BENCH

Bites & Shareables

Warm Buttered Pretzel...16 ● v o
Bavarian-style pretzel, coarse sea salt, pickles, choice of Lincoln Gold mustard or creamy ranch dip

Hummus with Crisp Pita...20 ● o v ●
Silky smooth chickpea hummus, served with heirloom tomato salad, and crisp pita chips

Mexican Street Corn Dip...22 ● o
Queso fresco, Monterrey Jack, jalapeños, green onions, crispy fried spiced tortilla chips, lime wedge

BENCH BBQ Pork Nachos...30 o ●
Overnight pulled pork shoulder, salsa verde, lime crema, pickled jalapeños, heirloom tomatoes, cotija cheese, coriander **Make it a vegetarian nacho by substituting for BBQ tempeh**

Upper Canada Cheese Co. Board...45 ● o
Assortment of local Ontario cheeses, seasonal accompaniments, brioche crostinis **Add 2 or 4oz of Calabrese salami...5/9**

Salads

Add 4oz diced chicken breast...6

Stone Fruit Panzanella...24 ● o v o
Rotational Niagara orchard stone fruit, arugula bocconcini, English cucumbers, roasted red peppers, focaccia croutons, red wine vinaigrette

BENCH Wedge...24 o ● o
Crisp bacon, heirloom tomatoes, gorgonzola cheese, pickled red onions, on a wedge of iceberg lettuce, and topped with creamy house-made ranch dressing

Handhelds

Substitute gluten-free bun...4.50

Chopped Italian Sandwich...24 o o o
Salami, capicola, dry-cured ham, provolone, dill pickles, banana peppers, tomatoes, red onions, Bench chopped sauce, soft Italian roll

Chimi Angus Beef...27 o o
Shaved AAA Canadian Angus beef, chimichurri aioli, melted havarti cheese, crispy fried shallots, ciabatta bun

BENCH

Mains

Mac n Cheese...22 ●
Mornay sauce featuring Upper Canada Cheese, cavatappi noodles, crispy fried shallots

Moroccan Powerbowl...25 ● ● v o o
Ancient grains, lemon vinaigrette, Za'atar roasted chickpeas, cauliflower, sweet potato, dino kale, harissa yogurt, and garnished with fresh mint
Add 6oz BBQ pulled pork or 6oz BBQ tempeh...10

Vietnamese Pork & Ginger Rice Bowl...27 ● ● o
Hoisin soy pork with ginger rice, mirin-pickled carrots, bean sprouts, crushed cashews, micro cilantro, and pickled red chilis, served with Vietnamese nuoc cham sauce

Lemon Garlic Chicken Souvlaki...27 o
Garlic-parm lemon chicken skewers, fattoush salad, and warm pita bread, served with garlic toum sauce

Sweets

Turtles Cheesecake...14 ● ●
Pecan, brownie, salted caramel, crème fraîche

Funnel Cake Fries...16 ●
Golden fried dough, Niagara field berry coulis, salted caramel, crème fraîche

Chef & Bub Gourmet Popsicles...8.50 ● ● o
Choice of either *Cookie Monster* or *Cherry Lemon*

For Our Furred Friends

Pup Plate...14
Chicken, squash, kale, seasonal berries

Please let your server know if you have any dietary restrictions or allergies.

An automatic gratuity of 18% will be applied to groups of 8 or more.

● Vegetarian
o Can be made vegetarian
v Vegan or can be made Vegan
● Gluten Free
o Can be made Gluten Free
● Dairy Free
o Can be made Dairy Free
● Spicy
o Mild Heat