

Lunch with Wilfred

SHARING IS CARING

Instagram @eatwilfreds

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

◆ VEGETARIAN ♠ VEGAN
● GLUTEN FREE ● CONTAINS NUTS

SERVED TUES TO FRI 11AM-3PM

LUNCH HAPPY HOUR

SMOKED SALMON \$19

Bonjour Bakery toast, shaved
cucumber & dill, capers & creme fraiche

◆ ● KALE & CRISPY QUINOA SALAD \$16

chickpeas, cucumber, tomato, dill,
goddess dressing & sesame seeds

+ avocado \$3 + chicken \$8

CHICKEN CAESAR SALAD \$24

grilled chicken breast warm croutons, kale, pancetta,
caesar dressing, red onions, fried rosemary

+ sub avocado for chicken

♠ ROASTED TOMATO SOUP \$9

crispy shallots, chives

♠ AVOCADO TOAST \$17

seeded rye toast, cherry tomatoes, dill,
lemon & olive oil with your choice of
quinoa or a poached egg

+ second poached egg \$2 + bacon \$4

◆ ● ● BROWN BUTTER ROASTED BEETS \$16

ranch dressing, fresh herbs, brown
butter, toasted pine nuts

GRILLED HAM & CHEESE \$21

sourdough, gruyere, parmesan, rosemary ham, pickle &
fries

+ sub soup, caesar or kale salad \$3

WILFRED'S BURGER \$21

house-made beef patty, aioli, lettuce,
tomato, onion, white cheddar & fries

+ add four whistle farms bacon \$4

+ sub soup, caesar or kale salad \$3

+ sub gluten free bun \$2

+ sub 'Beyond Meat' plant-based patty

◆ BARLEY RISOTTO \$19

green beans, radish, zucchini, mushrooms, sweet onion,
kale & pumpkin seeds

TOMATO & MUSHROOM BUCATINI \$21

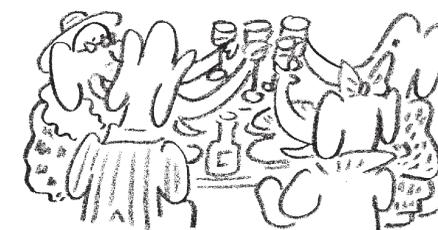
bucatini, wild mushrooms, tomato sauce, italian parsley
cherry tomatoes & kale.

+ Hungry? add a bbq thigh for \$6

BBQ BUTTERMILK CHICKEN SANDWICH \$18

crispy grilled chicken thighs, buttermilk slaw, sweet dill
mustard, pickle & fries

We think that all food tastes better with a little wine –that's
why we offer half glasses (3oz) of select glasses at lunch to
perfectly pair with your meal.



HALF GLASS WINE **\$6**

3oz pours or double it for \$12!

BUBBLES

NV Saomi Brut Prosecco, Italy

WHITE

2018 J Baumer Riesling, Germany

ROSÉ

2018 Borsao. Spain

RED

2017 Chateau Recougne Bordeaux, France

SLEEVE OF BEER (10OZ)

Snake Lake Kinabik Pilsner