



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	11	15	41
CAN	Pelee Island Winery, Lola Rosé, Vidal-Chambourcin, Ontario	11	15	41
CAN	Three of Hearts, Pinot Noir Rosé, VQA Niagra Peninsula	13	19	53

white wine

		5 OZ GLASS	8 OZ GLASS	BOTTLE
AUS	Oxford Landing, Sauvignon Blanc, South Australia	11	15	41
ARG	Alamos, Chardonnay, Mendoza	11	15	41
AUS	Yalumba, Moscato, South Australia	11	15	41
CAN	Quails' Gate, Gewürztraminer, Okanagan Valley	12	17	46
NZ	Twin Islands, Sauvignon Blanc, Marlborough	12	17	48
CAN	Family Tree, Chardonnay-Viognier-Gewürztraminer, Niagara Peninsula	12	17.5	49
CAN	Cave Spring, Riesling, Niagara Peninsula	12	17.5	49
ITA	Kris, Pinot Grigio, Veneto	13	19	52
CAN	Pelee Island Winery, JS Hamilton Pinot Gris, Ontario	13	19	54
AST	Judith Beck, Weissburgunder (Pinot Blanc), Weinland	14	20	55
USA	J. Lohr, Chardonnay, Arroyo Seco Monterey	14	21	58
USA	Scribe, Skin Fermented Chardonnay, Carneros, 500ml			72
FRA	Jean Bourdy, Savagnin, Jura			80
CAN	Burrowing Owl, Pinot Gris, Okanagan Valley			82
FRA	Dagueneau, Tradition, Sauvignon Blanc, Pouilly Fumé			92
CAN	Pearl Morissette, Cuvée Métis Blanc, Chardonnay, Niagara Peninsula			94
ITA	La Stoppa, Malvasia-Ortrugo Blenc, Emilia			105

sparkling wine

		5 OZ GLASS	BOTTLE
SPA	Castellblanc, Cava Extra Brut, Sant Sadurni d'Anoia	11	41
ITA	Ogio, Prosecco Extra Dry, Veneto	13	52
FRA	Charles Mignon, Premium Reserve Brut, Champagne		100
FRA	Moët & Chandon, Dom Pérignon, Champagne		310

red wine

		5 OZ GLASS	8 OZ GLASS	BOTTLE
AUS	Oxford Landing, Shiraz, South Australia	11	15	41
SPA	Rafael Cambra, Sopro, Bush Vine Garnacha, Valencia	11	15	41
ARG	Pascual Toso, Malbec, Mendoza	11	16	43
ITA	Rupicolo, Nero di Troia-Cabernet Sauvignon, Castel del Monte	12	17	45
ITA	Pasqua, Passimonto, Corvina-Merlot, Veneto	12	17	46
CAN	Henry of Pelham, Old Vines Baco Noir, Ontario	12.5	18.5	51
USA	Cline, Old Vine Zinfandel, Lodi	13	19	52
USA	Mark West, Pinot Noir, California	13	19	52
ARG	La Posta, Tinto, Malbec-Syrah-Bonarda, Mendoza	13	19	52
USA	Wente, Southern Hills, Cabernet Sauvignon, Livermore Valley	13	19	53
USA	McManis, Petite Sirah, California	13	19	53
CAN	Pelee Island Winery, JS Hamilton Red, Shiraz-Petit Verdot-Malbec, Ontario	13	19	54
FRA	Vidal-Fleury, Grenache-Syrah-Mourvèdre, Côte du Rhône	13	19	54
FRA	La Folle Noire d'Ambat, Négrette, Fronton	13	19	54
CHI	Ventisquero, Grey [glacier], Carménère, Maipo Valley	14	21	57
CAN	Cave Spring, Dolomite, Cabernet Franc, Niagara Escarpment	15	23	60
USA	Avalon, Cabernet Sauvignon, Lodi	15	23	60
FRA	Jean Bourdy, Côtes du Jura Rouge, Jura			65
SPA	Escoda-Sanahuja, La Llopetera, Pinot Noir, Conca de Barberà			70
ITA	Argiano, Non Confunditur, Cabernet Sauvignon Blend, Tuscany			77
USA	St. Francis, Old Vines Zinfandel, Sonoma County			87
FRA	Château de Cénac, Eulalie, Malbec, Cahors			87
ITA	Batasiolo, Barolo, Nebbiolo, Piedmont			89
USA	Hess, Allomi, Cabernet Sauvignon, Napa Valley			92
CAN	Stratus, Cabernet Franc, VQA Niagara Lakeshore			94
FRA	La Bastide Saint Dominique, Châteauneuf-du-Pape, Rhone Valley			110
USA	Isabel Mondavi, Carneros Estate Pinot Noir, Napa Valley			125

cider

		5 OZ GLASS	8 OZ GLASS	750ml BOTTLE
FRA	Aval, Cidre Artisanal	7	11	28
SPA	Guzman Riestra, Sidra Semi Seca	12	17	46
FRA	Eric Bordelet, Brut Tendre	13	19	52
FRA	Eric Bordelet, Argelette			77
FRA	Eric Bordelet, Poiré Granit			89

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.