

APPETIZERS

WILF'S SPINACH DIP - (V) (GF)

Wilf's classic spinach dip, served with a combination of nachos and baked pita triangles.

\$11.49

GARLIC BREAD WITH CHEESE - (V)

Thick sliced garlic bread smothered in garlic butter then toasted and topped with mozzarella cheese.

\$6.99

Add bacon to the garlic bread. \$1.99

MOZZA STICKS - (V)

Brew City beer battered mozzarella sticks are fried until golden brown, and served with a side of our marinara sauce for dipping.

Half Order - \$4.49 Full Order - \$8.99

PICKLE SPEARS - (V)

Dill pickle spears breaded then fried and comes with a side of our signature ranch dip.

Half order - \$3.99 Full order - \$7.99

NICHOLS NACHOS - (V) (GF) (Halal)

Nachos piled high and topped with green onions, tomatoes, Wilf's four cheese blend and served with salsa and sour cream.

\$9.99

Add Spicy Beef \$1.99

Add a side of guacamole for \$1.49

Add crispy chicken or grilled chicken for \$3.99

SOUP & SALADS

TOMATO BISQUE

Old fashion tomato soup, served with a slice of garlic bread.

\$4.49

Add cheese to your garlic bread for \$0.99

CAESAR SALAD - (V)

Romaine lettuce tossed with Wilf's original Caesar dressing, and topped with shredded parmesan cheese, bacon and our homemade garlic croutons.

Small - \$7.49

Large - \$10.49

CHICKEN TENDER SALAD

Mixed greens topped with chicken tenders, bacon, tomatoes, house made croutons, Wilf's cheese blend; served with your choice of dressing.

\$14.99

QUESADILLAS & FLATBREADS

ALL QUESADILLAS COME WITH A SIDE OF OUR SOUR CREAM AND SALSA AND CHOICE OF SIDE.

CLASSIC - (V)

Bruschetta, green onions and our four cheese blend, toasted to a golden brown.

\$10.49

BUFFALO CHICKEN

Crisp chicken, tossed in medium sauce, with tomato, green onion and our Wilf's cheese blend. Spice it up with hot sauce instead.

\$12.99

FROM THE GRILL

ALL BURGERS COME TOPPED WITH FRESH TOMATOES, RED ONION, LEAF LETTUCE AND PICKLES AND SERVED ON A TOASTED BUN. BURGERS ARE SERVED WITH A SIDE OF FRIES OR YOUR CHOICE OF UPGRADE. ASK YOUR SERVER ABOUT MAKING YOUR BURGER GLUTEN FREE. ADD A SECOND PATTY FOR \$3.99. - (V) (GF) (Halal)

YOUR CHOICE OF PATTY: BEEF, GROUND TURKEY, CHICKEN BREAST, VEGETARIAN

UNION BURGER

Taking it back to the basics.

\$11.99

DADDY MAC BURGER

Cheddar cheese and apple wood smoked bacon.

\$13.99

GREEK BURGER

Tzatziki, sautéed peppers and onion with feta.

\$14.99

SPIN DIP PULL APART BREAD - (V)

Focaccia bread stuffed with spinach dip, topped with garlic butter, Wilf's cheese blend and baked until golden brown.

\$12.49

PEROGIES - (V) (GF)

A generous portion of perogies, deep-fried until golden brown and topped with green onions. Comes with a side of sour cream.

Half order - \$3.49 Full order - \$7.99

Ask your server to load them with cheese and bacon for \$2.49.

EDAMAME - (V)

Healthy soybeans, steamed and dusted with kosher salt. A healthy way to start any meal.

\$4.99

MAC & CHEESE WEDGES - (V)

Creamy cheddar cheese mixed with stick macaroni and coated with a crispy cheddar batter. Served with a sweet chilli dip.

\$7.99



GREEK SALAD - (V) (GF)

Romaine lettuce topped with peppers, onions, olives, tomatoes, cucumbers and feta cheese.

\$10.49

HARVEST COBB SALAD - (GF)

This harvest inspired Cobb salad is loaded with rich flavours including, roasted butternut squash, spiced pecans, bacon, avocado, and hard boiled eggs; served with your choice of dressing.

\$14.99

TACO SALAD - (Halal)

Romaine lettuce with tomatoes, green onions, Wilf's cheese blend, spicy beef tossed with a creamy salsa-ranch dressing then topped with crunchy tortilla strips.

\$14.99

ADD SPIN DIP TO ANY ITEM FOR \$2.49

SPIN DIP FLATBREAD

A rosemary garlic flatbread topped with Wilf's famous spinach dip, chicken, caramelized onions, mozzarella cheese and baked to perfection.

\$13.49

CALIFORNIA CHICKEN FLATBREAD

Juicy chicken, bacon, avocado, red peppers, cilantro and drizzled with a poblano and avocado sauce.

\$14.99

UNION BURGER WITH CHEESE

Your choice of cheddar, Swiss or mozzarella.

\$12.99

FRESCO BURGER

Guacamole, bruschetta and feta.

\$14.99

BBQ BURGER

Swiss cheese, bacon, battered jalapenos, Carolina BBQ sauce and finished with onion rings.

\$15.99

SANDWICHES & WRAPS & ÉNTREES

THE SEAGRAM - (V) (Halal)

The timeless Wilf's classic. Crispy chicken strips, shredded lettuce, tomatoes and our four cheese blend rolled in a tortilla with our BBQ ranch sauce. Give it a kick with one of our signature wing sauces.

\$11.99

AVOCADO TURKEY CLUB

Sliced turkey, bacon, Swiss cheese, fresh tomato, lettuce and avocado served on an artisan ciabatta bun.

\$12.99

GRILLED CHEESE - (V)

Wilf's four cheese blend melted between two slices of fresh bread. Ask your server to make this grilled cheese four ways, and enjoy a new twist on a classic sandwich.

\$5.49

Four Ways \$6.99

CHICKEN CAESAR WRAP

Crisp Romaine lettuce, Caesar dressing, bacon bits, parmesan cheese and grilled chicken all rolled in a flour tortilla.

\$12.99

FISH & CHIPS

Beer battered haddock served with coleslaw and side of fries.

\$13.99

CHICKEN SALAD WRAP

Chicken, raisins, onions, apple with a Dijon mayo served on your choice of wrap with spring mix.

With side -\$10.49 No side- \$8.49

WILF'S FAMOUS BUFFALO FINGERS

Breaded, seasoned chicken tenders, served with a side of plum dipping sauce. Want to spice it up? Have your tenders tossed in one of our signature wing sauces.

\$13.49

WILF'S FAMOUS WINGS

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An order of Wilf's wings tossed in one of our signature wing sauces. Served with a side of ranch.

\$11.49

TRADITIONAL

Mild, Medium, Hot, Melt Your Face Off, BBQ, Honey Garlic, Sriracha Hot, Wet Cajun, Caesar

FRY BASKETS

Basket of Fries

\$3.99

Basket of Curly Fries

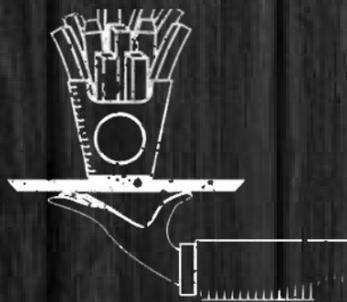
\$4.99

Basket of Sweet Potato Fries

\$5.99

Basket of Onion Rings

\$5.99



ADD ONS

Grilled Chicken - \$3.99
Crispy Chicken - \$3.99
Veggie Fingers - \$2.99
Bacon - \$1.99

UPGRADES

Soup - \$1.99
House Salad - \$0.99
Caesar Salad - \$1.99
Curly Fries - \$1.49
Sweet Potato Fries - \$1.49
Onion Rings - \$1.99
Loaded Fries - \$3.49
Carrots and Celery - FREE
Tex Mex Quinoa Salad - \$2.49
Curried Chickpea Salad - \$2.49

(V) VEGETARIAN

(Halal) HALAL

(V) VEGAN

(GF) GLUTEN FREE

BUFFALO CHICKEN

Breaded chicken schnitzel dipped in Wilf's medium, wing sauce and topped with mozzarella cheese, lettuce, tomato and ranch sauce. This tasty treat is served on an artisan ciabatta bun.

\$11.99

ASIAN TOFU SANDWICH

Marinated tofu, cucumber, carrot, cilantro, Sriracha and vegan mayo on a panini loaf.

With side -\$10.49 No side- \$8.49

DR. DEB'S FISH TACOS

Created by your Wilfrid Laurier President Dr. Deb MacLatchy this menu item comes with two soft tacos, filled with shredded cabbage, red peppers, and battered cod then topped with a poblano ranch dressing and cilantro.

\$11.49

CHIPOTLE CHICKEN PANINI

Chipotle marinated chicken, Havarti and cheddar cheese, green onions served on grilled panini bread.

With side -\$11.99 No side- \$9.99

TOMATO BASIL PANINI

Fresh tomatoes, basil, pesto mayo and mozzarella served on grilled panini bread.

With side -\$10.49 No side- \$8.49

THE HAWKER

Grilled chicken topped with BBQ sauce, Swiss cheese, bacon, lettuce, tomato and Wilf's own chipotle sauce.

\$13.99

ROASTED VEGETABLE WRAP

Eggplant, zucchini, peppers, onion, broccoli, tomatoes, spring mix with freshly made hummus on your choice of wrap.

With side -\$10.49 No side- \$8.49

ADD SPIN DIP TO ANY ITEM FOR \$2.49

WILF'S BONELESS WINGS - (Halal)

All white meat chicken lightly breaded and tossed in one of our signature wing sauces. Served with a side of ranch.

\$11.49

SPECIALTY

Fire & Ice, East Meets West, Rock and Roll, Sriracha Caesar, Smoked Apple Wood, Parm & Pepper, Thai BBQ

PASTA

ADD A SLICE OF GARLIC BREAD - \$0.99 WITH CHEESE - \$1.99.

ALL PASTAS AVAILABLE WITH GLUTEN FREE PASTA.

FOUR CHEESE PENNE - (V)

Penne tossed in our blush sauce and topped with our four cheese blend then baked to perfection.

\$11.99

WILF'S SPIN DIP MAC & CHEESE

Spin dip with mac and cheese do we need to say more? Spin dip, cream sauce, bacon, parmesan, cheddar, jack and Mozza cheeses.

\$13.99

Add chicken for \$3.99

