

## Food Allergen Ingredients

**8oz burgers** – beef 90% onion, red pepper, salt, black pepper, Worcester sauce, water, acetic acid, spirit vinegar, salt, sugar, garlic powder, colour (**ammonia caramel E150d sulphite**), cayenne pepper, cinnamon, clove, coriander, ginger, pimento, garlic extract, flavouring, May Contain **Lupins**

**6 oz burgers** - beef 90% onion, red pepper, salt, black pepper, Worcester sauce, water, acetic acid, spirit vinegar, salt, sugar, garlic powder, colour (**ammonia caramel E150d sulphite**), cayenne pepper, cinnamon, clove, coriander, ginger, pimento, garlic extract, flavouring, May Contain **Lupins**

**Breaded Chicken Steak** – includes cereals contain **gluten, wheat** flour, **wheat** starch. **M/C white wine vinegar & sulphites**, May Contain **Lupins**

**Scampi** – reformed scampi pieces, **Crustacean, wheat flour**, May Contain **Lupins**

**Cod** – **Fish, wheat** flour, **wheat** starch, May Contain **Lupins**

**Pie** – **Wheat** flour, **Milk, Barley, egg, beef 33%, rapeseed** oil, May Contain **Lupins**

**Chicken Nuggets** – **Wheat** flour, **Celery** seed, **rapeseed**, May Contain **Lupins**

**Tuna** – **Fish, may contain bones.**

**Mash** – **Wheat, Milk** Vegetarian

**Burger Buns** – **Wheat** flour, **Sesame seed, Soya** flour, **gluten**, may also contain **milk & egg**, (sesame seeds are classified as seeds, not nuts, may resemble proteins in certain nuts may trigger allergic reactions) May Contain **Lupins**

**Cheese Sauce** – **Milk, Mustard, Soya** Lecithin.

**Mayonnaise** – **Egg, Mustard** flour, **Rapeseed**.

**Beef Gravy** - **Granules -Wheat, Soya, Barley.**

**Chicken Gravy**- **Wheat, Barley, Soya. (ammonia caramel E150d sulphite),**

**Vegetarian Gravy** – **Wheat (ammonia caramel E150d sulphite),**

**Cheese** – Contains **milk.**

**Coleslaw** – **Milk, Egg, Mustard** flour, White wine vinegar = **Sulphites**

**Bread** – **Wheat** flour, **Soya** flour, May Contain **Lupins**

## Food Allergen Ingredients

Onion Rings – **Wheat** flour, May Contain **Lupins**

Tiger Baguettes – **Barley, Wheat Barley**, May Contain **Lupins**

Chips – **Wheat**

French Fries – **Wheat**

Blue Cheese Sauce – **Milk, Egg**, White Vinegar = **Sulphites**, Spirit Vinegar

Brown Sauce – **Rye** flour, Spirit Vinegar & Caramel Colouring = **Sulphites**,

Horseradish – **Egg, Mustard**, Acetic Acid

Sweet Pickle – **Sulphates, Barley**, Acidic Acid

Mustard – **Mustard** flour, Spirit Vinegar, M/C **Wheat** flour, White wine Vinegar = **Sulphites**

Whole Grain Mustard – **Mustard seed**, White Wine Vinegar = **Sulphites**

Sour Cream – **Milk**, Acetic Acid, Spirit Vinegar

Tartare Sauce – **Egg, Mustard**, Acetic Acid, Spirit Vinegar

Bar B Que Sauce – Spirit Vinegar Malt Vinegar = **Sulphites, Barley, Celery, Wheat, Soya, Caramelised Sugar Syrup** = **Sulphites**

Tomato Sauce – Acetic Acid, Spirit Vinegar, **M/C Celery, Sulphites**

Worcester Sauce – **Barley, Fish, Sulphites**

Tabasco Sauce – **Vinegar** = **Sulphites**

Pickled Eggs - **Eggs, Milk, E150d Ammonia Caramel sulphite**, Spirit Vinegar

Cockles in a jar = **Mollusc, Malt Vinegar** from **Barley, Sulphites**, Acetic Acid

Sausages – **Wheat** Flour, **E223 Sodium Metabisulphite**, May Contain **Lupins**

Black Pudding - **Oatmeal, Barley & wheat**, May Contain **Lupins**

Eggs- Natural **Sulphites**

Ham: May Contain **Lupins**

## Food Allergen Ingredients

### Snacks:

Bacon Fries – **Soya, milk, Wheat, M/C Barley, Celery, Cereals & Mustard**

Nobbys Chilli nuts – **Peanuts, Wheat, Barley**. May contain: **Nuts, milk, Soya, Mustard, Celery**

Nobbys Salted nuts – **Peanuts**, May contain : **Wheat, Barley, Other Nuts, milk, Soya, Mustard, Celery**

Nobbys Dry Roasted Nuts – **Peanuts** May contain: **Wheat, Barley, Other Nuts, milk, Soya, Mustard, Celery**

Pork Scratchings – **Soya, Wheat**

Walkers Salt & Vinegar Crisps - May contain – **Milk, Wheat, Gluten, Barley, Soya, Celery, Mustard, Vinegar seasoning = Sulphites**

Walkers Ready Salted Crisps - May contain – **Milk, Wheat, Gluten, Barley, Soya, Celery, Mustard**

Walkers Cheese & Onion Crisps - May contain – **Milk, Wheat, Gluten, Barley, Soya, Celery, Mustard**

Red Leicester Cheddars - **Wheat, Milk, Buttermilk, Barley** May contain: **Sesame seeds, Eggs & Soya**

Scampi Fries: **Soya**, May Contain: **Celery, Mustard, Lactose** from **Milk** flavouring = **Sulphites**.

Pipers Steak Crisps – Citric Acid, **Caramelized Sugar Powder = Sulphite**, Paprika Extract



# Food Allergy Disclaimer:

The Chequers  
24 High Street  
North Crawley  
Bucks MK16 9LH  
Gary Lee & Tracey Fountain

## **Allergens:**

Attention customers with food allergies. **Please be aware that our food may contain or may have come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish shellfish or wheat.**

**Before placing your order,** please **inform** your server/ staff if a person in your party has a food or sole customer has a **food allergy**.

Customers if you have an **allergy**, please ensure you are carrying your EpiPen, or any other **medication** required should you have a reaction of any sorts & please make sure staff/company are aware.

**Customers Of:**

The Chequers, 24 High Street, North Crawley, MK16 9LH

Enclosed **food allergen** contents & **disclaimer**.

Please double check with staff, management, lists enclosed.

if you have any allergies prior to ordering Food/Snacks &  
Alcohol.

Thank you.