

Days at Wilfred's

Instagram @eatwilfreds

Snacks & smoothies available 8am onward Monday to Friday!

◆ VEGETARIAN
▲ VEGAN ● GLUTEN FREE

LUNCH (11AM-2:30PM)

◆ **DEVEILED DUCK EGGS** \$5.00
local duck egg, dijon, herbs, horseradish

◆ ◆ **HOUSE FRIES** \$6.00
home-cut fries with Wilfred's aioli

▲ **ROASTED TOMATO SOUP** \$9.00
crispy shallots, sourdough crumbs, chives

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

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

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

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

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

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

BAKED PASTA \$18.00
fusilli, bolognese sauce, parmesan, pecorino, served w/ garlic cheese bread

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

WILFRED'S BURGER \$18.00
house-made beef patty, aioli, lettuce, tomato, onion, white cheddar & fries
+ *add four whistle farms bacon* \$3.00
+ *sub soup, caesar or kale salad* \$3.00
+ *sub gluten free bun* \$2.00

FRIED CHICKEN & PROSCIUTTO CUTLET \$25.00
free run chicken breast, arugula salad with tomatoes & parmesan

SNACKS & SMOOTHIES

◆ **BABKA BUN** \$3.00

◆ **BANANA LOAF** \$4.00

PARMESAN, HAM & LEEK SCONE \$4.50

◆ **BLUEBERRY MUFFIN** \$3.50

◆ **CRULLER** \$3.50

▲ ◆ **PINK SMOOTHIE** \$10.00
strawberry, peach, zucchini, lemon, almond milk, date

▲ ◆ **GREEN SMOOTHIE** \$10.00
banana, pineapple, spinach, mint, ginger, lime, almond milk, date

▲ ◆ **ORANGE SMOOTHIE** \$10.00
orange, mango, goji berries, ginger, turmeric, coconut milk, chia seeds

+ *add collagen* \$3.00

COFFEE & JUICE

WILFRED'S BREWED COFFEE \$3.25
+ *1oz House Irish Cream* \$5.75

ESPRESSO \$3.50 **CAPPUCCINO** \$4.25

LATTE \$4.75 **AMERICANO** \$3.50

MATCHA LATTE \$5.50

MATCHA SUNRISE \$6.00
orange juice, matcha

HOUSE CHAI LATTE \$5.50

HOUSE TURMERIC LATTE \$5.50

CUB MILK \$2.50
Steamed milk, vanilla & cinnamon

+ *sub almond or oat milk* \$1.00
+ *house made vanilla syrup* \$1.00

TRUE BÜCH KOMBUCHA \$7.00
blueberry rooibos

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

FRESH JUICE \$6.00
PINK - strawberry, banana & orange
GREEN - kale, spinach, pineapple & orange

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

