



## STARTERS

**Warm Spinach Dip** V GF 15  
tortilla chips and creamy spinach dip

**The Bench Nachos** V GF  
Full 24 Half 15

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

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

**Chicken Wings (1lb)** GF 16  
chicken wings brined for 24 hours, breaded  
with rice flour tossed in your favorite sauce

WINGS AND DRY RIB SAUCES: classic hot,  
gochujang sauce, honey garlic, honey  
sriracha, spiced rum BBQ sace, salt and  
pepper, lemon pepper, garlic parmesan  
seasoning, Cajun

**Appetizer Feature** 10  
A NEW COMBO WEEKLY  
SEE YOUR SERVER FOR  
DETAILS

## POUTINE

**Buffalo Chicken Poutine** 20  
cheese curds, gravy, breaded chicken  
tenders tossed in buffalo sauce and ranch  
dressing

**Classic Poutine** 15  
Cheese curds and gravy

## SALADS

ADD: sous vide chicken breast +5,  
crispy chicken+6

**Classic Caesar Salad** 15  
classic and timeless topped with crispy  
bacon and parmesan cheese

**Mixed Greens** 13  
GF DF VEGAN  
mixed greens, diced tomato, jullienne  
carrots and diced cucumbers with choice of  
dressing

## SOUPS

**Daily Soup** Cup 3.25 / Bowl 5.50  
Made fresh every day

**We customize  
menus for special  
events**

Our kitchen can create a  
menu to suit your needs:  
Team Travel Meals  
Fundraisers  
Parties and Special Events

Available 4pm until  
close WEEKDAYS  
and ALL DAY  
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, yam fries +2,  
veggie and dip +2, Side poutine +3.99

**Soup and Sandwich Combo** 12  
Cup of our daily soup and choise of half  
ham and cheese OR half a chicken club  
sandwich

**Chicken Tenders and Fries** 15  
4 breaded chicken tenders with crispy fries  
ADD Extra tenders for \$3 each

**Classic Burger** 15  
lettuce, tomato, onions, pickles and The  
Bench sauce  
ADD 2 slices of bacon 2  
ADD 1 slice of cheese 1

**Crispy Honey Sriracha  
Chicken Sandwich** 17  
hand breaded chicken breast, tossed in our  
own honey sriracha sauce, with lettuce,  
onion, tomato and cucumber ranch

**Chicken Club** 18  
sous vide chicken breast, bacon, lettuce,  
tomato, aioli, jalapeno jack cheese



## SIDES

Basket of Fries 6  
Basket of Sweet Potato Fries 10  
Side of Fries 3  
Side Poutine 8  
Side of Sweet Potato Fries 5  
Side Caesar Salad 5  
Side Green Salad 4

## DESSERTS

**Cheesecake  
Chimichangga** 4  
2 pieces of fried cheesecake, cinnamon  
sugar, whip cream topping  
**Deep Fried Hockey Pucks** 11  
Oreos sandwich dipped in cocoa batter  
and deep fried to perfection, served with ice  
cream and whipped cream  
**One Scoop Ice Cream** 3  
caramel sauce

## KIDS MEALS

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 and Cheese**  
**Chicken Fingers and Fries**



## PASTA & BOWLS

**Baked Mac and Cheese** 15  
classic mac and cheese, filled with bacon  
goodness. True soul food.

**Perogies and Sausage** 14  
caramelized onions and sour cream



**DAILY FEATURE**  
**10**



## 12" PIZZAS

available gluten free +4

**Bacon** 18  
bacon, mixed cheese, mozzarella, pickled  
red onion, house made marinara sauce,  
cucumber ranch drizzle

**Three Cheese** 18  
mozzarella, cheddar, parmesan

**Pepperoni** 18  
mozzarella and pepperoni

**Hawaiian** 18  
ham, pineapple, mozzarella  
house made marinara sauce

**GF -Gluten Free**  
**DF - Dairy Free**  
**V - Vegetarian**  
**VEGAN**  
**PEANUT**