



## Bites & Shareables

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### Warm Buttered Pretzel...16 ● v ○

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

### Hummus with Crisp Pita...20 ● ○ v ●

Silky smooth chickpea hummus, served with heirloom tomato salad, and crisp pita chips

### Mexican Street Corn Dip...22 ● ○

Queso fresco, Monterrey Jack, jalapeños, green onions, crispy fried spiced tortilla chips, lime wedge

### 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, brioche crostinis **Add 2 or 4oz of Calabrese salami...5/9**

## Salads

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### Add 4oz diced chicken breast...6

### Stone Fruit Panzanella...24 ● ○ v ○

Rotational Niagara orchard stone fruit, arugula bocconcini, English cucumbers, roasted red peppers, focaccia croutons, red wine vinaigrette

### BENCH Wedge...24 ○ ● ○

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

## Handhelds

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### Substitute gluten-free bun...4.50

### Chopped Italian Sandwich...24 ○ ○ ○

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

### Chimi Angus Beef...27 ○ ○

Shaved AAA Canadian Angus beef, chimichurri aioli, melted havarti cheese, crispy fried shallots, ciabatta bun



## Mains

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### Mac n Cheese...22 ●

Mornay sauce featuring Upper Canada Cheese, cavatappi noodles, crispy fried shallots

### Moroccan Powerbowl...25 ● ● v ○ ○

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 ● ●

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 ○

Garlic-parm lemon chicken skewers, fattoush salad, and warm pita bread, served with garlic toum sauce

## Sweets

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### Turtles Cheesecake...14 ● ●

Pecan, brownie, salted caramel, crème fraîche

### Funnel Cake...16 ●

Golden fried dough, Niagara field berry coulis, salted caramel, crème fraîche

## For Our Furred Friends

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### 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
- 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