

# THE WYNNSTAY ARMS

R U A B O N

## traditional sunday lunch

We serve our roasts every Sunday from 12 noon

All our Sunday meat roasts are served with rosemary & garlic beef dripping roast potatoes, thyme glazed carrots, buttered seasonal greens, honey glazed roast parsnips with traditional accompaniments & as much gravy as you would like

### today's choice of roasts

**Roast Brongain Farm beef £14.50**

With Yorkshire pudding & horseradish sauce 1282kcal

**Roast chicken supreme £13.50**

With sage & onion stuffing & rich chicken gravy 989kcal

**Mushroom, cranberry & brie wellington (v) £13.50**

Vegetarian roast potatoes, thyme glazed carrots, buttered seasonal greens, honey glazed roast parsnips 1266kcal

**Luxury vegan nut roast (v, vgn) £13.50**

Vegan roast potatoes, thyme carrots, seasonal greens & roast parsnips with a vegan gravy 984kcal

### signature roast

**Slow roasted lamb shank £17.50**

*(served on the bone for extra flavour)*

Fresh rosemary & mint sauce 1407kcal

### sunday sides

**Extra Yorkshire pudding (v) 196kcal £1.00**

**Pigs in blankets 958kcal £4.50**

**Bacon & mustard mash 520kcal £3.00**

**Creamed leeks (v, gf) 381kcal £4.00**

**Garlic buttered tenderstem broccoli (v, gf) 247kcal £4.00**


**Rosemary & garlic beef dripping roast potatoes 323kcal £3.50**


**Buttered Savoy cabbage with bacon strips (gf) 287kcal £3.50**

**IPA, fresh chives & mature Cheddar cauliflower cheese (v) 183kcal £4.00**

Adults need around 2000 kcal a day

High Street, Ruabon, Wrexham LL14 6BL 01978 822187 [www.wynnstayarms.pub](http://www.wynnstayarms.pub)

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## starters

Oven baked garlic bread (v) 442kcal	£4.50	Goat's cheese & beetroot salad (v, gf) Mixed roasted baby beetroot, goat's cheese, fresh red chillies & candied walnut salad 468kcal	£7.50
Oven baked garlic bread with mozzarella (v) 599kcal	£5.00	Salt & pepper calamari Sriracha mayonnaise 544kcal	£7.00
Homemade soup of the day (v) Crusty bread & butter 314kcal	£5.25		
Chicken liver pâté Toasted bloomer & fruit chutney 340kcal	£7.00		

## large seasonal salad bowls

All salads are set on a crisp traditional base of mixed leaves, cherry tomatoes, cucumber, peppers & red onion, & topped with your choice of the following:

Candy & golden beetroot with goat's cheese, candied walnuts & sriracha dressing (v, gf) 995kcal	£14.00
Salmon fillet, lemon dressing (gf) 532kcal	£16.00

## main courses

Gammon steak (gf) With a fried egg, garden peas, buttered savoy cabbage with bacon strips & chips 835kcal (6oz) 1068kcal (12oz)	6oz £10.00 12oz £13.00	Baked salmon fillet (gf) With hollandaise sauce, fresh seasonal vegetables or salad & your choice of potatoes 886kcal	£17.00
Beer battered cod Chunky chips & mushy peas 694kcal (small) 774kcal (large) Add chip shop curry sauce (v, vgn) for £1.50	small £10.00 large £13.95	British steak & Unicorn ale pie Shortcrust pastry filled with Yorkshire grass fed beef braised in Robinsons Unicorn ale, with fresh seasonal vegetables, your choice of potatoes & gravy 966kcal	£13.95
Wholetail scampi Chunky chips with garden or mushy peas 873kcal (small) 1028kcal (large)	small £10.00 large £13.00	Chicken Caesar Salad Grilled chicken on gem lettuce leaves with croutons, grated cheese & a creamy Caesar dressing 678kcal	£13.00
Cumberland sausage ring Bacon & mustard mash & creamed leeks topped with crispy fried onions 1584kcal	£13.00	Roasted red pepper & Stilton risotto (v) In a risotto of spring greens 633kcal	£13.00

## sides

Chunky chips (v, vgn, gf) 245kcal	£3.50	• Skinny fries (v, vgn, gf) 427kcal	£3.50
Beer battered onion rings (v, vgn) 356kcal	£3.50		

## burgers

On a bun with lettuce & tomato, served with skinny fries, beer battered onion rings & sriracha mayonnaise dip

Classic 'C&B' burger 7oz beef burger, cheese, bacon, bourbon BBQ sauce 1792kcal	£13.00
Spinach, aubergine & harissa burger (v, vgn) Served with vegan sriracha mayonnaise 1332kcal	£12.00
Classic chicken burger Southern fried chicken burger, crisp lettuce & mayonnaise 1494kcal	£12.00

## desserts

Sticky toffee pudding (v, gf) Cream, custard or ice cream 450kcal	£6.50
Ice cream sundae (v) Forest fruits, whipped cream, wafer & syrups 1261kcal	£7.50
Loaded meringue blob (v) Large meringue topped with white chocolate & raspberry ice cream, whipped cream & forest fruits in sauce 610kcal	£7.50
Dark chocolate orange torte (v, vgn) Orange segments & chocolate sauce 419kcal	£6.50
White & dark chocolate brownie (v, gf) Served warm with cream or ice cream 606kcal	£6.75
Lemon cheesecake (v, gf) Served with cream or ice cream 731kcal	£6.75

### FOOD ALLERGIES AND INTOLERANCES

Before ordering drinks or food, please speak with a team member about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information.

(v) - vegetarian (vgn) - vegan (gf) - gluten free

All weights stated are approximate prior to cooking

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