



"Where being benched is enjoyable!"

PLEASE VISIT OUR WEBSITE
THEBENCHBAR.COM
FOR DRINK SPECIALS, PROMOTIONS AND SPECIAL EVENTS

WE ARE PLEASED TO OFFER FREE WIFI.

631-675-1474 • FAX: 675-1475

1095 Rt 25A • STONY BROOK, NY 11790
THEBENCH@OPTONLINE.NET • WWW.THEBENCHBAR.COM

Appetizers

COCONUT SHRIMP \$7.99

BEER MARINATED DREDGED SHRIMP WITH MANDARIN ORANGE SALSA

CHICKEN FINGERS \$7.50

100% WHITE MEAT CHICKEN TENDERS BREADED AND FRIED SERVED WITH HONEY MUSTARD, BBQ OR BUFFALO STYLE

QUESADILLA SPECIAL \$P/A

CHEF'S SELECTION OF THE DAY SERVED WITH HOMEMADE SALSA, GUACAMOLE, AND SOUR CREAM

NACHOS MILE HIGH \$12.99

PILED HIGH MELANGE OF CHIPS SMOTHERED WITH CHILI AND CHEESE GARNISHED WITH PICO DE GALLO, SOUR CREAM AND JALAPENOS. SERVES 2 TO 3 PEOPLE

CRAB CAKES \$8.49

TWO LUMP CRABCAKES SERVED WITH CHIPOLTE REMOULADE

ASIAN RIBS \$8.49

MARINATED RIBS IN A PLUM DRESSING WITH COLE SLAW

OUR BENCH MARK CHICKEN WINGS

THE "BENCH" MARK OF ALL SPORTS BARS MED, HOT, WOW, PAIN, INSANITY AND ATOMIC, BBQ, ASIAN, JERK, HONEY TERIYAKI

"EAT A DOZEN PAIN, INSANITY OR ATOMIC YOURSELF AND THE FIRST PITCHER OF BEER IS ON US!"

6 pcs \$ 5.99

12 pcs \$10.99

24 pcs \$19.99

PHILLY CHEESE STEAK WONTONS . . \$7.50

BENCH STYLE MOZZARELLA STICKS \$7.99

SEA WOLVES CHILI \$5.99

ANGUS BEEF AND BEANS WITH JALAPEÑO PEPPER TOPPED WITH CHEDDAR CHEESE. SPICY AND DELICIOUS

MAKE IT A MEAL!

ADD A SIDE OF FRIES, PICKLE AND COLESLAW FOR \$2.00 EXTRA

Soups

SOUP OF THE DAY \$5.99

NEW ORLEANS CHICKEN GUMBO . \$5.99

FRENCH ONION CROCK \$6.99

Salads

ASIAN SESAME TUNA SALAD \$12.99

SEARED SESAME CRUSTED TUNA, SOBA NOODLES, GREEN ONIONS, ALMONDS, ORANGE, SESAME SEEDS, IN AN ASIAN PLUM DRESSING

CHOPPED MIXED GREEK SALAD . \$8.99

CUCUMBERS, TOMATOES, RED ONION, KALAMATA OLIVES, CAPERS, FETA CHEESE WITH RED WINE HERB VINAIGRETTE

SPINACH SALAD \$8.99

BABY SPINACH, GRILLED PORTABELLA MUSHROOMS, ROASTED RED PEPPER, GORGONZOLA, TOMATOES WITH A HOT BACON DRESSING

BUFFALO RANCH SALAD \$8.99

BUFFALO CHICKEN STRIPS, ROMAINE LETTUCE, PECANS, TOMATOES WITH RANCH DRESSING

TRI-COLOR CRANBERRY SALAD . . . \$8.99

VARIETY OF MIXED GREENS, TOMATOES, CRANBERRIES, WALNUTS, CUCUMBERS, RED ONION, CARROTS WITH CHOICE OF DRESSING

CLASSIC CAESAR SALAD \$7.25

SHREDDED ROMAINE WITH AGED PARMESAN CHEESE AND CIABATTA CROUTONS

ADD YOUR CHOICE OF GRILLED CHICKEN . \$3.95

SHRIMP OR STEAK \$4.95

DRESSINGS:

RED WINE HERB VINAIGRETTE, LIGHT BALSAMIC VINAIGRETTE, BLEU CHEESE, CAESAR, ASIAN PLUM, RANCH, RUSSIAN, ITALIAN, OIL/VINEGAR

ENTRÉES

* **St. Louis BBQ Ribs** \$17.99
SERVED WITH FRENCH FRIES AND COLE SLAW

GUINNESS FISH AND CHIPS \$12.99
OUR TAKE ON THE PUB CLASSIC

SHEPHERD'S PIE \$11.99
FROM THE FEENEY TIME HONOR FAMILY RECIPE FROM
PROVENCE OF CORK

MAC 'N CHEESE \$10.99
WITH BACON & SCALLIONS, TOPPED WITH TOMATO AND
BREADCRUMBS

CAJUN PASTA \$13.99
PENNE PASTA IN A CAJUN SPICED CREAM SAUCE WITH
ANDOUILLE SAUSAGE AND A CHOICE OF CHICKEN OR
SHRIMP

CHICKEN POT PIE \$11.99
WITH CARROTS, PEAS AND ONIONS & TOPPED WITH
PUFF PASTRY

RIGATONI ALA VODKA \$10.99
Add **CHICKEN** \$3.99
Add **SHRIMP** \$4.99

SLIDERS

ALL SERVED WITH FRENCH FRIES.

Pulled Pork \$8.99
HOMEMADE BBQ SAUCE

CRAB CAKE \$10.99
WITH REMOULADE SAUCE

CHICKEN \$7.99
ROASTED RED PEPPER, JACK CHEESE, CHIPOTLE

* **CHEESE BURGER** \$7.99

SHRIMP AND BACON SLIDERS .. \$11.99
WITH CHIPOTLE AIOLI

BUFFALO CHICKEN SLIDERS \$7.99
WITH BLEU CHEESE DRESSING

SAMPLER \$12.99
YOUR CHOICE OF THREE

SANDWICHES & BURGERS

BURGERS AND SANDWICHES SERVED WITH LETTUCE, TOMATO, PICKLES COLESLAW AND A CHOICE OF FRIES, SWEETPOTATO FRIES, RICE PILAF, GARLIC MASHED POTATOES OR HOUSE SALAD.

* **THE BENCH BURGER** \$9.99
ANGUS BEEF, OUR SPECIAL "BENCH" BLEND OF HERBS
AND SPICES ALL GRILLED TO PERFECTION!

* **THE BENCH CHEESE BURGER** . \$10.50
YOUR CHOICE OF AMERICAN, SWISS, CHEDDAR, BLEU
CHEESE PEPPER JACK, PROVOLONE OR MOZZARELLA

* **BLEU BENCH BURGER** \$10.75
WITH BACON AND BLUE CHEESE

TURKEY BURGER \$10.25
HOMEMADE, THE BEST ON LONG ISLAND!

PORTABELLA \$10.25
GRILLED PORTABELLA MUSHROOM, ROASTED PEPPER
MELTED MOZZARELLA AND WALNUT PESTO SERVED ON
CIABATTA

Pulled Pork \$9.50
SLOW ROASTED PORK WITH HOMEMADE BBQ SAUCE.
SERVED ON A SOFT ROLL

Apple Cider Chicken Salad . . . \$9.25
ON CIABATTA WITH ALMONDS, FRESH HERBS AND APPLES

Grilled Chicken \$9.25
MARINATED CHICKEN WITH FRESH MOZZARELLA, ROASTED
RED PEPPER AND PESTO SERVED ON CIABATTA

PRESSED CUBANO \$10.99
YOUR CHOICE OF CHICKEN OR PORK, SWISS, BACON,
PICKLES, MUSTARD PESTO

BENCH WRAP \$9.99
BUFFALO CHICKEN STRIPS, BACON, SERVED WITH BLEU
CHEESE AND CELERY

Grilled Vegetable Sandwich .. \$9.25
SERVED WITH MELTED FRESH MOZZARELLA ON CIABATTA

NEW YORK REUBEN \$10.99
LEAN CORNED BEEF, SAUERKRAUT, MELTED SWISS CHEESE
AND RUSSIAN DRESSING ON RYE BREAD

Grilled Skirt Steak \$11.99
MARINATED SKIRT STEAK GRILLED TO PERFECTION WITH
GRILLED VEGETABLE, CHIMICHURRI SAUCE SERVED ON
CIABATTA

*CONSUMING RAW OR UNCOOKED MEATS, FISH, SHELLFISH OR FRESH SHELL EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS. ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. ALL BURGERS AND STEAKS ARE COOKED THE WAY YOU LIKE THEM. PLEASE LET US KNOW HOW.

BENCH WARMERS

(Kids MENU) \$6.99

Includes Soft Drink And Desert Sundae (choice of vanilla or chocolate ice cream)

Chicken Fingers

With French fries

Fried Mozzarella Sticks

Marinara or Butter sauce

***Sliders**

With French fries

Hot Dog

with French fries

BENCH PASTA

Marinara or Butter sauce

Jr. Mac 'n Cheese

The best you'll ever have!

Quesadilla

With French fries

BEVERAGES

All soft drinks \$2.00

Coke, Diet Coke, Seltzer, 7-UP, Juices, Fountain Root Beer, Sweet Tea

BOTTLED BEVERAGES \$2.50

Saranac specialty bottles: Shirley Temple, Rootbeer

BOTTLED WATER \$6.00

San Pelligrino or Aqua Panna



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