




the palm lounge

plates for sharing

HOUSE OLIVES \$8 

HUMMUS PLATTER with house made pitas \$12 

WILD + FIELD MUSHROOM QUESADILLA with four cheeses + salsa \$15 

HOUSE MEATBALLS in TOMATO SAUCE with reggiano \$15

BRÛLÉE CHICKEN LIVER PARFAIT with crostini \$14

STEAMED VEGETABLE DUMPLINGS \$12 

STEAMED SHRIMP DUMPLINGS with soya-mirin dipping sauce \$17

CHEF'S SELECTION of THREE CHEESES with dried fruit, toasted nuts + sourdough \$21 

ITALIAN ANTIPASTO PLATE with speck, assorted salami, provolone + marinated vegetables \$21

salads - \$11*/\$18


*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 - \$20

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, BARLEY SALAD OR CAESAR SALAD

burgers - \$21

*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, BARLEY SALAD OR CAESAR SALAD

new york style pizza

MUSHROOM - roasted mushrooms, fontina cheese + pesto \$20 

MARGHERITA - BC buffalo mozzarella, tomato + basil \$20 

GALENA - grilled chicken, zucchini, tomato + mozzarella \$21

CALABRESE - Italian meats, pepperoni + mozzarella \$21

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 \$17

POTATO + CHEESE PEROGIES - steamed 'ravioli' buttered + topped with sour cream + fried onions \$16 

VEGETABLE STIR FRY with steamed brown rice \$19

MEAT LASAGNA with ground veal + three cheeses \$18

VEAL MEATLOAF with tomato gravy, daily vegetables + potato \$20

FLASH ROASTED HALF CHICKEN - herbed + served with daily vegetable + potato \$27

POT ROAST - sirloin roast with vegetables in rich red wine gravy + daily potato \$27

GRILLED AAA NEW YORK STEAK with daily vegetable + potato, served with chimichurri 8 OZ \$27 OR 16 OZ \$44

SEARED 7 OZ ORGANIC KING SALMON FILET with daily vegetable + potato \$32

 - 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	Côté Mas, Rosé Aurore, Languedoc	9.5	14	38
CAN	Pelee Island Winery, Lola Rosé, Vidal-Chambourcin, Ontario	9.5	14	38
AUS	Oxford Landing, Sauvignon Blanc, South Australia	9.5	14	38
ARG	Alamos, Chardonnay, Mendoza	9.5	14	38
SPA	Lopez de Haro, Viura, Rioja	10	15	40
CAN	Quails' Gate, Gewürztraminer, Okanagan Valley	10	15	40
NZ	Twin Islands, Sauvignon Blanc, Marlborough	10.5	16	42
CAN	Calliope, Viognier, British Columbia	11	17	44
CAN	Cave Spring, Riesling, Niagara Peninsula	11	17	44
ITA	Kris, Pinot Grigio, Veneto	11	17	44
SPA	Olatu Txakoli, Hondarribi Zuri, Getariako Txakolina	12	18.5	49
GRM	Leitz, Eins Zwei Dry, Riesling Trocken, Rheingau	13	20	54
USA	Lake Sonoma Winery, Chardonnay Russian River Valley	14	21	56
CAN	Pearl Morisette, Chardonnay d'Une Nuits, Niagara Peninsula	14	21	56
FRA	Paul Zinck, Gewürztraminer, Alsace			66
FRA	Jean Bourdy, Savagnin, Jura			72
CAN	Pearl Morisette, Cuvée Métis Blanc, Chardonnay, Niagara Peninsula			74
CAN	Burrowing Owl, Pinot Gris, Okanagan Valley			75
AUS	Mesh, Riesling, Eden Valley			84
CAN	Pearl Morisette, Cuvée Dix-Neuvième, Chardonnay, Twenty Mile Bench			96
ITA	La Stoppa, Malvasia-Ortrugo Blanc, Emilia			128
USA	Scribe, Skin Fermented Chardonnay, Carneros, 500ml			135

sparkling wine

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

cider

		5OZ GLASS	8OZ GLASS	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, Argette			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	Bogarve, La Cruz Vega, Tempranillo-Merlot-Syrah, La Mancha	9.5	14	38
ARG	Renacer, Punto Final, 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	Mark West, Pinot Noir, California	11	17	44
ARG	La Posta, Tinto, Malbec-Syrah-Bonarda, Mendoza	11	17	46
ITA	Masseria Surani, Heracles, Primitivo Apulia	11	17	46
CAN	Henry of Pelham, Old Vines Baco Noir, Ontario	12	18	48
ITA	Carpineto, Dogajolo, Sangiovese-Cabernet Sauvignon, Tuscany	12	18	48
CHI	Ventisquero, Grey [glacier], Carménère, Maipo Valley	13	20	54
USA	McManis, Petite Sirah, California	13	20	54
USA	Avalon, Cabernet Sauvignon, California	14	22	58
SPA	Escoda-Sanahuja, Nas del Gegant, Tempranillo Blend, Conca de Barberà			50
USA	Meiomi, Pinot Noir, California			60
AUS	Tellurian, Redline, Shiraz, Heathcote			62
FRA	Jean Bourdy, Côtes du Jura Rouge, Jura			62
SPA	Escoda-Sanahuja, La Llopetera, Pinot Noir, Conca de Barberà			66
ITA	Fattoria Rodano, Chianti Classico, Tuscany			72
AUS	Tait, The Ball Buster, Shiraz-Merlot-Cabernet Sauvignon, Barossa Valley			78
CAN	Pearl Morisette, Cuvée Metis, Cabernet Franc Blend, Niagara Peninsula			78
FRA	Denis Durantou, La Chenade, Lalande de Pomerol, Bordeaux			88
USA	St. Francis, Old Vines Zinfandel, Sonoma County			94
CAN	Burrowing Owl, Cabernet Franc, Okanagan Valley			96
FRA	Alain Graillot, Syrah, Crozes-Hermitage, Rhône Valley			98
USA	Justin, Cabernet Sauvignon, Paso Robles			105
ITA	Argiano, Brunello di Montalcino, Tuscany			145

port wine

		2OZ GLASS
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

NATURAL WINES - IDENTIFIED ABOVE IN GREEN TEXT. 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.