



Bites & Shareables

Chef's Feature Soup...15

Rotating creation inspired by the season. Ask your server for details **Add a side of toasted country rye bread...3**

Warm Buttered Pretzel...16 ● v ○

Bavarian-style pretzel, coarse sea salt, pickles, choice of Lincoln Gold mustard or buttermilk ranch dip

Arancini...22 ●

Fried Italian rice balls, fior di latte cheese, rustic tomato sauce, basil-infused olive oil, parmigiano reggiano

Beer Cheese Fondue...24 ○

Molten Upper Canada Camembert-Style cheese, Bench lager, chives, country rye bread, pickled vegetables

BENCH BBQ Pork Nachos...30 ○ ●

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 ● ○

Assortment of local Ontario cheeses, seasonal accompaniments, crostinis **Add 2 or 4oz of Calabrese salami...5/9**

Salads

Add 4oz diced chicken breast...6

Apple and Beet Salad...24 ● v ○

Baby kale, endive, treviso, cider-poached apples, marinated artichokes, house-pickled golden beets, maple-candied pecans, sweet red onion, creamy chèvre, apple cider-thyme vinaigrette

BENCH Cobb...24 ○ ● ○

Chef's selection of leafy greens, smoked bacon, egg, crumbled gorgonzola, heirloom tomatoes, green goddess dressing, maple vinaigrette

Handhelds

All sandwiches come with a field green salad or trade it for a side soup...4.

Nashville Hot Chicken Sandwich...25 ●

House-marinated and oven crisped chicken breast, Nashville hot sauce, 'Bama white BBQ sauce, Bibb lettuce, bread & butter pickles, brioche bun

Caramelized Onion & Fig Grilled Cheese...27 ●

Upper Canada Camembert-Style cheese, creamy brie, caramelized onions, fig compote, sourdough loaf, tangy smoked barbecue ketchup dip



Mains

Mac n Cheese...22 ●

Six cheese bechamel featuring Upper Canada Cheese, cavatappi noodles **Make it a Buffalo Chicken Mac...5**

Harvest Powerbowl...25 ● ● v ○ ○

Sweet and smoky maple-chipotle roasted butternut squash and Brussel sprouts, baby kale, buckwheat, quinoa, buttermilk ranch, apple cider-thyme vinaigrette **Add 6oz BBQ pulled pork or 6oz BBQ tempeh...10**

Rigatoni alla Bolognese...25 ○

Rich tomato ragu di manzo, olive oil, parmigiano reggiano, basil cress

Ontario Short Rib...42 ○

Tender AAA boneless short rib, Bench Pinot Noir braise, creamy potato gratin, Brussel sprouts, rich short rib demi-glaze.

Sweets

Turtles Cheesecake...14 ● ●

Pecan, brownie, caramel, crème fraîche

Black Forest Cookie...14 ●

Chocolate, Cherry, Buttercream

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
- Can be made vegetarian
- v Vegan or can be made Vegan
- Gluten Free
- Can be made Gluten Free
- Dairy Free
- Can be made Dairy Free
- Spicy
- Mild Heat