



BINGEMANS
CATERING **@Work**



Fall Harvest

CATERING MENU

2026



SEASONAL CATERING MENU

Build Your Own Fall Harvest Bowls

Minimum 10 people per item. Your selections of featured bowls below will be accompanied by a topping bar to be added by your guests. Please note that ingredient substitutions of the bowls is not possible.

Apple Cider Salmon Bowl

Oven roasted Atlantic salmon, pearl barley and brown rice, served with apple cider vinaigrette

Turkey Cranberry Bowl

Roasted turkey breast, herbed quinoa, baby kale, served with cranberry maple vinaigrette

Butternut + Grain Bowl

Quinoa, lentils and baby spinach, served with maple tahini dressing (GF | VG)

Rosemary Beef Bowl

Herb and garlic marinated skirt steak, marinated baby potatoes and mixed greens, served with horseradish balsamic dressing

Harvest Toppings Bar

Maple roasted butternut squash

Diced tomatoes

Sliced cucumbers

Pickled red onions

Herb croutons

Toasted sunflower seeds

Shredded cheese

Feta cheese

Parmesan

Dried cranberries

GF GLUTEN FREE | VG VEGAN

All pricing is plus HST

Additional labour charges to apply if staff is requested

Autumn Harvest Sandwich Selection

Dietary Accommodation: All sandwiches can be prepared with gluten free bread or buns upon request.

Roasted Turkey, Apple & Brie

Herb roasted turkey, creamy Brie, crisp apple, arugula, cranberry mustard, and toasted pecans on rustic multigrain bread

Roasted Squash & Cranberry

Roasted butternut squash, cranberry chutney, arugula, pumpkin seed pesto, and whipped white bean spread on sprouted grain bread (VG)

Smoked Chicken & Harvest Pear

Smoked chicken, roasted pear, baby greens, aged Gouda, and maple Dijon spread on ciabatta

Roast Beef & Blue Cheese Harvest Sandwich

Slow roasted beef, creamy blue cheese spread, roasted mushrooms, arugula, and cranberry onion relish on a whole wheat hoagie

Salads – Add Ons

Roasted Creamer Potato Salad

With grainy mustard, dill, scallions, celery and creamy herb dressing (GF | VG)

Autumn Grain & Dried Blueberry Salad

With wild rice, quinoa, roasted vegetables, pumpkin seeds, fresh herb and citrus vinaigrette (GF | VG)

Fall Harvest Coleslaw

With dried cranberries, toasted sunflower seeds, and apple cider vinaigrette (GF | VG)

Chop Salad

With grape tomato, cucumber, carrot, radish, and herb croutons, balsamic dressing (VG)

Desserts

Apple Crumble Cookies (2)

Dark Chocolate Brownie

Cinnamon Whip, berry compote (GF | VG)

Spiced Pumpkin Cheesecake Wedge

Berry compote, Chantilly and white chocolate (GF | VG)

GF GLUTEN FREE | VG VEGAN

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