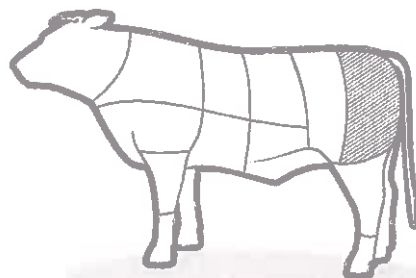
**Wash it down with:**  
A glass or two of the Beefsteak Malbec. This vibrant, spicy red perfectly complements a Ribeye's rich flavour.



### RUMP Firm + flavoursome

As the name suggests, Rump is found towards the rear of the cattle. As a 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.

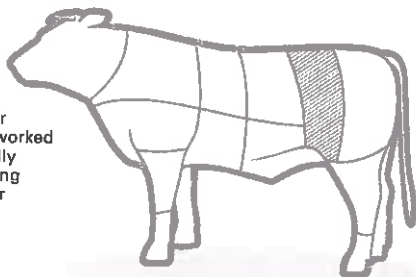
**Perfect with:**  
Our signature Fiery Black Sauce, its spicy kick complements Rump beautifully.



### SIRLOIN Tender + full-bodied

The classic 'Loin' cut, Sirloin is taken from the upper middle of the cattle. The 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 Berton Black Label Shiraz. This full flavoured, fruity and spicy red is the perfect accompaniment to Sirloin.







## NIBBLES

<b>House Breads</b> Served with our special beef flavoured buttery spread	3.00
<b>Crispy Gnocchi Bites</b> Crispy potato gnocchi seasoned with Parmesan & truffle infused oil, topped with chopped parsley	3.25
<b>Olives* (v) <span style="color:red">NEW</span></b> A selection of green and kalamata olives	3.25

## GRAZING PLATES

Designed to mix and match. We recommend three plates between two people to get you started.

<b>Pulled Beef Tacos <span style="color:red">NEW</span></b> Grilled, soft taco shells topped with pulled beef, beans with bacon, smashed avocado, tomato salsa, Cheddar cheese and coriander	4.95
<b>Asian Crispy Beef</b> Crispy pulled beef tossed in hoisin, cucumber, spring onion, chilli and coriander	5.50
<b>Salt &amp; Pepper Squid*</b> Crispy salt & pepper squid mixed with chilli and garlic, served with lemon & garlic mayo and a wedge of lemon	6.50
<b>Trio of Dips (v) (ve) <span style="color:red">NEW</span></b> Houmous, mixed tomato salsa and carrot & harissa dip served with a tortilla	4.50
<b>Mac &amp; Cheese Bites (v)</b> Crispy, mini fried mac and cheese bites	3.75
<b>Cheese &amp; Jalapeño Stuffed Dippers (v)</b> Dippers filled with cheese and jalapeño then fried and served with reduced fat soured cream dip	3.95
<b>Smoked Salmon** <span style="color:red">NEW</span></b> Scottish smoked salmon topped with baby capers, parsley, a drizzle of olive oil and a wedge of lemon, served with stone-baked flatbread	6.95
<b>Tandoori Chicken Wings</b> Crispy tandoori spiced chicken wings cooked over charcoal and topped with coriander	5.50

## SALADS

<b>Buddha Bowl (v) (ve) <span style="color:red">NEW</span></b> Mixed grains, houmous, carrot & harissa dip, mixed tomato salsa, avocado and sprouting broccoli, topped with rocket and served with a tortilla <i>Add grilled chicken</i>	7.50 / 10.50 1.50
<b>Salt Beef Salad <span style="color:red">+600 NEW</span></b> Pulled salt beef, roasted beetroot, potatoes, green beans and rocket tossed in a honey and mustard dressing then topped with a poached egg	8.95 / 11.95
<b>Chargrilled Chicken Salad <span style="color:red">+600</span></b> Mixed tomatoes, basil, rocket, olive oil and lemon juice, served with a flattened, grilled chicken breast	7.95 / 11.50

## FISH + VEG

<b>Thai Green Curry (v) (ve) <span style="color:red">NEW</span></b> Thai Green Curry with sweet potato, red pepper and green beans, topped with fresh chilli and coriander then served with basmati rice and a crunchy Asian style slaw	9.95
<b>Sea Bass**</b> A whole canood sea bass cooked over charcoal with garlic, lemon and thyme, served with sprouting broccoli, baby capers, chilli and cherry tomatoes	14.95
<b>Beer-Battered Cod &amp; Chips**</b> Beer-battered cod served with minted mushy peas, samphire, beef dripping triple cooked chunky chips, our homemade tartare sauce and a wedge of lemon	11.95
<b>Hot-Smoked Salmon**</b> Salmon cooked over charcoal with potatoes, sprouting broccoli, green beans, rocket, peas and mint, finished with a light lemon dressing	14.95

+600 This icon shows our lighter calorie main dishes that are under 600kcal, based on an average serving size.

Full allergen information available on request. All prices include VAT.  
(v) Suitable for vegetarians. (ve) Suitable for vegans. \* Approximate weight uncooked  
\*\* May contain bones or shell pieces. \* May contain small traces of alcohol  
= Contains lactocases. \* May contain fruit stones. Dishes do not list every ingredient, please ask for more information.

## STEAKS

Our classic cuts come from British breeds of cattle reared across the Pampas in South America. These cuts are all aged for a minimum of 28 days and hand cut on site, so you can have your steak as big as you want it - just ask.

All of our classic cuts are finished in the special Bar + Block way and served with samphire and your choice of our house salad or beef dripping triple cooked chunky chips.

*Upgrade to Halloumi Fries or Sweet Potato Fries with Chorizo & Feta for just 50p*

All of our 8oz\* classic cuts are +600 calories with our house salad.

### Classic Cuts

<b>Rump 8oz* / 10oz*</b> A working cut of the cow, full of flavour and with a firm texture	11.95 / 13.95
<b>Ribeye 8oz* / 10oz*</b> Marbling gives this steak a soft texture and rich flavour	15.50 / 17.95
<b>Sirloin 8oz* / 10oz*</b> Succulent, tender and with a delicate flavour	15.95 / 18.50
<b>Fillet 8oz* / 10oz*</b> The most lean and tender of all the steaks	19.95 / 22.95

### Speciality Cuts

<b>10oz* Spiral Cut Fillet</b> A unique dish created by spiral cutting the fillet and marinating it in garlic and parsley for 24 hours for tenderness and flavour	24.50
<b>Churrasco De Chorizo</b> 10oz* spiral cut sirloin, marinated in garlic and parsley for 24 hours	22.95
<b>Deconstructed Beef Wellington*</b> 10oz* sliced fillet served on layers of puff pastry filled with garlic spinach and creamy truffle flavour mushrooms, served with a rich Malbec sauce	27.95
<b>Surf &amp; Turf** <span style="color:red">NEW</span></b> 8oz* sirloin, topped with a lobster tail cooked in garlic butter over charcoal	22.95
<b>Tira De Ancho</b> 14oz* spiral cut ribeye, marinated in garlic, parsley and chilli, served with chimichurri	25.95

### Our Butcher's Block

Our special cut for the season. As well as our regular cuts, we source a range of unique steaks as they become available. Check out our Butcher's Block and discover something special today.

## SAUCES

<b>Fiery Black Sauce (v)</b> Our signature blend - tangy and spicy	1.50
<b>Chimichurri (v)</b>	1.50
<b>Mushroom, Red Wine &amp; Pancetta*</b>	1.50
<b>Trio of Peppercorn*</b>	1.50
<b>Béarnaise* (v)</b>	1.50

## SIDES

<b>French Fries (v)</b>	2.95
<b>Halloumi Fries (v) <span style="color:red">NEW</span></b>	3.75
<b>Beef Dripping Triple Cooked Chunky Chlps</b>	3.25
<b>Sweet Potato Fries (v)</b>	3.25
<b>Sweet Potato Fries with Chorizo, Feta &amp; Coriander</b>	3.75
<b>Beer Battered Onion Rings* (v)</b>	2.95
<b>Creamed Sweetcorn (v) <span style="color:red">NEW</span></b>	3.25
<b>Mac &amp; Cheese Bites (v)</b>	3.75
<b>Garlic Spinach (v)</b>	2.95
<b>Carrots &amp; Honey Glazed Parsnips (v) <span style="color:red">NEW</span></b>	3.25
<b>Apple Slaw (v)</b>	2.95
<b>Mixed Garlic Mushrooms (v)</b>	2.95
<b>Greek Salad (v)</b>	3.50
<b>House Salad (v)</b>	2.95

## GRILLS

<b>Mixed Grill</b> 4oz* rump steak, half a pork chop, half a grilled chicken breast and a giant pork sausage, served with a grilled flat mushroom, tomato, apple slaw and French fries	19.95
<b>Pork Chop <span style="color:red">NEW</span></b> Pork chop finished over charcoal, served with crushed potatoes, garlic spinach and a rich Malbec sauce*	15.50
<b>Lemon &amp; Thyme Chicken</b> Half a chicken, marinated in pepper, lemon and thyme, finished over charcoal then served with rocket, lemon & garlic mayo and French fries	13.50
<b>Lamb Shoulder</b> 24hr slow cooked marinated lamb shoulder, finished over charcoal and served with garlic sautéed potatoes, cherry tomatoes, green beans and a rich Malbec sauce*	15.95

## 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 brioche style bun with French fries.

*If you'd prefer your burger without the bun, just let us know and we'll swap it for a house salad.*

<b>The Mighty Block Burger</b> Our signature beef burger. 8oz* hand-ground beef patty with oozy cheese sauce, crispy onions, pulled beef brisket, pickled cucumber spear, shredded lettuce, tomato and our fiery black sauce	13.50
<b>Classic 8oz* Beef Burger</b> With shredded lettuce, tomato, red onion and our house burger sauce <i>Add Cheddar cheese &amp; dry cured oak smoked streaky bacon</i>	9.95 2.00
<b>Halloumi &amp; Courgette Burger (v)</b> Chargrilled courgettes, grilled halloumi, and a Feta, chilli and courgette fritter, topped with rocket and tzatziki	10.95
<b>Tandoori Chicken Burger</b> Chicken breast marinated for 24 hours in tandoori spices, cooked over charcoal then topped with a yoghurt, mint and cucumber dip, an onion bhaji, lettuce, red onion and tomato	11.95

## Sunday Best

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

Sliced picanha served with Yorkies, beef dripping roasties, carrots, parsnips, Cheddar topped cauliflower, seasonal greens and a rich gravy

Picanha is a speciality South American cut which comes from the top cap of the rump and is full of flavour.

## PUDDINGS

<b>Salted Toffee Apple Crumble (v) <span style="color:red">NEW</span></b> Served with vanilla ice cream	5.95
<b>Lemon &amp; Clementine Cheesecake* (v)</b> Drizzled with summer berries	5.95
<b>Triple Chocolate Brownie (v)</b> Served warm with chunks of chocolate throughout and topped with chocolate toffee sauce and vanilla ice cream	5.95
<b>Mixed Berry Pavlova* (v)</b> Seasonal berries with cream and ripple meringue	5.95
<b>Chocolate Churros Sundae (v)</b> Churros coated in cinnamon sugar, served with vanilla ice cream, salted caramel ice cream, brownie chunks, cream and chocolate toffee sauce	5.95
<b>Sticky Toffee Pudding (v)</b> Served with salted caramel ice cream	5.95
<b>Ice Cream (v)</b> Three scoops of either vanilla ice cream, salted caramel ice cream or coconut sorbet	4.50
<b>Fruit Salad (v) (ve)</b> A mix of strawberries, grapes, apple, melon, mango and pineapple topped with coconut sorbet	5.95





## BREAKFAST & BRUNCH

**Steak & Eggs** 7.50  
Grilled steak, fried eggs and breakfast potatoes

**The Bar + Block Works** 7.95  
Dry cured oak smoked streaky bacon, pork sausage, spicy beans with smoked bacon, beef hash, mixed mushrooms and roasted tomato, served with a fried egg and toast  
*Add a steak for £2*

**Veggie Works (v)** 6.95  
Mixed mushrooms, roasted tomatoes, beans, smashed avocado and breakfast potatoes, served with a fried egg and toast

**Eggs Your Way (v)** 4.95  
Two egg omelette or two poached, fried, boiled or scrambled eggs served with toast

**Granola, Fruit Salad & Toast\* (v)** 5.50  
Granola topped with fresh fruit and yoghurt, served with toasted bloomer and jam

**Porridge\* (v)** 3.95  
Topped with fresh fruit

**Avocado On Toast (v)** 5.95  
Smashed avocado topped with a poached egg and red chilli, served on a toasted malted bloomer

**Buttermilk Pancakes** 6.95  
Topped with dry cured oak smoked streaky bacon and maple syrup

**Continental Breakfast**  
3.50 for Kids / 7.50 for Adults

Help yourself to a selection of artisan style breads, spreads, pastries, fresh fruit, cereals, yoghurt and granola pots, including unlimited tea, coffee and juice from our self service stations

**Full English Breakfast**  
4.50 for Kids / 9.50 for Adults

Help yourself to the continental breakfast items as well as a selection of hot breakfast items including beef hash, dry cured oak smoked streaky bacon, pork sausages, beans, mixed mushrooms, plum tomatoes, fried or scrambled eggs and hash browns

*Please note our buffet breakfast options are available until 10:30am Monday – Friday and until 11am on weekends, bank holidays and school holidays.*

## KIDS

**Mini Bar + Block Works** 3.95  
A pork sausage, dry cured oak smoked streaky bacon, half a roasted tomato and beans served with a fried egg and toast

**Buttermilk Pancakes** 3.50  
Topped with dry cured oak smoked streaky bacon and maple syrup

**Fruit Salad & Toast\* (v)** 2.50  
Fruit salad served with toasted bloomer and jam

**Porridge\* (v)** 2.50  
Topped with fresh fruit

## DRINKS

	Primo	Medio		
Americano	1.95	2.30	Everyday Breakfast or Decaf	1.95
Cappuccino	2.25	2.55	Earl Grey, Green Tea, Lemon & Ginger Infusion or Peppermint Infusion	2.05
Latte	2.25	2.55	Orange Juice	2.80
Hot Chocolate	2.50	2.80	Cranberry Juice Drink	2.80
	Solo	Doppio	Apple Juice	2.80
Espresso	1.65	2.00		
Vanilla or Caramel Syrup Shot		0.40		

Full allergen information available on request. All prices include VAT (v) Suitable for vegetarians.  
\* May contain fruit stones. For more information on our drinks, please refer to our drinks menu.  
Dishes do not list every ingredient, please ask for more information.