

# BRUNCH

CELEBRATING OVER 40 YEARS

[www.wafrost.com](http://www.wafrost.com)

W.A.  
FROST  
AND  
COMPANY



Gluten Free - GF

## MAINS

### Breakfast Tostada

braised beef, sunny side up egg, green chili,  
refried white beans, pickled fresno,  
cilantro, radish, corn tortilla  
15.00

### Eggs Benedict

English muffin, ham, hollandaise, home fries  
16.00

### Florentine Benedict

English muffin, tomato, arugula,  
hollandaise, home fries  
14.00

### Eggs Arrabbiata

two sunny side up eggs, shrimp, polenta,  
parmesan, parsley  
15.00

### Omelette du Jour

home fries, bacon or sausage  
14.00

### French Toast

fresh berries, bacon or sausage  
13.00

### Quiche du Jour

baby greens, lemon vinaigrette  
14.00

### Classic Breakfast

two eggs, home fries, toast,  
bacon or sausage  
12.00

### Steak & Eggs

potato cakes, braised greens, pancetta,  
salsa rosa  
19.00

### Breakfast Burger

English muffin, fried egg, avocado,  
bacon, lettuce, tomato, onion, home fries  
17.00

### Grilled Hamburger

lettuce, tomato, onion, home fries  
15.00

### Bouillabaisse

Provençal style fish stew, mussels,  
shrimp, garlic, saffron, toasted baguette, rouille  
17.00

### Curried Chicken Salad

celery, grapes, green onion, walnuts,  
curry aioli **GF**  
13 / 17

## EXTRAS

### Pistachio and Coconut Granola

yogurt, fresh berries  
8.00

### Home Fries

5.00

### Double Smoked Applewood Bacon - GF

6.00

### Maple Coil Sausage - GF

6.00

### Two Eggs Any Style - GF

4.00

### Seasonal Fruit & Berries - GF

5.00

### Toast White or Wheat

3.00

### English Muffin

3.00

## CHILDREN

### French Toast

bacon, maple syrup  
6.50

### Scrambled Eggs- GF

bacon  
6.50

### Almond and Coconut Granola

yogurt and fruit  
6.50

## BRUNCH COCKTAILS

### W. A. Frost Bloody Mary

house bloody mary mix, Sobieski vodka,  
house made pickles  
8.00

### Spanish Gin & Tonic

Vikre Boreal Spruce gin, juniper berries, cucumber,  
Fever Tree tonic, rosemary sprig  
10.50

### Swedish Twist

45th Parrallel vodka, Letherbee BËSK liqueur,  
IL Follo Prosecco, orange juice  
12.00

### Espresso "Martini"

Titos vodka, Baileys, dark creme de cacao,  
espresso shot  
10.00

### Darcy's Latte

Jameson, Baileys, Kahlua, espresso, steamed milk  
8.25

**W. A. FROST SUPPORTS ORGANIC AND SUSTAINABLE FARMERS AND FISHERIES**  
*Eco Friendly to-go containers and straws are compostable / we recycle all paper, plastic, glass, cardboard,*

*aluminum and oil / we use low energy bulbs where possible*

## TEA

Individual 14oz. pot 4

**Evening In Missoula**  
slightly sweet (herbal)

**Peppermint**  
Intensely aromatic, cooling and refreshing (herbal)

**Chamomile**  
Smooth and floral, sweet and calming (herbal)

**Hibiscus**  
Bracing and invigorating, tart and a little sweet (herbal)

**Lavenderberry**  
Lavender, vanilla, and strawberry flavors (rooibos)

**Blue Beauty Oolong**  
sweet, floral, slightly spicy (green)

**Organic Clouds and Mist**  
Bright and fresh, grown on the island of Zhoushan (green)

**Tea Source Darjeeling**  
Medium bodied with muscatel notes (black)

**Breakfast Assam**  
Heartly and malty with a clean taste (black)

**Lapsang Souchong**  
Lightly smoked over pine fire, robust and smoky (black)

**Tea Source Gold**  
Marvelously fruity and aromatic (black)

## SUNDRIES

**San Pellegrino (Sparkling)**  
500 mL 3.25      1 Liter 4.75

**Aqua Panna (Still)**  
500 mL 3.25      1 Liter 4.75

**Joia Sparkling All Natural Soda (Mpls, MN)**  
*no preservatives, sodium, caffeine, vegan, gluten free*  
Orange with hints of jasmine and nutmeg 4.00  
Pineapple with hints of coconut and nutmeg 4.00

**Boylan Cane Sugar  
Root Beer 4**  
(New York) est.1891

**Red Bull**  
(Regular or Sugar Free)  
4.75

**Q Gingerbeer**  
4.00

## ARTISAN CHEESE PLATES-

Plates Are Garnished With a  
Seasonal Selection Of Fruits And Nuts and Assorted  
House-Made Accoutrements - *gluten free on request*

**Single (1)** 10.00    **Three (3)** 20.00    **Five (5)** 31.00

**Northern Lights Blue** (Plato, Minnesota)  
Raw cow's milk, single family farm, a  
mild and subtle blue

**Roelli Red Rock** (Wisconsin)  
Pasteurized cow's milk. Brick shaped cheddar, natural  
cave aged. Earthy with notes of horseradish and a  
bit of piquant blue cheese in the finish

**Epoisses Affine Aux Chablis** (Burgundy, France)  
Pasteurized cow's milk. Washed with Chablis wine,  
a little fruity and funky with a briny rich and sweet finish

**Capriole O'Banon** (Indiana)  
Pasteurized goat's milk. Wrapped in chestnut leaves,  
macerated in bourbon. Light and creamy

**Lindenhoff 2yr Boerenkaas Gouda** (Netherlands)  
Aged raw cow's milk, slow food approved. Made only in  
the summer months when the cow's can graze on  
fresh pasture. This has the color and flavor of  
butterscotch toffee

**Pasamontes Manchego** (La Mancha, Spain)  
Aged raw sheep's milk. The milk is collected from five  
flocks of Manchega sheep that graze on the natural  
pasture. The resulting cheese offers a bright acidity with  
savory undertones of earth and grass.

**Coppinger** (Sequatchie, Tennessee)  
Aged raw cow's milk. Semi-soft washed rind cheese with a  
striking layer of decorative vegetable ash in its center. The  
velvety elastic paste is savory with notes of fresh grass  
and smoked meats.

**Tarenetaise** (North Pomfret, Vermont)  
Made from the organic milk of grass-fed Jersey cows.  
Based on the traditional cheese making process  
of Tarenetaise Valley in the Savoie region of the  
French Alps. This is a firm cheese that offers a grassy,  
nutty and buttery flavour.

**Regal de Bourgogne aux Moutarde** (Burgundy, France)  
Pasteurized cow's milk and cream. The small round is  
coated on the outside with spicy cracked mustard seeds,  
but the inside is fresh and creamy, almost cheesecake-like  
in texture and taste.

**Robiola Tre Latti** (Peidmont, Italy)  
Mixture of cow, goat and sheep's milk add to the  
complexity of this soft cheese, buttery flavor  
with a piquant finish

**Boschetto al Tartufo** (Tuscany, Italy)  
Pasteurized cow's and sheep's milk. Semi-soft  
cheese from the Tuscan town of Mugello. Infused with  
shavings of highly-prized rare white truffles that lend an  
earthy, luxurious and robust aroma and flavour.

**Big Holmes** (Grantsberg, Wisconsin)  
by Mary Falk at Lovetree Farms, goat's milk, an amazing  
expression of terroir, coated in wild Wisconsin herbs,  
flavor is herbacious and clean

## OUR SISTER PROPERTIES

THE COMMODORE | UNIVERSITY CLUB OF ST. PAUL | HOTEL 340 | SAINT PAUL ATHLETIC CLUB | STOUT'S ISLAND LODGE