

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



WINE

Red

Raza Malbec

8 (5oz) | 13 (8oz) | 34 (bottle)

Seven Terraces Pinot Noir

8 | 10 (5oz) | 15 (8oz) | 44 (bottle)

White

Lagaria Pinot Grigio

9 (5oz) | 13 (8oz) | 36 (bottle)

Seven Terraces Sauvignon Blanc

10 (5oz) | 15 (8oz) | 44 (bottle)

Borsao Rose Collection

8 (5oz) | 13 (8oz) | 36 (bottle)

Canella Prosecco (200 ml) 13

HIGHBALLS

1 oz 6 2 oz 10

Vodka

Gin

Rye

Tequila

White Rum

Dark Rum



Draught Beer

8.5 [16 oz] \$26 [60 oz pitcher]

ANNEX Idle Hands Italian Pilsner
 ANNEX Lorem Ipsum Amber Ale
 BANDED PEAK Mount Crushmore Pilsner
 BANDED PEAK Fired Up Hazy Blonde
 FERNIE Waymark West Coast IPA
 FERNIE What the Huck Berry Ale
 TOOLSHED Golden Hour Golden Ale
 TOOLSHED Late to the Party Hazy IPA
 TOOLSHED People Skills Patio Style Ale
 WILD ROSE Hoodoo Blonde Lager
 WILD ROSE Velvet Fog Citrus Wheat Ale
 WILD ROSE Wraspberry Ale
 UNCOMMON Cider
 BENCH LAGER 6 (16 oz.) 24 (pitcher)

Bottles & Cans

Domestic 7.5

Budweiser

Kokanee

Bud Light

Coors Light

Keiths

Michelob Ultra

Pilsner

Near Beer 7.5

Zero People Skills

Sapporo 0.0

Fan Favourite 6.5

PBR (473 ml)

Imports 8.5

Corona

Guinness

MGD

Sapporo

Coolers 10

Gnu Gin Soda

Gnu Gin Tonic

Burwood Vodka Soda Mango Lime

Ole Margarita

Ole Paloma

PBR Iced Tea

PBR Lemonade

COCKTAILS

2 oz. 12 Pitcher 5 oz 25

CAESAR

2oz vodka, clamato and pickled bean

LONG ISLAND ICED TEA

long island mix, pepsi, lime juice

MARGARITA

1.5 oz tequila, .5 oz triple sec, lime juice

PARALYZER

1 oz vodka, 1 oz coffee liqueur, pepsi, milk

PALOMA

2 oz tequila, pink grapefruit, soda, lime

MOSCOW MULE

2 oz vodka, ginger beer, lime

MIMOSAS 14

all day orange or grapefruit



Coffee & Tea

	12 oz	16 oz
Drip Coffee	2.75	3.5
Americano	4	4.5
Flat white	5	6
Latte	5	6
Mocha	5	6
Chai Latte	5	6
Hot Chocolate	5	6
French Vanilla	5	6
London Fog	5	6
Single / Double Espresso	3 / 5	
Tea	3.5	

Mocktails 3

Virgin Caesar
 Shirley Temple
 Roy Rogers
 Arnold Palmer
 Cranberry Soda
 OJ & Soda

Fountain Pop 3

Pepsi
 Diet Pepsi
 7 Up
 Root Beer
 Mountain Dew
 Iced Tea
 Lemonade
 Gingerale
 Soda Water

Non Alcoholic

ANNEX Ginger Beer 6
 Orange or Apple Juice 3
 Chocolate or Strawberry Milk 3
 Bottles of Pop (ask for options) 3
 Cans of Pop (ask for options) 2
 Gatorade (pink, blue, orange) 3
 Red Bull 6