

Gluten Sensitivity

WONDERLAND

Dinner: Tuesday - Sunday, 4pm - 9pm.

APPETIZERS

SPARTICHOKE, THE DIP \$13⁹⁵
Mozzarella-Gruyere-Goat cheese blend, artichokes, spinach, herbs, black pepper and Parmesan, served with gluten free toast points.

LOADED TOTS (6) \$11⁹⁵
Handmade crispy fried jumbo tots topped with buttermilk aioli,** chopped bacon, green onion and freshly grated Parmesan.

JUST TOTS (6) \$8⁹⁵
Handmade crispy fried jumbo tots served with a side of curry ketchup.

BRUSSELS SPROUTS \$10⁹⁵
Sautéed Brussels sprouts with bacon, fig, and balsamic reduction, topped with freshly grated Parmesan.

CHILI CRISP GREEN BEANS \$10⁹⁵
Sautéed green beans tossed in house made chili crisp, cashews and ground sausage.
✓ Vegan option available.

✓ **TEMPURA VEGGIES \$8⁹⁵**
Carrots, green beans and scallions, rice flour battered and fried, served with a side of General Tso's sauce, for dipping. 🔥

SIDES

① **MASHED POTATOES \$4**
With mushroom gravy.

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

✓ ① **VEGAN MASHED POTATOES \$4**
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

+ cheese and sour cream \$1

EXTRA SAUCES \$1**

ENTRÉES

STEAK TENDERLOIN \$29⁹⁵
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 \$17⁹⁵
Grilled chicken in mor nay sauce with carrots, celery, onions, peas and potatoes, topped with a gluten free bun.

✓ **SEASONAL RISOTTO \$18⁹⁵**
Creamy asparagus risotto topped with sautéed oyster mushrooms, asparagus, calabrian chilis, toasted pine nuts, microgreens and chili oil.

✓ ① **LENTIL LOAF DINNER \$16⁹⁵**
Homemade lentil loaf, mashed potatoes, sautéed green beans and mushroom gravy
(our mushroom gravy is made with beer, which has gluten).

A NOTE REGARDING THIS MENU

Everything on this 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 ①. 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.

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

**Some of our sauces include raw eggs. ① = Includes some gluten.

✓ = Vegan.

🔥 = Hot.

SALADS

ADD BACON, CHICKEN
OR TUNA \$4

ANNIE'S STRAWBERRY SALAD \$12⁹⁵
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 \$12⁹⁵
Wedged iceberg lettuce topped with bacon bits and grated Parmesan, tossed with Caesar dressing.* Our Caesar dressing is made with anchovies.

COBB SALAD \$13⁹⁵
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 \$13⁹⁵**
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 \$5⁹⁵ • large \$8⁹⁵
Bibb lettuce, cherry tomatoes, shredded roasted beets, red onions and homemade dressing on the side:

• Bleu Cheese**

• Garden Mayo ✓

• Buttermilk Aioli**

• Parmesan Peppercorn**

• Caesar** (anchovies) • Pineapple Poppyseed Vinaigrette ✓

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W O N D E R

SANDWICHES

ADD FRIES \$4

DREAM BURGER \$13⁹⁵

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 \$17⁹⁵

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 \$13⁹⁵

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

TENDERLOIN PANINI \$20⁹⁵

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

PORTOBELLO PANINI \$14⁹⁵

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

THE REUBEN \$18⁹⁵

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

BEET REUBEN \$14⁹⁵

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


GRILLED CHEESE \$11⁹⁵

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

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R L A N D

BANH MI \$13⁹⁵

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

THE SHROOMVILLE \$13⁹⁵

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 \$15⁹⁵

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

FRIED GREEN TOMATO BLT \$14⁹⁵

Fried green tomatoes, bacon, lettuce and buttermilk aioli** on toasted gluten free white.

+ avocado \$2 | sunny egg* \$3

PATTY MELT \$16⁹⁵

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

TUNA MELT \$11⁹⁵

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

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SMALL TOWN BREAKFAST \$13⁹⁵

Two eggs any style,* gluten free white toast, hash browns.

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

BIG CITY BREAKFAST \$20⁹⁵

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 \$12⁹⁵

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

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

VEGAN BREAKFAST SANDWICH \$12⁹⁵

Gluten free bun, tofu scramble, onion jam.

Add lentil sausage \$4.

RATATOUILLE OMELETTE \$17⁹⁵

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.

BREAKFAST A LA CARTÉ

Bacon \$4	Fresh Fruit Bowl \$6
Sausage Patty \$4	Toast \$3
Pulled Ham \$4	Hash Browns \$4
Tofu Scramble \$5	One Egg* \$3
Tempeh Chorizo \$4	Two Eggs* \$6
Lentil Sausage \$4	

PORK BELLY BENNY \$20⁹⁵

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

EGGS BENEDICT \$19⁹⁵

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

CORNED BEEF HASH \$17⁹⁵

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 \$17⁹⁵

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 \$9⁹⁵

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

 Available vegan with almond milk substitute.

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Brunch: Friday - Sunday, 9am - 3pm.

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SANDWICHES

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

THE BIG WONDER \$17⁹⁵

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

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

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

THE SHROOMVILLE \$13⁹⁵

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!

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FRIED GREEN TOMATO BLT \$14⁹⁵

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+ avocado \$2 | sunny egg* \$3

TUNA MELT \$11⁹⁵

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

GRILLED CHEESE \$11⁹⁵

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

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

SALADS

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OR TUNA \$4

ANNIE'S

STRAWBERRY SALAD \$12⁹⁵

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 \$12⁹⁵

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

COBB SALAD \$13⁹⁵

Chopped bib 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 \$5⁹⁵ • large \$8⁹⁵

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

•Bleu Cheese** •Caesar** (anchovies) •Parmesan Peppercorn**
•Buttermilk •Garden Mayo  •Pineapple Poppyseed Vinaigrette 