



Site: The Chequers Matching Green

## Allergens Summary: Main Restaurant Menu

Reviewed by Head Chef (The Chequers Matching Green) Bo on 03-09-2025

Contains  May Contain  Removable  Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	NIDIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
		*	A. Market	<b>**</b>	£60 £50	>40	Supin	MLK	*		•		B <sub>6</sub> .		© 0 c 9
Main Menu			,												
1STARTER - Braised Scottish Beef Shin Croquettes with horseradish crème fraiche & pickled cucumber			Wheat 🕢		•	•		•		•					
1STARTER - Bread Basket with unsalted butter			Wheat 🕢					•							
1STARTER - Burrata with heritage tomato salad, fine capers, pickled shallots, basil								•						•	
1STARTER - Classic Prawn Cocktail Marie Rose sauce, baby gem, cayenne pepper buttered granary bread		•	Wheat 🕢	Crayfish 🕢 Prawns 🕢	•	•		•							
1STARTER - Food & Forest Cashew nuts															Cashews 🕢
1STARTER - Marinated Giant Olives														•	

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		*	A STATE OF THE STA		660 650	<b>&gt;40</b>	Login	MLK	<b>&amp;</b>	materials.	3		8.	å	© <b>0</b> 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Main Menu	•	1				•	•	•			•	1	1		
1STARTER - Moules Mariniere with cream, wine, shallots, sourdough bread			Wheat 📀					•	Mussels 🕢					•	
1STARTER - Salmon Tartare, poached and smoked salmon, lemon, herbs and rye bread			Rye 🗸 Wheat 🗸		•	•									
1STARTER - Salt & Pepper Squid with sweet chilli sauce									Squid 🕢					•	
1STARTER - Soup of the day with sourdough bread		•	Wheat 📀					•							
1STARTERS Stuffed Baked Pear with blue cheese and walnuts, rocket leaves								•							Walnut 🕢
2 MAINS GOURMET VEGGIE BURGER chickpeas, harissa and shiitake mushrooms, vegan cheese, tomato, lettuce, red onion, sweet potato fries			Wheat 🕢												
2MAIN - Caesar Salad with Chicken Baby gems, bacon, Parmesan, croutons, cherry tomatoes, anchovies, Caesar dressing			Wheat 🕢		•	•		•							

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		***		<b>**</b>	689 <b>13</b> 0	***	Lujis	MILK	*	waterano.	93		∂ <sub>6</sub>		(2) 69 (2) 69
Main Menu															
2MAIN - Caesar Salad with Tiger Prawns Baby gems, bacon, Parmesan, croutons, cherry tomatoes, anchovies, Caesar dressing			Wheat 🕢	Prawns 🐼	•	•		•							
2MAIN - CHICKEN MILANESE Oven Baked, herb & Parmesan crusted chicken breast, spaghetti with roasted tomato, chilli and herb sauce		•	Wheat 🕢		•			<b>⊗</b>							
2MAIN - Fillet of Beef house made smoked herb butter, watercress and hand cut chips								•							
2MAIN - Fish & Chips Beer battered haddock, hand cut chips, smashed peas, house made tartare					•	•		•							
2MAIN - Grilled Tuna Niçoise Salad on a bead of green beans, tomatoes, black olives, new potatoes, boiled egg					•	•									
2MAIN - Half Lobster				Lobster 🗸				•							

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		•	W.		280 250	>40	- Loss	MILK	<b>&amp;</b>	WHETEAD	<b>3</b>		8.	Å	@ <b>●</b> & (2 <b>)</b> <b>●</b> <b>●</b>
Main Menu	1				1	1	1	1		_		1	1		
2MAIN - Hot Seafood Platter Whole Lobster , mussels, clams, king prawns, garlic butter, fries and ciabatta bread		•	Wheat 📀	Lobster  Prawns		<b>⊘</b>		•	Mussels 🕢					•	
2MAIN - Linguini Frutti di Mare with calamari, tiger prawns and mussels in white wine and garlic		•	Wheat 🕢	Prawns 🕢		•		•	Mussels <b>⊘</b> Squid <b>⊘</b>					•	
2MAIN - Oven Baked Fish Of the Day with mint buttered new potatoes and sauteed spinach						•		•							
2MAIN - Pan Fried Calves Liver with creamed mash potato, sage braised onions and crispy smoked bacon								•							
2MAIN - Rib Eye with house made smoked herb butter, watercress and hand cut chips								•							
2MAIN - Roasted Breast of Duck with braised squash, chilli roasted courgettes and cherry tomatoes, red wine jus														•	
2MAIN - Sirloin Steak with house made smoked herb butter, watercress and hand cut chips								•							

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Main Menu		***	R. W.		680 (20)		Lupin	MILK		BISSTAND	•		₿s.		(30) (30) (60)
2MAIN - THE CHEQUERS BEEF BURGER grilled beef patty, smoked applewood cheddar, bacon, red onion, tomato, lettuce, sesame brioche bun and fries		•	Wheat 🕢		•			•				•		•	
2MAIN -Dry Aged Dingley Dell Pork Rib Eye Steak, with rosemary sautee potatoes, red onions, green beans and, peppercorn sauce								•						•	
2MAIN PORCINI MUSHROOM RISOTTO Parmesan shavings, rocket leaves and truffle oil		•						•						•	
2MAIN THE CHEQUERS SEOSONAL Salad Baby gem, wild rocket, vegan feta, avocado, roasted chickpeas, heritage tomatoes, sunflower seeds, house dressing	•														
3SUNDAY - Cauliflower cheese		•	Wheat 🕢					•							
3SUNDAY - Roast Striploin of Beef Yorkshire pudding, roast potatoes, seasonal veg, gravy		•	Wheat R		R♥			R 🗸						•	

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Main Menu		Ψ	¥	A Yes											
3SUNDAY - Roast Turkey Breast, Yorkshire Pudding, chipolata & bacon, sage stuffing, roast potatoes, seasonal veg, gravy		•	Wheat 🕢		•			•						•	
3SUNDAY - Squash, Mushroom & Spinach Wellington roast potatoes, seasonal veg, vegetarian gravy		<b>⊘</b>	Wheat 🕢											<b>⊘</b>	
4SAUCES - Bearnaise Sauce					•			<b>Ø</b>						•	
4SAUCES - Creamy mushroom sauce								•							
4SAUCES - Garlic Butter								<b>Ø</b>							
4SAUCES - Marrowbone Gravy		•												•	
4SAUCES - Peppercorn Sauce		•						•						•	
5SIDES - Extra fine green beans	•														
5SIDES - Fries	•														
5SIDES - Garlic & herb button mushrooms		•						•							
5SIDES - Hand Cut Chips	<b>Ø</b>														
5SIDES - Mac & Cheese			Wheat 🕢					•						•	

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		***	A. C.	<u> </u>	680 830	>40	Lupta	MILK	*	WINTERMO	3		8.	4	@ <b>●</b>
Main Menu															
5SIDES - Mashed Potatoes	•														
5SIDES - Mixed salad	•														
5SIDES - Seasonal vegetables	•														
5SIDES - Truffle & parmesan fries								•							
5SIDES - Wilted spinach	<b>Ø</b>														
6 DESSERT - Selection of Fine English Cheeses Somerset Brie, Cornish Yarg, Mature Cheddar, Rosary goat's cheese, Oxford blue with fig & apple chu		•	Wheat 🕢					•						•	Walnut 🕢
6 DESSERTS - CRÈME BRÛLÉE caramelised sugar crust, lavender shortbreads			Wheat 🕢		•			•							
6 DESSERTS - SELECTION OF ICE CREAM & SORBETS			Wheat 🕢		•			•						•	
6 DESSERTS - The Chequers Sundae with vanilla ice cream, chocolate brownie, cherries, Chantilly cream, raspberry sauce, toasted flaked almonds			Wheat 🕢		•			•						•	Almonds R

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Main Menu					1	1				1	1		1		
6 DESSERTS - VEGAN ICE CREAM Vanilla, chocolate, strawberry													<b>Ø</b>		
6DESSERT - New York Vanilla Cheesecake					•			<b>&gt;</b>							
6DESSERT - Sticky Toffee Pudding with butterscotch sauce and vanilla ice cream			Wheat 🕢		•			•						•	
6DESSERTS - Affogato, vanilla ice cream, crushed amaretti biscuits drizzled with espresso coffee			Wheat 🕢		•			•						•	Almonds 📀
6DESSERTS - Double Chocolate Brownie with honeycomb and vanilla ice cream			Wheat 🕢		•			•						•	