

to share

- Charcuterie & Cheese** \$19
a selection of Ontario cheese and crackers, house made meats, preserves and NC honey
- Bread Basket** 3
in-house made fresh bread basket with whipped NC honey butter
- Tempura Fried Butternut Squash** ●● 8
rosemary NC honey, lemon aioli

- Puree of Parsnip Soup** ●●● \$8
root vegetable crisps, paprika NC honey, parsley oil
- Ontario Grown Mixed Lettuce Salad** ●●● 8
dried cranberries, apple, brussel sprouts, celeriac, cider vinaigrette
- Roasted Beet Salad** ● 10
beet puree, goat's cheese crumble, arugula, candied walnuts

PIZZA

- All of our pizza are stone fired, and served with a side of mixed greens with maple balsamic vinaigrette. \$17
- Margarita Pizza** ●
fiore de latte, mozzarella, tomato, basil
- Pizza Soppresata**
house-cured salami, hot Italian sausage, kale, mozzarella
- Pizza ai Funghi** ●
Ontario mushrooms, pickled shallots, mozzarella, truffle oil

on a bun

- All of our sandwiches come on our fresh baked milk bun, served with Lemon Thyme Fries and Triple Crunch Mayo.
- Benchmark Burger** \$19
white cheddar, lettuce, pickled cucumber, NC Merlot onion chutney
- Crispy Chicken Sandwich** 19
creamy coleslaw, white cheddar, maple mustard
- Niagara PLT Burger** 21
peameal bacon, lettuce, tomato, triple crunch mayo, white cheddar

entrées

- Crispy Tempura Fried Tofu** ●●● \$19
Korean BBQ sauce, basmati rice, stir-fried kale, broccoli, mushrooms, peppers, kimchi
- Seared Digby Scallops** ● 27
cauliflower, bacon, potato coins, lemon caper butter sauce
- Butter Poached Fogo Island Cod** ● 25
warm fingerling potato salad, kale, onion soubise, sauce vierge
- Cavatelli Alfredo** ● 19
hand rolled noodles, kale, mushrooms, broccoli, peppers, Grano Padano
- Ontario Lamb Cavatelli Bolognese** 23
hand rolled noodles, chili, celery root, celery, Grano Padano
- NC Honey Glazed Beamsville Duck Breast** ● 28
Brussels sprouts, winter squash, pumpkin seeds, duck jus
- Benchmark Peppercorn Steak** M/P
Ask your server for today's cut from the block.
mushrooms, kale, pomme puree, onion ring, peppercorn sauce

Our ingredients are sourced from local farms and are processed entirely in-house for complete control of freshness & quality.

Add to Your Dish

- crispy tofu ●●● \$7
- chicken breast 9
- cod 9

- VEGAN ●
- VEGETARIAN ●
- GLUTEN-FREE ●

Tabl'eau water is now on tap – Your choice of still or sparkling.

\$3 per carafe – All proceeds support student scholarships!