Allergen Menu

CHOP
BLOC

Chop Bloc Allergen Menu

Allergies and special dietary requirements are taken very seriously at Chop Bloc. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your waiter before ordering of any specific dietary requirements that you may have.

Despite our strict controls, unfortunately it is not possible to guarantee that our busy kitchens are completely free of allergens. Where we use an 'i' within the allergy information for a dish, this indicates that whilst the ingredient is not included in the recipe, due to fryers being used for more than one product there is a small possible contamination risk. We may be able to substitute an ingredient to suit your dietary needs, please ask a member of the team for more details. Our allergen lists will be kept up to date and should be checked each time you visit as we may update recipes from time to time. We always provide this information on our website at www.chopbloc.com so that you can browse the menu before visiting us.

ADAPTING DISHES TO MAKE FREE FROM GLUTEN CONTAINING INGREDIENTS

We are happy to adapt many of our recipes to suit those who do not eat wheat, or other gluten containing cereals. Dishes that are made with no gluten containing ingredients on the menu can be easily identified in the grid below. The following dishes can also be adapted to make them suitable for those who do not eat gluten. We use a separate fryer for our gluten containing dishes.

Please ensure that you clearly communicate to your waiter that you would like to adapt the dish. Please note that the gluten free bread contains egg and therefore may not be suitable for your specific dietary needs.

Starters

Burgers:
Ask for gluten free bun or bread with our beef burgers.
The Minute Steak Sandwich is served in baguette therefore cannot be served as gluten free

Chicken wings
Our chicken wings are gluten free, they are tossed in corn flour prior to frying in a non gluten specific fryer.

However, we serve ranch sauce as a dipping sauce with ours wings - this is NOT gluten free and not suitable for celiacs. This can be removed upon request.

Sunday Roast:
Ask for no yorkshire pudding and our gravy is not gluten free.

Menu Item	Celery	Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seeds	Soya	Sulphur Dioxide
Bread & Chimichurri		●												●
Beetroot Salad							●							
Tempura King Prawns		●	●										●	●
Panko Pork Belly		●		●			●						●	
Prawn & Crayfish Cocktail	●		●	●										●
Tuna Tartare & Fresh Guacamole					●							●	●	
Smoked Salmon					●		●	●						
Beef Picanha Tataki		●										●	●	●
Mac & Cheese Bites (v)	●	●		●			●							
Salt & Pepper		●		●	●									
Scallops							●							
Lobster Bisque	●	●	●											●
Charcuterie Board for Two		●					●							●
Chicken Wings BBQ	●								●					
Chicken Wings Chipotle														
Chicken Wings Lemon Pepper														
Chicken Wings Honey Garlic														
Chicken Wings Franks Hot														
Chicken Wings Japense Karage												●	●	
Chop Bloc Burger	●	●		●			●		●					
Chop Bloc Burger w, Bacon	●	●		●			●		●					
Josper Bacon Burger	●	●		●			●		●					
BBQ Burger	●	●		●			●		●					
Veggie Burger		●		●			●							
Minute Steak Sandwich		●		●			●		●					
Chicken, Bacon and Avo Burger		●		●			●							●
Panko Pork Burger		●		●			●					●	●	
Bone in Rib														
Chateaubriand														
Fillet														
Picahna														
Ribeye														
Rump														
Sirloin														

Menu Item	Celery	Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seeds	Soya	Sulphur Dioxide
Santa Fe Chicken Salad	●	●							●					
Seared Tuna Nicoise Salad				●	●									
Superfood Salad							●							
Superfood Salad w Rump							●							
Superfood Salad w Salmon					●		●							
Seabass					●									
Lemon Sole Meuniere					●		●							
Mushroom Tagliatelle		●		●			●							
Herb Roasted Chicken							●							●
Rack Of Lamb	●	●												●
Mac & Cheese 500g		●		●			●							
Calves Liver & Sauteed Potatoes	●	●												●
Salmon & Chorizo		●			●		●						●	
Churrasco Sirloin														
Churrasco Ribeye														
Churrasco Fillet														
Chimichurri Ribeye														●
Chilli Bone In Sirloin		●	●		●			●						
Blue Cheese Rump Fillet							●							
Green Beans														
Mushrooms												●	●	
Spinach														
Asparagus														●
Cauliflower Cheese		●					●							
Chipotle Corn							●							
Chipotle Fries														
Fries														
Oxtail Chilli Fries	●	●												●
Hand Cut Chips														
Josper Corn							●							
New Potatoes & Chorizo							●						●	
Maccaroni Cheese 300g		●		●			●							
Mash & Gravy	●	●					●							●

Menu Item	Celery	Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seeds	Soya	Sulphur Dioxide
Side Salad														
Onion rings		●												
Sweet Potato Wedges														
Tomatoes salad							●							
Truffle Fries							●							
Lobster Add On			●				●							
Josper Tiger Prawns			●											
Fried Eggs				●										
Peppercorn	●	●							●					
Bernaise							●							●
Chimichurri														
Red Wine Veal Jus	●	●												
Blue Cheese							●							
Kids Burger	●	●					●							
Kids Mac & Cheese		●		●			●							
Kids Steak														
Kids Goujons		●		●			●							
LUNCH MENU														
Beef Bourginon	●													●
Beef Pie		●		●			●							●
Brisket Sandwich		●												
Meetball Sub		●					●							
Roast Sirloin of Beef	●	●												●
Herb Roast Chicken	●	●					●							
Roast Pork & Apple Sauce	●	●					●							●

Menu Item	Celery	Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seeds	Soya	Sulphur Dioxide
Blueberry Cheesecake		●					●							
Sherry Trifle		●		●			●							●
Crème Brulee				●			●							
Chocolate Brownie		●		●			●							
Sticky Toffee Pudding		●		●			●							
Key lime Semifredo		●		●			●							
Cheese Selection	●	●					●							
Ice Cream Sundae		●		●										
Vanilla Ice Cream				●			●							
Chocolate Ice Cream				●			●							
Strawberry Ice Cream				●			●							
Lemon Sorbet														
Raspberry Sorbet														
Spanish Orange Sorbet														
Vanilla Milkshake				●			●							
Chocolate Milkshake				●			●							
Strawberry Milkshake				●			●							
Banana Milkshake				●			●							
Oreo Milkshake		●		●			●						●	
Single Espresso														
Double Espresso														
Americano														
Floater Coffee							●							
Latte							●							
Cappuccino							●							
Single Macchiato							●							
Double Macchiato							●							