




the palm lounge

plates for sharing

HOUSE OLIVES \$10 

HUMMUS PLATTER with house made pitas \$14 

WILD + FIELD MUSHROOM QUESADILLA with four cheeses + salsa \$17 

HOUSE MEATBALLS in TOMATO SAUCE with reggiano \$17

BRÛLÉE CHICKEN LIVER PARFAIT with crostini \$16

STEAMED VEGETABLE DUMPLINGS \$14 

STEAMED SHRIMP DUMPLINGS with soya-mirin dipping sauce \$19

CHEF'S SELECTION of THREE CHEESES with dried fruit, toasted nuts + sourdough \$23 

ITALIAN ANTIPASTO PLATE with speck, assorted salami, provolone + marinated vegetables \$23

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 - \$22

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 - \$23

*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 \$22 

MARGHERITA - BC buffalo mozzarella, tomato + basil \$22 

GALENA - grilled chicken, zucchini, tomato + mozzarella \$23

CALABRESE - Italian meats, pepperoni + mozzarella \$24

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 \$19

POTATO + CHEESE PEROGIES - steamed 'ravioli' buttered + topped with sour cream + fried onions \$18 

VEGETABLE STIR FRY with steamed brown rice \$21 

MEAT LASAGNA with ground veal + three cheeses \$21

VEAL MEATLOAF with tomato gravy, daily vegetables + potato \$23

FLASH ROASTED HALF CHICKEN - herbed + served with daily vegetable + potato \$29

POT ROAST - sirloin roast with vegetables in rich red wine gravy + daily potato \$29

GRILLED AAA NEW YORK STEAK with daily vegetable + potato, served with chimichurri 8OZ \$29 OR 16OZ \$46

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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rosé wine

		5 OZ GLASS	8 OZ GLASS	BOTTLE
FRA	Pasquiers, Grenache-Cinsault Rosé, Languedoc	10	14.5	39
CAN	Pelee Island Winery, Lola Rosé, Vidal-Chambourcin, Ontario	10	14.5	39
CAN	Three of Hearts, Pinot Noir Rosé, VQA Niagra Peninsula	13	19	50

white wine

		5 OZ GLASS	8 OZ GLASS	BOTTLE
AUS	Oxford Landing, Sauvignon Blanc, South Australia	10	14.5	39
ARG	Alamos, Chardonnay, Mendoza	10	14.5	39
AUS	Yalumba, Moscato, South Australia	10	14.5	39
CAN	Quails' Gate, Gewürztraminer, Okanagan Valley	10.5	15.5	42
NZ	Twin Islands, Sauvignon Blanc, Marlborough	11	16.5	43
CAN	Family Tree, Chardonnay-Viognier-Gewürztraminer, Niagara Peninsula	11.5	17.5	45
CAN	Cave Spring, Riesling, Niagara Peninsula	11.5	17.5	45
ITA	Kris, Pinot Grigio, Veneto	11.5	17.5	45
AST	Judith Beck, Weissburgunder (Pinot Blanc), Weinland	13	19	50
USA	J. Lohr, Chardonnay, Arroyo Seco Monterey	14.5	22.5	59
FRA	Jean Bourdy, Savagnin, Jura			74
CAN	Pearl Morissette, Cuvée Métis Blanc, Chardonnay, Niagara Peninsula			75
CAN	Burrowing Owl, Pinot Gris, Okanagan Valley			76
FRA	Dagueneau, <i>Tradition</i> , Sauvignon Blanc, Pouilly Fumé			100
ITA	La Stoppa, Malvasia-Ortrugo Blenc, Emilia			128
USA	Scribe, Skin Fermented Chardonnay, Carneros, 500ml			135

sparkling wine

		5 OZ GLASS	BOTTLE
SPA	Castellblanc, Cava Extra Brut, Sant Sadurni d'Anoia	10	39
ITA	Sette Ventiquattro, Prosecco Extra Dry, Treviso	11	43
FRA	Charles Mignon, Premium Reserve Brut, Champagne		100
FRA	Louis Roederer, Cristal, Champagne		350

red wine

		5 OZ GLASS	8 OZ GLASS	BOTTLE
AUS	Oxford Landing, Shiraz, South Australia	10	14.5	39
FRA	Saveurs du Temps, Syrah-Grenache, Costières de Nîmes	10	14.5	39
SPA	Rafael Cambra, <i>Soplo</i> , Bush Vine Garnacha, Valencia	10	14.5	39
ARG	Pascual Toso, Malbec, Mendoza	10.5	15.5	43
ITA	Pasqua, Passimento, Corvina-Merlot, Veneto	10.5	15.5	43
USA	Wente, Southern Hills, Cabernet Sauvignon, Livermore Valley	11.5	17.5	45
USA	Cline, Old Vine Zinfandel, Lodi	11.5	17.5	45
USA	Mark West, Pinot Noir, California	11.5	17.5	45
ARG	La Posta, Tinto, Malbec-Syrah-Bonarda, Mendoza	11.5	17.5	45
ITA	Rupicolo, Nero di Troia-Cabernet Sauvignon, Castel del Monte	11.5	17.5	45
FRA	La Folle Noire d'Ambat, Négrette, Fronton	12.5	18.5	49
CAN	Henry of Pelham, Old Vines Baco Noir, Ontario	12.5	18.5	49
FRA	Vidal-Fleury, Grenache-Syrah-Mourvèdre, Côte du Rhône	12.5	18.5	49
CHI	Ventisquero, Grey [glacier], Carménère, Maipo Valley	13.5	20.5	55
USA	McManis, Petite Sirah, California	13.5	20.5	55
CAN	Cave Spring, Dolomite, Cabernet Franc, Niagara Escarpment	14.5	22.5	59
USA	Avalon, Cabernet Sauvignon, Lodi	14.5	22.5	59
FRA	Jean Bourdy, Côtes du Jura Rouge, Jura			63
SPA	Escoda-Sanahuja, La Llopetera, Pinot Noir, Conca de Barberà			67
ITA	Argiano, <i>Non Confunditur</i> , Cabernet Sauvignon Blend, Tuscany			69
USA	St. Francis, Old Vines Zinfandel, Sonoma County			94
FRA	Château de Cénac, <i>Eulalie</i> , Malbec Cahors			96
CAN	Stratus, Cabernet Franc, VQA Niagara Lakeshore			105
USA	Hess, Allomi, Cabernet Sauvignon, Napa Valley			110
FRA	La Bastide Saint Dominique, Châteauneuf-du-Pape, Rhone Valley			125

cider

		5 OZ GLASS	8 OZ GLASS	750ml BOTTLE
FRA	Aval, Cidre Artisanal	9	13	36
SPA	Guzman Riestra, Sidra Semi Seca	10	14.5	39
FRA	Eric Bordelet, Brut Tendre	11	16.5	43
FRA	Eric Bordelet, Argelette			62
FRA	Eric Bordelet, Poiré Granit			85

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.