

Wilder Fresh Kitchen

Autumn Winter Menu

Mains

Shrimp and Grits \$25

Gulf shrimp with low country tomato, bacon
gravy New Orleans seasonings, cheesy grits

Seared Salmon Piccata \$29

Classic Piccata, Lemon, butter, wine and caper
sauce seasonal vegetable

Cat Fish and Hushpuppies \$26

Our version of Fish and Chips ! Served with fresh
coleslaw

Italian Meatloaf with Mushroom Gravy \$24

Mashed potatoes and seasonal vegetable

Seafood Pasta \$26

Shrimp, salmon and crab in a creamy parmesan
mushroom alfredo sauce

Pork Chop w/ Apple Chutney \$24

Served with sweet potatoes & seasonal vegetable GF

Shepard's Pie \$22

Irish lamb w/ beef & vegetables, topped w/ creamy
mashed potatoes

Chicken Marsala \$25

Chicken breast w/ Marsala wine, mushrooms &
cream sauce, Basmati Rice, seasonal vegetables

Liver & Onions \$20

Bacon, red wine, mashed potatoes, seasonal
vegetables

Consuming raw or uncooked meats, poultry, seafood, shell fish
or eggs may increase your risk of food borne illness.

Delectables

We have a rotating selection of
delicious seasonal desserts which are
available for group events

Carrot Cake \$8

Fresh grated organic carrots w/ delicious spices &
luscious cream cheese frosting. A Heritage Harbour
Favorite!

Cheesecake \$9

New York style cheesecake

Swedish Sticky Chocolate Cake \$9

Satisfy that craving - this cake is a cross between a fudgy
brownie and a chocolate molten soufflé

Classic Creme Brulé \$8

Famous French delight

Coconut Cake \$8

Seasonal Delight

Always local, always fresh \$8

Ice Cream Scoop \$3

When not included

Ask our event coordinator
Jessica Armstrong about
reserving our private
rooms for your next
gathering

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Starters

Crab and Artichoke Dip \$15

Jumbo Mixed with Backfin , Cheddar Cheese
Baquette

Real Smoked Salmon (Not Lox!) \$13

Locally Smoked Salmon, Red Onion , Capers,
Pita Points, Greek Tzatziki Sauce

New Orleans Barbeque Shrimp \$12/ \$18

Sauted Cajun style shrimp, cocktail sauce

Old Bay Wings \$12/\$18

Colossal Wings, Old Bay, Blue cheese

Fried Brussel Sprouts \$11

With bacon and cheddar

Du Jour Flatbread \$12

Made with the freshest ingredients of the day

Soup of the Day \$8/\$10

Butternut Soup w/Crab \$8/\$10

Salads

Kitchen Salad \$6/\$12

Mixed Greens, sliced apples Gorgonzola,
toasted almonds, apple cider vinaigrette GF/V

Caesar Salad \$13

Croutons, Romaine, Caesar Dressing GF/V

Add Shrimp \$8 Seared Salmon \$12 or Chicken \$8

Beverages

Tea or Coffee \$2.50, Sodas \$2.50, Sparkling

Water \$4

LUNCHEON & HANDHELDS

Wilder Gyro \$15

Warm pita, gyro meat with lamb, olives, tomatoes
bell peppers, cucumber, feta, tzatziki, fries

French Dip Baguette \$18

Served warm with beef consomme dipping sauce

El Pastor \$15

Two tortillas, shredded pork, grilled pineapple,
avocado, cilantro, cheese, Spanish rice

Salmon King Neptune Wrap \$18

Spinach wrap, bacon, lettuce, cheese, tomato,
lime vinaigrette, fries

Clubhouse Burger \$16 Veggie Burger \$12

Cheddar, lettuce, tomato, red onion, Jim's
steak sauce, brioche roll, frie Add Bacon +2
Add Crab Dip +4

Crabcake Sandwich Market Price

Lettuce, Tomato, Tarter Sauce, Fries

Chicken and Brie Panini \$15

Grilled breast, French brie, grainy mustard,
apple , greens, ciabatta bread

Chicken Salad on Croissant \$15

with craisins and toasted almonds, fries

Traditonal Reuben \$18

Grilled Rye, roasted sliced corned beef, warm
sauerkraut, Swiss cheese, Thousand Island
dressing, Hand cut fries.

Quiche Du Jour \$16

House made daily prepared with todays freshest
ingredients. Served with a Kitchen Salad

Harbour Hot Dog \$8

All beef large hot dog on fresh bun with hand
cut fries.