

Your friendly neighborhood cafe, restaurant, and bar.

The Wilfred's Post



Walk in for breakfast and lunch, or book your favourite table for lunch or dinner. Day or night, our beautiful wraparound bar is always open for drop-ins.

VOLUME II

NO. I

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FIND FOOD

BREAKFAST & LUNCH

Breakfast 8AM-11AM
Lunch 11AM-2:30PM



Edmonton's winter getaway.

Friends, neighbours, downtown dwellers, this is our place to gather. It's our space to reminisce, catch up and renew. Blow the dust off cherished traditions, while nurturing fresh experiences. Blending nostalgia with new, old with original, we're redefining what it means to be a neighborhood restaurant.

Wilfred's is proud to offer all of our menu items using as much local ingredients as possible. Our menu's change seasonally as availability to ingredients change.

Please make yourself at home, and enjoy!

Join Wilfred for

DINNER SERVICE

WED to SAT | 5PM to 10PM



Book your private event now!

Our unique space can seat you and 40 of your friends for any special event. Call or email us to book.

Drink and Food Specials

HAPPY HOUR

WED to SAT | 5PM to 7PM

Coffee & Treats



WILFRED'S BREW \$3.25
+ 1oz Bailey's \$4.75

ESPRESSO \$3.50

CAPPUCCINO \$4.25

LATTE \$4.75

AMERICANO \$3.50

MATCHA LATTE \$5.50

TURMERIC LATTE \$5.50

CHAI TEA LATTE \$5.50

sub oat or almond milk \$1.00
add house vanilla syrup \$1.00

CUB COFFEE \$2.50
steamed milk, vanilla & cinnamon

LOOSE LEAF TEA \$4.00
Genmaicha green, earl grey, black
peach, peppermint & camomile

MATCHA SUNRISE \$6.00
fresh squeezed OJ, matcha

FRESH GREEN JUICE \$6.00
kale, spinach, pineapple, & orange

FRESH PINK JUICE \$6.00
strawberry, banana, & orange

POP \$2.00
coke, gingerale, club soda, tonic

SPARKLING MINERAL WATER \$4.00
500ml

PASTRIES

HOUSE BABKA ♦ \$3.50
chocolate, maple & pecan swirl

BANANA LOAF ♦ \$4.00

8AM-11AM Monday to Friday. Brunch service on Saturday & Sunday!

BREAKFAST MENU



SANDWICHES

Our breakfast sandwiches are made on a fluffy bed of soft scrambled local eggs and are served with a side of fresh house made hash browns.

MERVIN \$15.00
brioche bun, 2 free-range eggs, & soft cheese

ELIANA ♦ \$15.00
brioche bun, 2 free-range eggs, soft cheese, tomato, & dill

INA \$15.00
brioche bun, 2 free-range eggs, soft cheese, & ham

EVERETT \$15.00
brioche bun, 2 free-range eggs, soft cheese, smoked salmon, capers, & dill

PLATES

BANANA BREAD FRENCH TOAST \$14.00
grilled banana, goat cheese, maple syrup, & candied pecans

TRADITIONAL BREAKFAST \$16.00
2 poached or sunny up eggs, four whistle farms bacon, sourdough or seeded rye toast & hash browns

SMOKED SALMON & PANCAKES \$18.00
baby buckwheat pancakes, shaved cucumber & dill, capers & creme fraiche

AVOCADO TOAST ♠ \$13.00
seeded rye toast, cherry tomatoes, dill, lemon, & olive oil
+ poached egg \$2.00
+ bacon \$3.00

TOAST & HOMEMADE JAM ♦ \$6.00
toasted sourdough with house-made raspberry jam & butter

SIDES & EXTRAS

EXTRA EGG \$2.00
BACON (3 PIECES) \$3.00
HASH BROWNS \$4.00
AVOCADO \$3.00
RYE OR SOURDOUGH TOAST \$3.00

Corner Store

BEAR DINER MUG \$15.00
ESPRESSO & DRIP COFFEE BEANS \$20.00
ENAMEL PINS \$10.00
avocado toast or pink coffee cup
COLORING BOOK \$2.00
with 4 Crayons



11AM-2:30PM Monday to Friday. Brunch service on Saturday & Sunday!

LUNCH MENU

An additional 18% gratuity will be added to all parties of 7 or more.

LEGEND

- ♦ GLUTEN FREE
- ◆ VEGETARIAN
- ♠ VEGAN

FUN FACT

The Wilfred you see below may be a cuddly, gluttonous bear, but the real Wilfred is actually the father of one of our owners.

SMALL

HOUSE FRIES ♦♦ \$6.00
home-cut fries served with aioli

DEVEILED EGGS ♦ \$5.00
local duck egg, dijon, herbs, horseradish

ROASTED TOMATO & HERB SOUP ♠ \$9.00
bread crumbs, fried shallots & chives

FROM THE GARDEN

KALE & CRISPY QUINOA SALAD ♦♦ \$15.00
chickpeas, cucumber, tomato, dill, goddess dressing & sesame seeds
+ avocado \$3.00 + chicken \$8.00

WILFRED'S CAESAR \$15.00
warm croutons, baby kale, pancetta, caesar dressing, fried rosemary
+ chicken \$8.00 + poached egg \$3.00

AVOCADO TOAST ♠ \$13.00
seeded rye toast, cherry tomatoes, dill, lemon, & olive oil
+ poached egg \$2.00 + bacon \$3.00

BROWN BUTTER ROASTED BEETS ♦♦ \$12.00
ranch dressing, fresh herbs, brown butter, toasted pine nuts

HEARTY FARE

GRILLED CHEESE \$16.00
sourdough, gruyere, parmesan, pickle served with fries
+ add ham \$3.00
+ sub soup, caesar or kale salad \$3.00

BARLEY RISOTTO ♦ \$15.00
roasted squash & sweet onion, cremini mushrooms, kale & pumpkin seeds

WILFRED'S BURGER \$18.00
house-made beef patty, aioli, tomato, onion, white cheddar with fries
+ add Four Whistle Farms bacon \$2.00
+ sub soup, caesar or kale salad \$3.00

FRIED CHICKEN & PROSCIUTTO CUTLET \$25.00
arugula salad with tomatoes & parmesan

SMOKED SALMON & PANCAKES \$18.00
baby buckwheat pancakes, shaved cucumber & dill, capers & creme fraiche

BAKED PASTA \$16.00
fusilli, tomato, meat sauce, parmesan & pecorino

SWEETS

KAFFIR LIME PIE ♦ \$6.00
graham cracker crust & whipped cream

GELATO SUNDAE ♦ \$8.00
waffle cone bits, 3 scoops assorted gelato, strawberry shrub

