

Savoury Graze Boards

The Chequers Graze boards may contain any of the following ingredients & sauces, Boards will not contain the same ingredients all boards will vary. Boards may & will contain any or all the of the 14 allergens.

The 14 allergens are: **celery, cereals containing gluten** (such as wheat, barley and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs, fish, lupin, milk, molluscs** (such as mussels and oysters), **mustard, peanuts, sesame, soybeans, sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts). We cannot guarantee they have not come into contact with nuts.

Sundried tomato & Oregano Sourdough bread – **Wheat, wheat flour, Wheat bran** {May contain sesame seeds, soya, milk & egg}

Sourdough Bread – **Wheat, Rye Flour, Wheat flour** {May contain sesame seeds, soya, milk & egg}

Crackers – **Wheat flour**

Melba thins – **Wheat flour, Barley, Wheat, Soya** {May contain Sesame & Milk}

Pizza – **Wheat flour, Milk, Wheat** {May contain celery}

Quiche – **Milk, Wheat, Egg**

Silverskin Pickled Onions – **Metabisulphite = Sulphites**

Cornichons

Green Jalapeno Peppers

Red Jalapeno Peppers

Bread Sticks – **Barley, Wheat flour** {May contain sesame seeds}

Humous – **Sesame Seed**

Smashed Avocado

Black Olives

Green Olives

Brie – **Milk**

Vine Tomatoes

Stuffed Vine Leaves – **Metabisulphite = Sulphites**

Soft Apricots – **Sulphur Dioxide = Sulphites**

Camembert – **Milk**

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Extra Mature Cheese – **Milk**

Blue Stilton – **Milk**

Strawberries

Blueberries

Grapes

Salami – {May contain Mustard & Celery}

Frittata – **Egg Milk**

Scotch Eggs – **Wheat**

Pork Pie – **Wheat, Eggs**

Feta Stuffed Peppers – **Milk**

Gouda & Chorizo Rollitos – **Milk** {May contain egg}

Gouda & Pepperoni Rollitos – **Milk** {May contain egg}

Chorizo Slices

Spanish Serano Ham

Prosciutto Crudo Slices

Mortadella Ham

Red Onion Chutney – **Barley**

Salsa

Guacamole

Iberic Cheese & Serrano Rollitos – **Milk, Egg**

El Pazo Guacamole – **Milk, Cream, Wheat**

Sweet Graze Boards

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Below example of various cakes sweet:

Chocolate Gateaux – **Milk, wheat flour, Soya** {may contain peanuts & nuts}

{V} Cheesecakes – **Wheat flour, Milk, Egg, Wheat Gluten** {may contain peanuts & nuts}

Profiteroles – **Milk, Egg, wheat Flour** {may contain peanuts & nuts}

Mixed Berry Tart – **Egg, Milk, wheat** {may contain peanuts & nuts}

{V} Fruit Cake – **Wheat, Egg** {may contain peanuts & nuts}

Swiss Roll – **Wheat, Egg, Soya Milk** {may contain peanuts & nuts}

Fairy Cakes – **Wheat, Egg, Milk** {may contain peanuts & nuts}

Angel Layer Cake – **Wheat, Egg** {may contain peanuts & nuts}

Marshmallows

Chocolate & Vanilla Swiss Roll – **Wheat, Egg, Milk Soya** {may contain peanuts & nuts}

{V} Chocolate Cookies – **Wheat, Soya, Milk, Oatmeal, Milk Chocolate, Dark Chocolate** {may contain peanuts/nuts}

{V} Triple Chocolate Cookies – **Wheat, Soya, Milk, Milk Chocolate, Dark Chocolate** {may contain peanuts/ nuts}

Flumps

Haribos

{V} Chocolate Mega Loaf – **Wheat, Egg, Soya, Milk** {may contain peanuts & nuts}

{V} Party Cakes – **Egg, milk, Soya,** {may contain peanuts & nuts}

{V} Raspberry Sponge with buttercream – **Wheat, Egg, Milk** {may contain peanuts & nuts}

{V} Lemon Iced Madera Cake – **Wheat, Milk** {may contain peanuts & nuts}

{V} Madeira Mega Loaf – **Wheat, Egg, Milk** {may contain peanuts & nuts}

{V} Iced Coffee Cake – **Wheat, Egg, Milk** {may contain peanuts & nuts}

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Below example of various cakes sweet:

{V} Plain Scones – **Wheat, Egg, Milk** {may contain peanuts & nuts}

{V} Fruit Scones – **Wheat, Milk, Egg** {may contain peanuts & nuts}

Cornish Clotted Cream – **Milk**