




the palm lounge

plates for sharing

HOUSE OLIVES \$9 

HUMMUS PLATTER with house made pitas \$13 

WILD + FIELD MUSHROOM QUESADILLA with four cheeses + salsa \$16 

HOUSE MEATBALLS in TOMATO SAUCE with reggiano \$16

BRÛLÉE CHICKEN LIVER PARFAIT with crostini \$15

STEAMED VEGETABLE DUMPLINGS \$13 

STEAMED SHRIMP DUMPLINGS with soya-mirin dipping sauce \$18

CHEF'S SELECTION of THREE CHEESES with dried fruit, toasted nuts + sourdough \$22 

ITALIAN ANTIPASTO PLATE with speck, assorted salami, provolone + marinated vegetables \$22

salads - \$12*/\$19


*CAESAR with parmesan croutons + garlic sherry dressing

*GREEK with red pepper, cucumber, kalamata olives, tomato, onion, feta + yogurt dressing 

*BABY KALE with dijon dressing 

* HALF PORTIONS ADD CHICKEN \$7 OR SALMON \$12

SEASONAL GREENS with shaved fennel, avocado, asparagus + salted ricotta with white truffle-lemon vinaigrette 

GRILLED VEGETABLES with maple-mustard balsamic glaze served on field greens 

ICEBERG - lettuce, bacon, egg, oven roasted tomatoes + thousand island dressing

sandwiches - \$21

CLUBHOUSE - prosciutto cotto, house smoked turkey, back bacon, cheddar; lettuce + tomato

BEC-CLASSIC NY BREAKFAST SANDWICH - organic eggs, house smoked bacon, old cheddar + mayo

REUBEN SANDWICH - shaved corned beef, sauerkraut, cheddar + thousand island dressing on grilled Danish rye

HOUSE SMOKED SALMON with cucumber, pickled shallot, capers + remoulade served open faced on Danish Rye with lettuce

HOT TURKEY- white + dark roasted turkey + gravy, served open faced on house-made sourdough with side of cranberry sauce

SERVED WITH ONE OF: FRIES, COLLARD GREENS, KALE SALAD, OR CAESAR SALAD

burgers - \$22

*THE FORT GARRY with tomato, lettuce + caramelized onion aioli

*WILD MUSHROOMS - white truffle aioli + havarti cheese

*CHEDDAR + BACON with lettuce, tomato, onion, mustard, mayo

*FRIED EGG + BACON - oven roasted tomato, caramelized onion + mayo

* BURGERS MADE WITH ALL BEEF CHUCK PATTY + GROUND IN HOUSE

SOUTHERN FRIED CHICKEN BREAST with tangy slaw


HARISSA GRILLED CHICKEN with lettuce, caramelized onion aioli + mango chutney

SCANDINAVIAN BEET BURGER with lemon horseradish mayo 

BURGERS SERVED ON A BUN OR LETTUCE CUP, WITH ONE OF: FRIES, COLLARD GREENS, KALE SALAD, OR CAESAR SALAD

new york style pizza

MUSHROOM - roasted mushrooms, fontina cheese + pesto \$21 

MARGHERITA - BC buffalo mozzarella, tomato + basil \$21 

GALENA - grilled chicken, zucchini, tomato + mozzarella \$22

CALABRESE - Italian meats, pepperoni + mozzarella \$23

WE CAN ALSO MAKE YOUR TRIED + TRUE FAVOURITES

home away from home dinners

SAUSAGE, EGGS + FRIES - two fried eggs, grilled house made sausage + fries, with tomato jam \$18

POTATO + CHEESE PEROGIES - steamed 'ravioli' buttered + topped with sour cream + fried onions \$17 

VEGETABLE STIR FRY with steamed brown rice \$20 

MEAT LASAGNA with ground veal + three cheeses \$19

VEAL MEATLOAF with tomato gravy, daily vegetables + potato \$21

FLASH ROASTED HALF CHICKEN - herbed + served with daily vegetable + potato \$28

POT ROAST - sirloin roast with vegetables in rich red wine gravy + daily potato \$28

GRILLED AAA NEW YORK STEAK with daily vegetable + potato, served with chimichurri 8OZ \$28 OR 16OZ \$45

SEARED 7 OZ ORGANIC KING SALMON FILET with daily vegetable + potato \$33

 - VEGAN /  - VEGETARIAN

PLEASE NOTE THAT A 15% GRATUITY WILL BE ADDED TO PARTIES OF SIX GUESTS OR MORE



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white + rosé wine

		5OZ GLASS	8OZ GLASS	BOTTLE
FRA	Pasquiers, Grenache-Cinsault Rosé, Languedoc	9.5	14	38
CAN	Pelee Island Winery, Lola Rosé, Vidal-Chambourcin, Ontario	9.5	14	38
FRA	Ortas, La Pas de Meunier Rosé, Côtes du Rhône	11	17	44
AUS	Oxford Landing, Sauvignon Blanc, South Australia	9.5	14	38
ARG	Alamos, Chardonnay, Mendoza	9.5	14	38
SPA	Marqués D Irun, Verdejo, Rueda	10	15	40
CAN	Quails' Gate, Gewürztraminer, Okanagan Valley	10	15	40
NZ	Twin Islands, Sauvignon Blanc, Marlborough	10.5	16	42
CAN	Family Tree, Chardonnay-Viognier-Gewürztraminer, Niagara Peninsula	11	17	44
CAN	Cave Spring, Riesling, Niagara Peninsula	11	17	44
ITA	Kris, Pinot Grigio, Veneto	11	17	44
ITA	Pasqua, <i>Passione SentiMento</i> , Garganega, Veneto	11	17	44
AST	Judith Beck, Weissburgunder (Pinot Blanc), Weinland	12	18.5	49
CAN	Benjamin Bridge, Tidal Bay, Nova Scotia	13	20	54
USA	J. Lohr, Chardonnay, Arroyo Seco Monterey	14	21	56
GRM	Juwel, Silvaner, Rheinhessen			60
FRA	Jean Bourdy, Savagnin, Jura			72
CAN	Pearl Morrisette, Cuvée Métis Blanc, Chardonnay, Niagara Peninsula			74
CAN	Burrowing Owl, Pinot Gris, Okanagan Valley			75
AUS	Mesh, Riesling, Eden Valley			84
CAN	Pearl Morrisette, Cuvée Dix-Neuvième, Chardonnay, Twenty Mile Bench			96
ITA	La Stoppa, Malvasia-Ortrugo Blenc, Emilia			128
USA	Scribe, Skin Fermented Chardonnay, Carneros, 500ml			135

sparkling wine

		5OZ GLASS	BOTTLE
SPA	Castellblanc, Cava Extra Brut, Sant Sadurni d'Anoia	9	36
ITA	Sette Ventiquattro, Prosecco Extra Dry, Treviso	10.5	42
FRA	Charles Mignon, Premium Reserve Brut, Champagne		100
FRA	Louis Roederer, Cristal, Champagne		350

cider

		5OZ GLASS	8OZ GLASS	750ml BOTTLE
SPA	Guzman Riestra, Sidra Semi Seca	9	13	36
SPA	Guzman Riestra, Sidra Brut Nature	9	13	36
FRA	Eric Bordelet, Brut Tendre	9	13	36
FRA	Eric Bordelet, Argelette			60
FRA	Eric Bordelet, Poire Granit			85

red wine

		5OZ GLASS	8OZ GLASS	BOTTLE
AUS	Oxford Landing, Shiraz, South Australia	9.5	14	38
FRA	Saveurs du Temps, Syrah-Grenache, Costières de Nîmes	9.5	14	38
SPA	Rafael Cambra, <i>Soplo</i> , Bush Vine Garnacha, Valencia	9.5	14	38
ARG	Pascual Toso, Malbec, Mendoza	10	15	42
ITA	Pasqua, Passimento, Corvina-Merlot, Veneto	10	15	42
FRA	La Folle Noire d'Ambat, Négrette, Fronton	10	15	42
USA	Wente, Southern Hills, Cabernet Sauvignon, Livermore Valley	11	17	44
USA	Cline, Old Vine Zinfandel, Lodi	11	17	44
USA	Mark West, Pinot Noir, California	11	17	44
ARG	La Posta, Tinto, Malbec-Syrah-Bonarda, Mendoza	11	17	46
AUS	K. Cimicky & Son, <i>Piping Shrike</i> , Shiraz, Barossa Valley	11	17	46
CAN	Henry of Pelham, Old Vines Baco Noir, Ontario	12	18	48
SPA	Escoda-Sanahuja, Nas del Gegant, Tempranillo Blend, Conca de Barberà	13	20	54
CHI	Ventisquero, Grey [glacier], Carménère, Maipo Valley	13	20	54
FRA	Domaine Saint Gayan, <i>Trescartes</i> , Grenache-Syrah-Mourvèdre, Côtes du Rhône	13	20	54
CAN	Cave Spring, Dolomite, Cabernet Franc, Niagara Escarpment	14	22	58
USA	Avalon, Cabernet Sauvignon, California	14	22	58
NZ	Villa Maria, <i>Cellar Selection, Organic</i> , Pinot Noir, Marlborough			62
FRA	Jean Bourdy, Côtes du Jura Rouge, Jura			62
SPA	Escoda-Sanahuja, La Llopetera, Pinot Noir, Conca de Barberà			66
ITA	Argiano, <i>Non Confunditur</i> , Cabernet Sauvignon Blend, Tuscany			68
AUS	Dodgy Bros., Grenache-Shiraz-Mataro, McLaren Vale			78
CAN	Pearl Morisette, Cuvée Metis, Cabernet Franc Blend, Niagara Peninsula			86
FRA	Denis Durantou, La Chenade, Lalande de Pomerol, Bordeaux			90
USA	St. Francis, Old Vines Zinfandel, Sonoma County			94
CAN	Burrowing Owl, Cabernet Franc, Okanagan Valley			98
USA	Conn Creek, Cabernet Sauvignon, Napa Valley			105
FRA	La Bastide Saint Dominique, Châteauneuf-du-Pape, Rhone Valley			125
SPA	Dominio de Pingus, <i>PSI</i> , Tempranillo, Ribera del Duero			135

after dinner

		2OZ GLASS
AUS	Penfolds, Club Tawny, Australia	10
POR	Taylor Fladgate, Ten Year Old Tawny, Douro	10
POR	Quinta Nova, Late-Bottled Vintage (LBV), Douro	10
POR	Quinta do Noval, Silval, Vintage Port, Douro	25
CAN	Inniskillin, Vidal Icewine, Ontario	15

NATURAL WINES ARE A NEW YET OLD TREND IN WINE, A BACK-TO-NATURE WINE PHILOSOPHY. NATURAL WINES ARE LOW INTERVENTION STARTING IN THE VINEYARD WITH ORGANIC OR BIODYNAMIC FARMING. WINEMAKING PRACTICES CONTINUE ON THIS PATH — LOW USE OF TECHNOLOGY IN THE WINERY, MINIMAL PROCESSING OF THE HARVEST AND LITTLE-TO-NO PRESERVATIVES WHEN BOTTLING. NATURAL WINES ARE OFTEN UNFILTERED, SEDIMENT APPEARS IN SOME BOTTLES. WE INVITE YOU TO TRY THESE UNIQUE WINES, EXPRESSIONS OF A MOMENT IN WINE TIME.