


# WONDERLAND

## GLUTEN SENSITIVITY

### Brunch Menu

Served Fridays, Saturdays and Sundays 9am - 3pm.

#### A NOTE REGARDING THIS MENU

Everything on this Gluten Sensitivity menu can be prepared to suit a gluten sensitivity, if you specifically request it. Some items can be made entirely gluten free, and some will still have trace amounts of gluten. These items are marked .

Since we are not an entirely gluten free restaurant and bar, there will always be a very small risk of some cross-contamination.

Keep this in mind when making your menu choices, and make sure to communicate your needs with your server.

#### SMALL TOWN

##### BREAKFAST \$13<sup>95</sup>

Two eggs any style,\* gluten free white toast, hash browns.  
Add bacon, pulled ham, sausage patty or lentil sausage \$4.

##### BIG CITY BREAKFAST \$20<sup>95</sup>

Three eggs any style,\* choice of two proteins:

- bacon
- sausage patty
- pulled ham
- lentil sausage

*Also comes with gluten free white toast and hash browns.*

##### BREAKFAST SANDWICH \$12<sup>95</sup>

Gluten free bun, scrambled eggs, Muenster cheese, onion jam, buttermilk aioli.

Add bacon, pulled ham, sausage patty or lentil sausage \$4.

##### VEGAN BREAKFAST SANDWICH \$12<sup>95</sup>

Gluten free bun, tofu scramble, onion jam.

Add lentil sausage \$4.

##### RATATOUILLE OMELETTE \$17<sup>95</sup>

Egg white omelette with Gruyere cheese, bell peppers, eggplant, roasted garlic, spinach, zucchini and onions, with gluten free white toast and hash browns. Whole egg option available.

Add bacon, pulled ham, sausage or lentil sausage \$4.

##### PORK BELLY BENNY \$20<sup>95</sup>

Poached eggs,\* pork belly, collard greens, chives and Béarnaise\*\* on a gluten free bun with a side of hash browns.

##### EGGS BENEDICT \$19<sup>95</sup>

Poached eggs,\* pulled ham, chives and Béarnaise\*\* on a gluten free bun with a side of hash browns.

##### CORNERED BEEF HASH \$17<sup>95</sup>


House-made corned beef, choice of egg style,\* bell peppers, onions, roasted fingerling and red potatoes, Tiger sauce, gluten free white toast.

##### VEGAN BEET HASH \$17<sup>95</sup>

House-made dry-rubbed roasted beets, tofu scramble, bell peppers, onions, roasted Yukon Gold and red potatoes, Tiger sauce, gluten free white toast.

##### GRANOLA & YOGURT \$9<sup>95</sup>

Homemade granola made with Canadian maple syrup, almonds, cashews and pepitas, yogurt, mixed berry compote and mint.

 Available vegan with almond milk substitute.

#### BREAKFAST A LA CARTÉ

Bacon \$4

Sausage Patty \$4

Pulled Ham \$4

 Fresh Fruit Bowl \$6

 Toast \$3

 Hash Browns \$4

One Egg\* \$3

Two Eggs\* \$6

 Tofu Scramble \$5

 Tempeh Chorizo \$4

 Lentil Sausage \$4

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## SANDWICHES

### DREAM BURGER \$13<sup>95</sup>

1/3 lb. fresh ground beef patty,\* lettuce, tomato, onion, seasoned butter and American cheese on a toasted gluten free bun.

+ bacon \$4 | sunny egg\* \$3 | extra patty\* \$4

### THE BIG WONDER \$17<sup>95</sup>

Two all-beef patties,\* Wondersauce,\*\* lettuce, American cheese, pickles and minced onion on a toasted gluten free bun.

+ bacon \$4 | sunny egg\* \$3

### SHROOM BURGER \$13<sup>95</sup>

Smoked portobello cap, lettuce, tomato, onion and seasoned vegan butter on a toasted gluten free bun. + sunny egg\* \$3

### THE SHROOMVILLE \$13<sup>95</sup>

Tempura battered oyster mushrooms, General Tso's sauce, cilantro, crispy shallots, cumin pickles and coleslaw on a toasted gluten free bun.

 **HOT!** You can ask for the sauce on the side!

### THE REUBEN \$18<sup>95</sup>

House-made corned beef, caramelized sauerkraut, Gruyere cheese and Tiger sauce on toasted gluten free white.

### BEET REUBEN \$14<sup>95</sup>

Roasted seasoned beets, caramelized sauerkraut and Tiger sauce on toasted gluten free white.

### CLUBHOUSE CHICKEN \$15<sup>95</sup>

Grilled chicken thigh, bacon, arugula, tomato, onion and Garden Mayo on a toasted gluten free bun.

### FRIED GREEN TOMATO BLT \$14<sup>95</sup>

Fried green tomatoes, bacon, lettuce and buttermilk aioli\*\* on toasted gluten free white. + avocado \$2 | sunny egg\* \$3

### TUNA MELT \$11<sup>95</sup>

Tuna, Muenster cheese, pepperoncinis, dill, buttermilk aioli,\*\* and pickled onions on grilled gluten free white.

### GRILLED CHEESE \$11<sup>95</sup>

American, Gruyere, and Muenster cheeses on grilled gluten free white. + tomato \$1 | avocado \$2 | bacon or pulled ham \$4

 is for Vegan.  is for Hot.

\*Eating raw or undercooked meat, fish or poultry may cause illness.

Gluten Free Bread + \$2.  
\*\*Some of our sauces include raw eggs.

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### Brunch Menu

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## SALADS

ADD BACON, CHICKEN  
OR TUNA \$4

### ANNIE'S STRAWBERRY SALAD \$12<sup>95</sup>

Arugula, chopped Bibb lettuce, hot honey strawberries, Feta cheese, toasted slivered almonds and pickled red onions with pineapple poppyseed vinaigrette on the side.

### CAESAR WEDGE \$12<sup>95</sup>

Wedged iceberg lettuce, topped with bacon bits and freshly grated Parmesan, tossed with Caesar dressing.\*\* Our Caesar dressing is made with anchovies.



### COBB SALAD \$13<sup>95</sup>

Chopped Bibb lettuce, grated salt-cured egg yolk, bacon bits, cherry tomatoes, red onion, avocado, and Bleu cheese crumbles, with Bleu cheese dressing\*\* on the side.

### HOUSE SALAD small \$5<sup>95</sup> • large \$8<sup>95</sup>

Bibb lettuce, shredded roasted beets, cherry tomatoes, onions and dressing on the side:

- Bleu Cheese\*\*
- Buttermilk Aioli\*\*
- Caesar\*\* (anchovies)
- Garden Mayo 
- Parmesan Peppercorn\*\*
- Pineapple Poppyseed Vinaigrette 

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Gluten Free Bread + \$2.

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# WONDERLAND

## GLUTEN SENSITIVITY

### Dinner Menu

Served Tuesdays through Sundays 4pm - 9pm.

#### A NOTE REGARDING THIS MENU

Everything on this Gluten Sensitivity menu can be prepared to suit a gluten sensitivity, if you specifically request it. Some items can be made entirely gluten free, and some will still have trace amounts of gluten. These items are marked .

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## APPETIZERS

### SPARTICHOKE, THE DIP \$13<sup>95</sup>

Mozzarella-Gruyere-Goat cheese blend, artichokes, spinach, herbs, black pepper and Parmesan, served with gluten free toast points.

### LOADED TOTS (6) \$11<sup>95</sup>

Handmade crispy fried jumbo tots topped with buttermilk aioli,\*\* chopped bacon, green onion and freshly grated Parmesan.


### JUST TOTS (6) \$8<sup>95</sup>

Handmade crispy fried jumbo tots served with a side of curry ketchup.

### BRUSSELS SPROUTS \$10<sup>95</sup>

Sautéed Brussels sprouts with bacon, fig, and balsamic reduction, topped with freshly grated Parmesan.

### CHILI CRISP GREEN BEANS \$10<sup>95</sup>

Sautéed green beans tossed in house made chili crisp, cashews and ground sausage.  Vegan option available.

### TEMPURA VEGGIES \$8<sup>95</sup>

Carrots, green beans and scallions, rice flour battered and fried, served with a side of General Tso's sauce,  for dipping.

## SIDES

#### •MASHED POTATOES \$4



Served with mushroom gravy.  
*Our mushroom gravy is made with beer, which has gluten.*

#### •VEGAN MASHED POTATOES \$4



Served with mushroom gravy.  
*Our mushroom gravy is made with beer, which has gluten.*

#### •CHILI° or SOUP cup \$5.5 | bowl \$6.5

°Our chili is made with pork.



#### •FRENCH FRIES \$4



#### •CAJUN FRIES \$5

#### •CHILI° FRIES \$8

Add cheese and sour cream for \$1

#### •EXTRA SAUCES\*\* \$1

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## ENTRÉES

### STEAK TENDERLOIN \$29<sup>95</sup>

Medium-rare steak tenderloin\* topped with confit mushrooms, compound butter and parsnip chips, served with chimichurri smashed potatoes and sautéed green beans.

### CHICKEN POT PIE \$17<sup>95</sup>



Grilled chicken in mornay sauce with carrots, celery, onions, peas and potatoes, topped with a gluten free bun.

### SEASONAL RISOTTO \$18<sup>95</sup>

Creamy asparagus risotto topped with sautéed oyster mushrooms, asparagus, calabrian chilis, toasted pine nuts, microgreens and chili oil.

### LENTIL LOAF DINNER \$16<sup>95</sup>

Homemade lentil loaf, mashed potatoes, sautéed green beans and mushroom gravy (*our mushroom gravy is made with beer, which has gluten*).

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+ bacon \$4 | sunny egg\* \$3 | extra patty\* \$4

### THE BIG WONDER \$17<sup>95</sup>

Two all-beef patties,\* Wondersauce,\*\* lettuce, American cheese, pickles and minced onion on a toasted gluten free bun.

+ bacon \$4 | sunny egg\* \$3

### SHROOM BURGER \$13<sup>95</sup>

Smoked portobello cap, lettuce, tomato, onion and seasoned vegan butter on a toasted gluten free bun. + sunny egg\* \$3

### TENDERLOIN PANINI \$20<sup>95</sup>

Medium-rare grilled tenderloin,\* Goat cheese, Parmesan Peppercorn dressing,\*\* onion jam and arugula on toasted gluten free white.

### PORTOBELLO PANINI \$14<sup>95</sup>

Smoked portobello, Goat cheese, Parmesan Peppercorn dressing,\*\* onion jam and arugula on toasted gluten free white.

### THE REUBEN \$18<sup>95</sup>

House-made corned beef, caramelized sauerkraut, Gruyere cheese and Tiger sauce on toasted gluten free white.

### BEET REUBEN \$14<sup>95</sup>


Roasted seasoned beets, caramelized sauerkraut and Tiger sauce on toasted gluten free white.

### GRILLED CHEESE \$11<sup>95</sup>

American, Gruyere, and Muenster cheeses on grilled gluten free white.

+ tomato \$1 | avocado \$2 | bacon or pulled ham \$4

### BANH MI \$13<sup>95</sup>

Chicken, pork belly or tofu, fermented chili aioli, pickled veggies and cilantro on a toasted gluten free bun.  Tofu option is vegan.

### THE SHROOMVILLE \$13<sup>95</sup>

Tempura battered oyster mushrooms, General Tso's sauce, cilantro, crispy shallots, cumin pickles and coleslaw on a toasted gluten free bun.

 **HOT!** You can ask for the sauce on the side!

### CLUBHOUSE CHICKEN \$15<sup>95</sup>

Grilled chicken thigh, bacon, arugula, tomato, onion and Garden Mayo on a toasted gluten free bun.

### FRIED GREEN TOMATO BLT \$14<sup>95</sup>

Fried green tomatoes, bacon, lettuce and buttermilk aioli\*\* on toasted gluten free white. + avocado \$2 | sunny egg\* \$3

### PATTY MELT \$16<sup>95</sup>

Two 1/3 lb. fresh ground beef patties,\* Muenster cheese, onion jam and tiger sauce on grilled gluten free white. + bacon \$4

### TUNA MELT \$11<sup>95</sup>

Tuna, Muenster cheese, dill, buttermilk aioli,\*\* pepperoncinis and pickled onions on grilled gluten free white.

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### COBB SALAD \$13<sup>95</sup>

Chopped Bibb lettuce, grated salt-cured egg yolk, bacon bits, cherry tomatoes, red onion, avocado, and Bleu cheese crumbles, with Bleu cheese dressing\*\* on the side.



### WALLY BOWL \$13<sup>95</sup>

Brown and wild rice, quinoa, black and red beans, parsnips, sweet potatoes, corn, pulled mushroom stems, pickled veggies, roasted garlic and fresh parsley, with a vegan Garden Mayo drizzle.

### HOUSE SALAD small \$5<sup>95</sup> • large \$8<sup>95</sup>

Bibb lettuce, cherry tomatoes, shredded roasted beets, red onions and homemade dressing on the side:

- Bleu Cheese\*\*
- Garden Mayo (V)
- Buttermilk Aioli\*\*
- Parmesan Peppercorn\*\*
- Caesar\*\* (anchovies)
- Pineapple Poppyseed Vinaigrette (V)

(V) is for Vegan. (🔥) is for Hot.

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Gluten Free Bread + \$2.

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