

Dinner w/ Wilfred

Dinner Served Wed-Sun 5pm to late
Instagram @eatwilfreds

Wilfred's works hard to partner with great local businesses for our menu, such as Four Whistle Farms, Meuwly's, Sgambaro's, & Bonjour Bakery. Enjoy!

◆ VEGETARIAN ♠ VEGAN
● GLUTEN FREE ♣ CONTAINS NUTS

SNACKS

◆ **HOUSE TARTINE** \$13.00
Brio sourdough with choice of pan fried wild mushrooms & burst cherry tomato or red wine braised cabbage, bacon & sour cream

● ♠ **MARINATED OLIVES** \$7.00
orange zest & fennel seed

◆ ● **BROWN BUTTER ROASTED BEETS** \$16.00
ranch dressing, fresh herbs, brown butter, toasted pine nuts

SMOKED SALMON \$19.00
Toasted bread from Bonjour bakery, shaved cucumber & dill, capers & creme fraiche

● ♠ **CRISPY BRUSSEL SPROUTS** \$15.00
Cauliflower puree, pan fried crispy brussel sprouts & maple gastrique

FROM THE GARDEN

♠ ● **WARM POTATO SALAD** \$15.00
roasted baby potatoes, local green beans, mustard dressing, dill, pickled red onion, capers

WILFRED'S CHICKEN CAESAR \$24.00
grilled chicken breast warm croutons, kale, pancetta, caesar dressing, red onions, fried rosemary
+ sub avocado for chicken
+ poached egg \$2.00

◆ ● **KALE & CRISPY QUINOA SALAD** \$16.00
chickpeas, cucumber, tomato, dill, goddess dressing & sesame seeds
+ avocado \$3.00 + chicken \$8.00

◆ **SOUTHERN CORNBREAD** \$14.00
sweet corn and sourdough bread pudding, warm fennel & parmesan salad

HEARTY FARE

● **ALBERTA BEEF TENDERLOIN** \$38.00
7.5oz Beef tenderloin served medium rare, sour cream mashed potatoes, honey glazed roasted carrots & charred scallions & a Red wine Jus
+ pan fried wild mushrooms \$6.00

TOMATO & MUSHROOM BUCATINI \$21
bucatini, wild mushrooms, tomato sauce, italian parsley
cherry tomatoes & kale.
+ Hungry? add a bbq thigh for \$6

GRILLED HAM & CHEESE \$21.00
sourdough, gruyere, mozzarella, parmesan, rosemary ham, pickle & fries
+ sub soup, caesar or kale salad \$3.00

BOURBON BURGER \$23.00
house-made beef patty, bourbon short rib, aioli, lettuce, tomato, onion, white cheddar & fries
+ Four Whistle Farms bacon \$4.00
+ sub caesar/kale salad \$3.00 + GF bun \$2.00
+ sub 'Beyond Meat' plant-based patty

BBQ CHICKEN PLATTER \$24.00
three buttermilk marinated chicken thighs, Louisiana style spice rub, fusilli salad, fresh slaw
+ For the table? add 2 extra bbq thighs for \$10.00

● **PORK TENDERLOIN** \$26.00
Seared pork tenderloin, apple sauce, fresh thyme, slow roast cabbage

◆ **BARLEY RISOTTO** \$19.00
green beans, radish, zucchini, mushrooms, sweet onion, kale & pumpkin seeds

FUN FACT

Our building is almost 100 years old, and was once the administration building for the original Molson Brewery.

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

DESSERT

◆ ● **BROWN BUTTER BROWNIE** \$9.00
◆ **MAKRUT LIME PIE** \$7.00
+ a la mode \$2.00