

It's all about fish

East Anglia has deep roots in the sourcing of fish.

We work with our fish suppliers to ensure that we only serve fish from sustainable supply.

Quality is paramount, we endeavor to ensure a constant line of supply, however, if anything is not available on our menu it is because there is no availability in the market on the day.

For your guidance, the symbol (V) denotes vegetarian.

Where we use alcohol in the dish, this is symbolized by (*).

We endeavor to prepare our fish in a careful manner however we cannot guarantee that all items are free from allergens. If you have any concerns please discuss these with your server or ask to see our allergen register.

All our food is freshly prepared and we therefore ask for your indulgence as each course will take a time to prepare.

A discretionary 10% service charge will be added to all accounts and will be distributed among the staff in full.

All dishes are subject to change due to seasonal availability of ingredients

All dishes include VAT at the current rate

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at
The Chequers
Restaurant and Bar

Appetisers

Green and Black Olives with Feta Cheese

£4.25

Warmed French Bread with Oil, Balsamic and Himalayan Pink Salt

£3.75

Starters

Skagen Fish Soup

*A mix of line caught fish and Shellfish
with cheese and cheese scones*

£7.50

Scottish Oak Smoked Salmon

Served with lemon on sour dough bread

£7.95

Traditional Prawn Cocktail with a twist

The traditional favourite with a touch of fennel

£7.95

Gin Herring

*Marinated herring in Gin, served with cucumber salad,
crushed black pepper and capers on rye bread*

£9.50

Tomato and Basil Tagliatelle (V)

cooked with pesto and roasted tomatoes

Starter £7.75/ Main Course £13.50

Smoked Lincolnshire Eel

Served with a green leaf salad and horseradish sauce

£7.50

Main Courses

Lemon, Parmesan and Herb Crusted Hake Fillet

Pan fried and served on a bed of tagliatelle, pesto and roasted cherry tomatoes

£15.50

Scallops with a pea Puree

Served with parma ham and a roasted lemon crème fraiche

£17.50

Fillet Steak with Beurre Maitre d'hotel

Pan fried and served with a grilled tomato, watercress and a Bernaise or Hollandaise sauce

£19.50

Chicken Sweet & Sour

A breast of chicken poached in lemonade and ginger and served over champ with a sweet and sour sauce.

£15.50

Fillets of Lemon Sole Caprice

Lemon sole pan fried and garnished with fried banana and mango chutney

£18.50

Grilled Yellowfin Tuna Steak

Line caught tuna steak with sauce béarnaise

£17.95

Salmon Teriyaki

Fillet of salmon with a dressing of ginger, garlic, soy sauce, maple syrup

£16.95

Sides

Buttered or sauté Potatoes
Champ

£3.50
£3.75

Spinach with Nutmeg

£3.75

Buttery

Green Beans and Almonds
dressing

£3.50

Green salad and Balsamic

£3.50

Puddings

Crème Brulee

An egg custard with caramel topping

£8.25

Chocolate Fondant

With Vanilla ice cream

£8.25

Treacle and Ginger Sponge Pudding

Served with creamy custard

£6.75

Chocolate and Amaretto Cheesecake

£6.50

Pecan Pie

Served with either hot custard or cream

£6.50

Three Cheese Cheeseboard

Dorset Brie, Stilton and Vintage Cheddar cheese, French bread and grapes

£8.75

Our Vegetarian choices

Butternut squash soup
Local squash with potato, cream and spice.
£6.50

Goats cheese bruschetta
Grilled goats cheese with cranberry and orange sauce on toasted sour dough bread
£6.25

Red pepper and rosemary tartelette
A spread of rosemary mixed with roasted red peppers, sunflower seeds, lemon and cucumber
£7.50

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Tagliatelle with cheese
Served in a pesto and roasted cherry tomato sauce
£12.50

Poached eggs Florentine
Two poached eggs on a bed of fresh wilted spinach and hollandaise sauce
£11.50

Spinach and feta cheese frittata
An omelette of wilted spinach, feta cheese, onion, mint and black ground pepper
£12.50

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Puddings and cheese board are on the main menu