

STARTERS

Slapshot Spinach Dip V GF 16

tortilla chips and tangy, creamy spinach dip

The Bench Nachos V GF

Half 15 / full 24

tortilla chips, cheese, diced bell peppers, black olives, banana peppers, side of sour cream and salsa

ADD: 4oz guacamole +3, beef or chicken +5, extra cheese +4

Basket of Wings GF 16

brined for 24 hours & tossed in your favorite sauce

WING SAUCES and RUBS:

classic hot, honey garlic, honey hot, salt and pepper, lemon pepper, garlic parmesan seasoning, Cajun

Onion Rings 15

crispy battered & thick cut

Dill Pickle Fries 15

served with ranch

FRIES & POUTINE

Basket of Fries GF 6

Buffalo Chicken Poutine 20

cheese curds, gravy, breaded chicken tenders tossed in buffalo sauce and ranch dressing

Classic Poutine 15

Cheese curds and gravy

SOUPS & SALADS

Classic Caesar Salad 15

classic and timeless topped with crispy bacon and parmesan cheese

Mixed Greens 13

GF DF VEGAN

mixed greens, diced tomato, julienne carrots and diced cucumbers with choice of dressing

Daily Soup

Cup 4.5 / Bowl 7.5

Made fresh every day



Breakfast

Sat & Sun, 9 until noon



Full Breakfast 12

3 pc bacon or sausage, 2 eggs, 2 pc toast, hashbrowns

Sausage, Egg & Cheese

English Muffin 4

add a 12 oz drip coffee 5

Stack of Pancakes (3) 6

Waffles (3) 6

Extra Bacon or Sausage (4) 5

KITCHEN IS OPEN:
Mon-Thurs: 4pm-close,
All-Day Friday/Weekends



As a social enterprise owned by a charity, The Bench YYC, supports youth and recreation at Cardel rec South.

HANDHELDS

Served with fries or house salad
Upgrade your side to daily soup +2,
Caesar salad +2, onion rings +2,
veggie and dip +2, Side poutine +4

Chicken Tenders and Fries 15

4 breaded chicken tenders with crispy fries
ADD Extra tenders for \$3 each

Bench Burger 17

6 oz ALBERTA BEEF PATTY, lettuce, tomato, onions, pickles and The Bench sauce

Classic Crispy Chicken Sandwich 17

hand breaded chicken breast with lettuce, onion, tomato, pickle and bbq garlic aioli
CAN BE MADE WITH GRILLED CHICKEN

ADD bacon 2

ADD a slice of cheese 1

BBQ Brisket on a Bun 18

LOCAL slow braised BBQ Brisket, The Bench sauce, pepperjack cheese,crispy onion on brioche hot dog bun

Feature Hot Dog 15

We will never run out of ideas for this classic canvas! Ask about today's toppings



Students & Kids

ages 15 and under

All Kids Items 10

Served with choice of fountain pop

Kids Cheeseburger and Fries

Jackson's Grilled Cheese and Fries

Classic Mac & Cheese

Chicken Fingers and Fries

Hot Dog and Fries



COMFORT FOOD

Zamboni Macaroni & Cheese 15

classic mac and cheese, bacon

Perogies and Sausage 16

caramelized onions and sour cream

Fried Chicken & Waffles 16

brined & breaded chicken breast, golden waffles, maple syrup & hot sauce

ADD chicken \$8

ADD a waffle \$2



ASK US ABOUT OUR DAILY FEATURES



SIDES

Side of Fries 3

Side Poutine 8

Side of Onion Rings 5

Side Caesar Salad 5

Side Green Salad 4

DESSERT

Biscuits in a Basket 10

handcut fried dough bites tossed in sugar and cinnamon, served with caramel dipping sauce

One Scoop Ice Cream 3

caramel sauce

12" PIZZAS

available in gluten free +4

Three Cheese 18

mozzarella, cheddar, parmesan

Pepperoni 18

mozzarella and pepperoni

Hawaiian 18

ham, pineapple, mozzarella house made marinara sauce

ADD bacon 3

GF: Gluten Free

DF: Dairy Free

V: Vegetarian

VEGAN

PEANUT