

APPETIZERS

Soup of the Day 6

Crab & Apple Cakes 11

crab, curry, onion, apple, peach, cumin mayo

Thunder 14, or Lightning Fries 8

fries, chilli, vegan cheese, tomato, olives, jalapeño, salsa

Mushroom Bruschetta 8

portobello & button mushroom, fig goat cheese, balsamic, parmesan, crostinis

Poutine 9

fries, cheese curds, chicken gravy

**Chicken Fingers & Fries 10

chicken fingers & fries, honey mustard, ranch, peanut sauce or bbq

Cajun Tofu 8

pan fried blackened tofu, peanut sauce

Hummus & Eggplant Dip 9

eggplant & hummus dips with crostinis

**Stuffed Yorkies 10

roast beef, yorkshires, horseradish mayo, jus

Nachos 15

tortilla chips, cheese, tomato, olives, onions, jalapenos, sour cream, salsa

add guacamole \$3

Vegan Nachos 15

chips, vegan cheese, tomato, olives, onions, jalapenos, salsa

add guacamole \$3

SALADS

Caesar Salad 8

parmesan, garlic, lemon

Spinach Salad 10

strawberry, almonds, goat cheese, balsamic

Chicken Ranch Salad 11

grilled chicken, ranch, black bean, corn, tomatoes, cheddar & jack

Add to any salad:

chicken breast \$4

grilled salmon \$5

blackened halibut \$5

grilled tofu \$3

WRAPS

Available as a salad, gluten-free

Served with fries, soup or green salad

sub caesar \$1 sub spinach salad

Shrimp Bacon Avocado Wrap 11

shrimp, bacon, guacamole, lettuce, tomato

Spicy Crispy Chicken Wrap 10

breaded chicken, hot sauce, lettuce, tomato, cajun mayo

Pesto Chicken Wrap 10

chicken, parmesan, lettuce, pesto mayo

Tofu Peanut Wrap 10

tofu, greens, carrots, peppers, tomato, peanut sauce

SIDES

side green salad	\$4
side caesar salad	\$5
focaccia garlic toast	\$3
chips & salsa	\$5
guacamole	\$3
hummus	\$2
eggplant	\$2
meat or veggie patty	\$4

grilled cheese sandwich	\$5
meatloaf welly	\$6
macaroni & vegan cheesy	\$6
broccoli & vegan cheesy	\$4
mashed potatoes & gravy	\$5
side chilli	\$5
fries & dip	\$5
cheesy sauce, cajun mayo, ranch	

BURGERS & SANDWICHES

Served with fries, soup or green salad

sub caesar \$1 sub spinach salad \$2 sub veggie burger no charge

Ordinary Burger 11 *lettuce, tomato, onion, 1000 island*

Hot Head Burger 12 *lettuce, tomato, onion, cajun mayo, jalapenos, havarti*

Wallflower Burger 12 *lettuce, tomato, onion, eggplant spread, cucumber, havarti*

Canuck Burger 13 *lettuce, tomato, 1000 island, mushrooms, onions, bacon, cheddar*

Porto Burger 11 *portobello, balsamic, goat cheese, lettuce, tomato, onion, mayo*

Cajun Chicken Burger 12 *cajun chicken, lettuce, tomato, onion, cajun mayo*

Blackened Salmon Burger 12 *cajun salmon, lettuce, tomato, onion, mayo*

Philly Cheese steak 12 *beef, garlic toast, swiss, onions, mushrooms, peppers, au jus*

Hummus Melt 12 *baked foccacia, hummus, spinach, onion, mushroom, havarti*

Don's Cranberry Turkey Melt 13 *baked foccacia, turkey, bacon, cranberry, havarti*

Pesto Foccacia Sandwich 12 *pesto, grilled tofu, lettuce, tomato, avocado, cucumber*

Classic Reuben 12 *sauerkraut, pastrami, mustard, swiss, marble rye*

Clubhouse 12 *turkey, bacon, lettuce, tomato, multigrain*

Pulled Beef Dip 12 *beef, garlic toast, au jus*

GLUTEN FREE

ADD \$1

**** ITEMS NOTED
ARE UNAVAILABLE
GLUTEN FREE**

ENTREES

Grandma's Fried Chicken 14 *pan-fried chicken, thighs
sautéed onions, vegetable, mashed potatoes & gravy*

****Perogies 12** *perogies, onions, bacon, sauerkraut, sour cream, caesar salad*

Nathan's Vegan Chilli 12 *beans, corn, vegetables, vegan cheddar, foccacia*

Turkey Dinner 14 *turkey breast, vegetables, mashed potatoes, gravy, cranberry*

Salmon Dinner 14 *baked salmon, goat cheese, salsa, vegetables, roasted potatoes*

Mac 'n Cheesey 11 *vegan cheddar & almond milk, green salad (add veggie dogs \$2)*

****Meatloaf Wellington 15** *meatloaf, puff pastry, vegetables, mashed potatoes, gravy*

Spicy Chorizo Penne 12 *peppers, onions, mushrooms, chorizo, tomato sauce, foccacia*

Blackened Halibut 15 *cajun halibut, peaches, vegetables, green salad*

Beef Stroganoff 12 *macaroni, roast beef, pickles, swiss cheese, sour cream, green salad*

Chicken Parmesan 13 *grilled chicken, tomato sauce, havarti, parmesan,
mashed potatoes, vegetables*

VEGAN APPIES

Soup of the Day 6 *probably vegan but you should ask*

Hummus & Eggplant Dip 9 *house made eggplant dip & hummus with crostinis*

Vegan Mushroom Bruschetta 8 *portobello & button mushroom, figs, balsamic, crostinis*

Cajun Tofu 8 *pan fried blackened tofu, peanut sauce*

Thunder 14, or Lightning Fries 8

fries, veggie chilli, jalapenos, tomato, olives, vegan cheddar, salsa

Vegan Poutine 9 *daiya mozza, marinated tofu, veggie gravy*

Vegan Spinach Salad 10 *strawberry, almonds, balsamic, marinated tofu*

Vegan Nachos 15 *chips, vegan cheese, tomato, olives, onions, jalapenos, salsa
add guacamole +3*

VEGAN SANDWICHES ETC.

*Served with fries, soup or green salad
sub caesar \$1 sub spinach salad \$2*

Vegan Tofu Peanut Wrap 10 *tofu, greens, carrots, peppers, tomato, peanut sauce*

Vegan Hummus Melt 12 *focaccia, hummus, spinach, onion, mushroom, vegan mozza*

Pesto Focaccia Sandwich 12 *pesto, grilled tofu, lettuce, tomato, avocado, cucumber*

Vegan Portobello Burger 11 *portobello, balsamic, lettuce, tomato, onion,
eggplant spread, vegan mozza*

VEGAN ENTREES

Vegan Meatless Loaf 14 *vegetable & bean loaf, mashed potato, veggie gravy, vegetables*

Penne Pesto 11 *spinach, onion, mushrooms, tofu, pesto, focaccia*

Nathan's Vegan Chilli 12 *beans, corn, vegetables, vegan cheddar, focaccia*

Vegan Mac n Cheese 11 *macaroni, vegan cheddar, mixed greens*

Shepards pie 12 *bean & vegetable ground, carrots, onions, mushrooms, gravy,
mashed potato, green salad*

\$6

Vegan
Crème Brulee
or
icecream
sandwich

BRUNCH 'TILL 4

\$7 The Basic Breakfast 2 eggs, bacon or ham or chorizo, hash browns, toast

\$7 Breakfast Sandwich eggs, bacon, cheddar, hash browns

\$8 Omelette

eggs, cheddar, 3 toppings, hash browns, toast,

bacon, ham, chicken, shrimp, mushroom, onion, peppers, olives, avocado, spinach, tomato, havarti, goat cheese, chorizo

\$10 Breakfast Poutine

two poached eggs, cheese curds, bacon, hash browns, chicken gravy

\$10 Vegetable Hash

two poached eggs, stir fried vegetables, hash browns, toast **Add Pastrami + 2**

****\$9 Peach Waffles**

peaches, hot peach syrup, whip cream **Add bacon + 2**

\$12 Super Breakfast

2 eggs, bacon + ham, 1 waffle, hash browns

\$10 Benny

ham, poached eggs, hollandaise, english muffin, hash browns

\$10 Spinach Tomato Benny

spinach, tomato, poached eggs, hollandaise, english muffin, hash browns

\$12 Crystal Benny

bacon, cheddar, avocado, poached eggs, hollandaise, english muffin, hash browns

\$12 Crab Cake Benny

curried crab cakes, poached eggs, hollandaise, english muffin, hash browns

\$12 Salmon Benny

smoked salmon, cream cheese, poached eggs, hollandaise, english muffin, hash browns

****\$12 Meatloaf Benny**

meatloaf wellington, poached eggs, hollandaise, hash browns

VEGAN BREAKFASTS

\$10 Vegan Breakfast Poutine

veggie dogs, marinated tofu, daiya mozza, hashbrowns, veggie gravy

\$10 Vegan BBQ Tofu Hash

stir fried vegetables, tofu, bbq sauce, hash browns, toast

\$11 Vegan Corn & Black Bean Hash

stir fried vegetables, corn, beans, tofu ricotta, salsa, hash browns, toast

\$12 Vegan Benny

portobello, marinated tofu, cheesy sauce, english muffin, hash browns

GLUTEN FREE

ADD \$1

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SIDES

grilled tomatoes \$2

grilled tofu \$3

extra waffle \$4

side toast \$3

hashbrowns \$3

bacon or ham \$3

strawberries & whip \$3

hollandaise \$1

add egg + 2

substitutions may be an extra charge

MARTINIS 9

Lemon Buttercup *vanilla vodka, crème de cacao, limoncello, lemon juice*

Drunken Sailor *sailor jerry, amaretto, triple sec, apple juice, gingerale*

Soho Hound *vodka, soho, grapefruit*

Smarmy Jack *jack daniels, sour apple, triple sec, lemon juice, marmalade*

COCKTAILS 6

Ice Cream Soda *grape vodka, soda, crème de cacao, grenadine, lime juice*

Black Dahlia *vanilla vodka, southern comfort, coke*

Vegan Whiskey Sour *rye, lemon, syrup*

Gin Blossom *gin, limoncello, tonic, lime*

BAR SELECTIONS

Well Highballs 4

Better 6

Premium 8

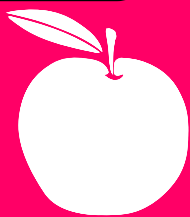
DESSERT 6

**Apple Pie

Vegan Creme Brulee

**Chocolate Cake

Ice cream Sandwich



WHITE WINE

Gray Fox Chard 5.5 26

Devils Rock Riesling 6 28

Santa Rita Sauv Blanc 7 32

Road 13 White 8 34

RED WINE

Obikwa Shiraz 6 28

Santa Rita Cabernet 7 32

Los Primos Malbec 7 32

Arrogant Frog Red 8 34

BEER

R&B Draught 5 **Jugs 15**

Old Milwaukee **3.50 can**

Domestic Bottles 6

Steam Whistle Pilsner

Cutthroat Pale Ale

Sleemans Honey Brown

Alexander Keith's

Import Bottles 6.5

Corona

Stella Artois

Newcastle

Hoegaarden

Bard's

Gluten-Free

Heineken

Guinness

Strongbow

New Grist

Gluten-Free



THE WALLFLOWER
MODERN DINER