

The Wheatsheaf Inn

& Cowshed Restaurant Raby

Lunch Menu

12pm – 5pm

Neatly presented above our front door is the Datestone of The Wheatsheaf Inn, clearly stating '1611'. We know the building was rebuilt after a fire at this time and although no exact information exists, local historians have suggested the building could have been an inn as far back as the 13th century, perhaps as a place for travellers to rest before crossing to Ireland from Parkgate.

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OUR FAMOUS TOASTIES

PROBABLY THE BEST TOASTIES ON THE WIRRAL

All available on white, wholemeal or gluten-free bread, served with dressed green leaves and coleslaw

Cheese	**£9.00**	Brie, cranberry	**£9.75**
Cheese, tomato	**£9.25**	Brie, bacon, cranberry	**£10.75**
Cheese, onion	**£9.25**	Bacon, tomato	**£9.75**
Cheese, ham	**£9.75**	Bacon, fried egg	**£9.75**
Cheese, ham, tomato	**£10.25**	Bacon, fried egg, mushroom	**£10.25**
Cheese, pineapple	**£9.50**	Bacon, cheese, tomato	**£10.50**
Cheese, mushroom	**£9.25**	Bacon, cheese, mushroom	**£10.25**
Cheese, turkey	**£10.25**	Bacon, cheese, turkey	**£10.75**
Cheese, turkey, onion	**£10.50**	Bacon, cheese, onion	**£10.25**
Cheese, ham, mushroom	**£10.25**	Bacon	**£9.50**
Cheese, onion, tomato	**£10.25**	Bacon, cheese	**£10.00**
Cheese, mushroom, tomato	**£10.25**	Ham	**£9.50**
Cheese, ham, onion	**£10.50**	Ham, tomato	**£10.00**
Cheese, ham, onion, tomato	**£10.75**	Ham, onion	**£10.00**
Cheese, ham, pineapple	**£10.75**	Corned beef	**£9.50**
Black pudding, bacon	**£10.00**	Corned beef, cheese	**£10.25**
Black pudding, bacon, mushroom	**£10.25**	Corned beef, cheese, onion	**£10.75**
Black pudding, bacon, cheese	**£10.75**	Corned beef, cheese, tomato	**£10.75**
Black pudding, cheese	**£10.25**	Corned beef, cheese, mushroom	**£10.75**

The Full House.....black pudding, bacon, tomato, cheese, mushroom **£11.25**

SANDWICHES

All served with skinny fries

Toasted Thatch Club streaky bacon, turkey, tomato, avocado, dill mayonnaise, salad, coleslaw **£16.25**
Goat's Cheese & Roasted Vegetable Toasted Sourdough coleslaw **£14.75**
Battered Fish Finger Seeded Batch tartare sauce, mushy peas **£16.25**
Roast Beef Sirloin, Stilton & Caramelised Onion toasted sourdough, coleslaw **£16.75**
Croque Madame cheese, ham, béchamel sauce, mustard, fried egg, coleslaw **£15.75**

SALADS

Warm Chicken Caesar Salad gem lettuce, anchovies, bacon, croutons, parmesan shavings **£16.75**
Warm Super Food Salad Bowl sweet potato, feta cheese, tenderstem broccoli, quinoa, roasted seeds, pomegranate, chilli, lime & coriander dressing **£14.75**
(Add chicken or smoked salmon £5.00 supplement)
Smoked Salmon & King Prawn Salad tomato, cucumber, radish, lemon & dill dressing **£18.75**

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STARTERS

Soup of the Day seeded roll, butter	**£7.50**
Cider-braised Pork Belly spiced apple puree, roasted root vegetables	**£8.75**
Ham Hock Hash Cake poached egg, parsley sauce	**£8.50**
Thai Crab Cakes sweet chilli & ginger dipping sauce	**£9.25**
Pea & Vegan Cheese Croquettes mint mayonnaise **vegan**	**£7.25**
Roasted Sweet Potato & Tofu Salad mixed seeds, pomegranate & raspberry dressing **vegan**	**£6.75**
Hot Smoked Peppered Mackerel Fillet radish salad, horseradish mayonnaise	**£8.25**
Spiced Lamb Scotch Egg mint & cucumber yoghurt	**£8.75**
Smoked Salmon & King Prawn Salad bloody mary sauce	**£11.25**
Chicken Liver Pate toasted sourdough, cumberland sauce	**£8.50**
Pumpkin & Sage Tortellini creamed tomato sauce **vegan**	**£7.75**

MAIN COURSES

Pie of the Day double cooked chips, mushy peas, gravy	**£18.25**
Pan-roast Duck Breast parsnip puree, braised red cabbage, blackberry sauce	**£22.75**
Grilled Cod Supreme parmentier potatoes, tenderstem broccoli, black bomber cheddar sauce	**£23.50**
Beef & Root Vegetable Stew guinness dumpling, stilton mashed potato	**£18.75**
Sweet Potato, Spinach & Chickpea Curry boiled rice, garlic & coriander naan bread **vegan**	**£16.25**
Beef Burger streaky bacon, cheddar cheese, coleslaw, salad, skinny fries	**£18.25**
Buttermilk Chicken Thigh Burger sweet chilli mayonnaise, coleslaw, skinny fries	**£17.50**
Pan-fried Sea Bass Fillet new potatoes, green beans, white wine sauce	**£22.75**
Battered Fish & Chips mushy peas, tartare sauce **(small/regular)**	**£14.75/£18.50**
Wild Mushroom Bourguignon Pot Pie steamed greens **vegan**	**£16.75**
Pan-roast Chicken Supreme fondant potatoes, chasseur sauce	**£18.75**
Battered Banana Blossom double cooked chips, mushy peas, tartare sauce **vegan**	**£16.50**
Oven-roast Pork Fillet chorizo & mixed bean casserole	**£17.50**
Braised Lamb Henry mashed potato, roasted root vegetables, mint gravy	**£24.50**

SIGNATURE EXTRA MATURED STEAKS

Served with double cooked chips, baked field mushroom and roast vine tomatoes

Add Garlic King Prawns £6.50

Ribeye	8|10|12oz	**£27.50/£31.50/£33.50**
Sirloin	8|10|12oz	**£26.50/£30.50/£32.50**
Fillet	8|10|12oz	**£31.50/£35.50/£37.50**

Steak Sauces

Blue Cheese £4.50 | Red Wine £4.50

Pepper £4.00 | Gravy £2.75 | Garlic Butter £2.50

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SIDES & SAUCES

Double Cooked Chips £5.00 | Skinny Fries £4.75
Onion Rings £5.00 | Sweet Potato Fries £5.50
Mixed Salad £3.50 | Mixed Vegetables £4.50
Mashed Potato £4.00 | New Potatoes £4.00
Pigs in Blankets £5.50

Blue Cheese Sauce £4.50 | Red Wine Sauce £4.50
Pepper Sauce £4.00 | Gravy £2.75
Garlic Butter £2.50
Cauliflower & Broccoli Cheese £5.00
Tenderstem Broccoli in Garlic Butter £5.50

DESSERTS

Coffee Kraken Rum Crème Brûlée chocolate shortbread	**£7.75**
Triple Chocolate Brownie vanilla ice cream	**£8.50**
Spiced Pumpkin & Maple Syrup Cheesecake pumpkin seed brittle, vanilla crème fraîche	**£7.75**
Sticky Toffee Pudding vanilla ice cream	**£8.25**
Chocolate Torte black cherry compote, honeycomb ice cream	**£8.25**
Roasted Fig, Lemon & Blackberry Fool vegan	**£6.75**
Steamed Ginger Sponge Pudding vanilla ice cream	**£7.25**
Pear & Amaretto Crumble custard	**£7.75**
Individual Warm Bramley Apple Pie pouring cream	**£7.50**

British Cheese Board

Somerset Brie, Snowdonia Black Bomber Cheddar, Perl Las Blue
fruit, chutney and biscuits **£12.50**

Cheshire Farm Ice Creams and Sorbets

Vanilla - Strawberry - Chocolate - Honeycomb - Rum & Raisin

Lemon Sorbet - Raspberry Sorbet

Vegan Vanilla – Vegan Rum & Raisin – Vegan Honeycomb

1 scoop **£4.25** 2 scoops **£6.25** 3 scoops **£7.25**