

Lunch w/ Wilfred

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 IS SERVED MONDAY TO FRIDAY FROM 11AM TO 3PM

◆ **DEILED 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 \$2.00

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

▲ **AVOCADO TOAST** \$14.00
seeded rye toast, cherry tomatoes, dill, lemon, & olive oil
+ poached egg \$2.00 + bacon \$3.00

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

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

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

SMOOTHIES

▲ ● **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

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

COFFEE & STUFF

WILFRED'S BREWED COFFEE \$3.00
+ 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