

# 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

◆ DEVEILED DUCK EGGS \$6.00  
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 \$13.00  
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 CHICKEN CAESAR \$24.00  
grilled chicken breast warm croutons, kale, pancetta, caesar dressing, red onions, fried rosemary  
+ sub chicken for avocado

◆ KALE & CRISPY QUINOA SALAD \$16.00  
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 \$4.00

GRILLED HAM & CHEESE \$18.00  
sourdough, gruyere, parmesan, rosemary ham, pickle & fries  
+ 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 \$4.00  
+ sub soup, caesar or kale salad \$3.00  
+ sub gluten free bun \$2.00  
+ sub 'Beyond Meat' plant-based patty \$2.00

BBQ BUTTERMILK CHICKEN SANDWICH \$18.00  
crispy grilled chicken thighs, green bean buttermilk slaw, sweet dill mustard, pickle & fries  
+ sub soup, caesar or kale salad \$3.00

◆ BARLEY RISOTTO \$16.00  
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 \$3.25  
+ 1oz House Irish Cream \$5.75

ESPRESSO \$3.50 CAPPUCINO \$4.25  
+ decaf available

LATTE \$4.75 AMERICANO \$3.50  
+ decaf available

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