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Allergens Summary: Main Restaurant Menu

Reviewed by Head Chef (The Chequers Matching Green) Bo on 16-04-2026













Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Main Menu															
1STARTER - Bread Basket with salted butter			Wheat 												
1STARTER - Chicken liver parfait on grilled brioche with red onion marmalade			Wheat 												
1STARTER - Classic Prawn Cocktail Marie Rose sauce, baby gem, cayenne pepper buttered granary bread			Wheat 	Crayfish  Prawns 											
1STARTER - Marinated Giant Olives															
1STARTER - Pork crackling and apple sauce															
1STARTER - Salt & Pepper Squid with roasted lemon and sweet chilli sauce									Squid 						

<p> ✓ Contains M May Contain R Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Main Menu															
1STARTER - Soup of the day with sourdough bread			Wheat R ✓					R ✓							
2 MAINS - Moules Mariniere with cream, wine, shallots, sourdough bread			Wheat ✓					✓	Mussels ✓					✓	
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 ✓		✓	✓		✓							
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 ✓		✓			✓							

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p>																
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Main Menu

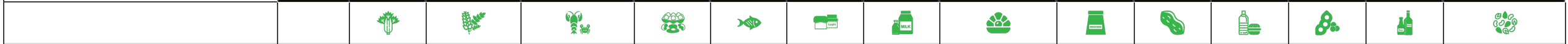
2MAIN - Fillet of Beef with hand cut chips, roasted cherry tomatoes, watercress, and our house made smoked herb butter								✓								
2MAIN - Fish & Chips Cider battered haddock, hand cut chips, smashed peas & house made tartare sauce					✓	✓		✓						✓		
2MAIN - Half Lobster				Lobster ✓				✓								
2MAIN - Hot Seafood Platter Whole Lobster , mussels, clams, king prawns, garlic butter, fries and ciabatta bread		✓	Wheat ✓	Lobster ✓ Prawns ✓		✓		✓	Clams ✓ Mussels ✓					✓		
2MAIN - Oven Baked Fish Of the Day with a choice of a sides			Wheat Ⓜ			✓		Ⓜ								
2MAIN - Pan Fried Calves Liver with creamed mash potato, lyonnaise onions and crispy smoked bacon, beef jus								✓						✓		
2MAIN - Rib Eye with hand cut chips, roasted cherry tomatoes, watercress, and our house made smoked herb butter.								✓								

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Main Menu

2MAIN - Sirloin Steak with hand cut chips, roasted cherry tomatoes, watercress, and our house made smoked herb butter.								✓								
2MAIN - THE CHEQUERS BEEF BURGER Grilled rib steak patty on a sesame brioche bun with Oglesfield Somerset cheese, streaky bacon, caramelised onion,			Wheat Ⓡ ✓		✓			✓		✓		✓		✓		
2MAIN 18oz pork tomahawk Large bone-in chop delivering deep, savoury flavours with subtle sweetness								✓								
2MAIN Chequers seasonal salad Quinoa, heritage beetroot, mange tout, spring onion, sunflower seeds, radish, sugar snap peas & citrus dressing										✓				✓		
2MAIN Pea and asparagus risotto with parmesan crisp & rocket leaves		✓						Ⓡ ✓						✓		
3SUNDAY - Cauliflower cheese		✓	Wheat ✓					✓								

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Main Menu

5SIDES - Hand Cut Chips	✓														
5SIDES - Mac & Cheese			Wheat ✓					✓						✓	
5SIDES - Mashed Potatoes								Ⓡ ✓							
5SIDES - Mixed salad														Ⓡ ✓	
5SIDES - Seasonal vegetables								Ⓡ ✓							
5SIDES - Truffle & parmesan fries								✓							
6 DESSERT - Selection of Fine English Cheeses Cotswold brie, Montgomery aged cheddar, Driftwood Ash goats cheese and Oxford Blue with fig & apple ch			Wheat Ⓡ ✓					✓						✓	
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 Ⓡ ✓

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6 DESSERTS - VEGAN ICE CREAM Vanilla, chocolate, strawberry													✓		
6 DESSERTS Seasonal Fruit Crumble with custard			Wheat ✓					✓							
6DESSERT - New York Vanilla Cheesecake					✓			✓							
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 ✓		✓			✓						✓	

Signed by: _____

Signature: _____