

# Days at Wilfred's

Instagram @eatwilfreds

Our kitchen is small but mighty. Due to our tight quarters, sharing is encouraged as food will come to the table as it is ready.

◆ 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, kale, pancetta, caesar dressing, red onions, 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** \$14.00  
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.*