



Light Lunch Menu

Delivery & Drop Off

BINGEMANS @Work
CATERING

bingemans.com/catering

519.744.1555

sales@bingemans.com

Classic Comforts

\$13.95/person
minimum 10 people

Sandwiches

- Turkey & Swiss with cranberry mayo on multigrain
- Egg salad with watercress on white bread (DF, V)
- Black forest ham & cheddar with honey mustard on rye
- Chicken Caesar wrap with romaine & parmesan
- Roasted veggie & hummus on gluten free wrap (VG, GF)

Salads

pick one

- Classic potato salad with herbs and Dijon dressing (VG, GF)
- Greek pasta salad with olives, cherry tomatoes, cucumber, and feta (V)

Dessert Bars/Squares

- Lemon bars with shortbread crust (V)
- Chocolate brownie squares (VG, GF)



Mediterranean Flavours

\$14.95/person
minimum 10 people

Sandwiches

- Grilled chicken with pesto aioli on ciabatta
- Roast beef with horseradish cream on sourdough
- Falafel & tzatziki wrap with cucumber and tomato (VG, GF)
- Albacore Tuna niçoise baguette
- Mozzarella, tomato & basil on focaccia (V)



Salads

pick one

- Couscous salad with roasted vegetables and fresh herbs (V)
- Chickpea salad with red onion, parsley, and lemon vinaigrette (VG, GF)



Dessert Bars/Squares

- Vanilla bean cheesecake square (V)
- Chocolate brownie squares (VG, GF)

DF DAIRY FREE GF GLUTEN FREE VG VEGAN V VEGETARIAN

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Fresh & Light

\$14.95/person
minimum 10 people

Sandwiches

- Smoked salmon with dill cream cheese on rye
- Turkey, avocado & tomato on whole grain (DF)
- Grilled portobello with vegan cheese on ciabatta (VG, GF available)
- Chicken salad with celery & apple in a croissant
- Cucumber & herbed cream cheese on marbled rye

Salads

pick one

- Quinoa tabbouleh with mint and lemon (VG, GF)
- Asian slaw with sesame-ginger dressing (VG)

Dessert Bars/Squares:

- Matcha coconut bars (V)
- Raspberry almond bars (VG, GF)

Hearty & Wholesome

\$14.95/person
minimum 10 people

Sandwiches

- BBQ pulled chicken on brioche
- Roast beef, arugula & cheddar on ciabatta
- Caprese sandwich with tomato, mozzarella, basil & balsamic (V)
- Ham salad with pickles and mustard on rye
- Curried chickpea salad wrap (VG, GF)

Salads

pick one

- Wild rice salad with cranberries and walnuts (VG, GF)
- Broccoli slaw with sunflower seeds and dried cherries (VG, GF)

Dessert Bars/Squares:

- Rocky road squares (V)
- Carrot cake with cream cheese frosting (VG, GF)



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Global Fusion

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minimum 10 people

Sandwiches

- *Banh mi inspired chicken sandwich with pickled veggies (DF)*
- *Tandoori chicken wrap with mint yogurt sauce*
- *Teriyaki beef on sesame roll*
- *Mediterranean veggie wrap with baba ghanoush (VG, GF)*
- *Egg salad with curry & cilantro on white (V)*

Salads

pick one

- *Moroccan carrot & chickpea salad with cumin vinaigrette (VG, GF)*
- *Asian noodle salad with snow peas and sesame dressing (V)*

Dessert Bars/Squares:

- *Chai spice blondies (V)*
- *Coconut mango bars (VG, GF)*

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Lunch Bowls

minimum 10 people

Mediterranean Chicken Grain Bowl (GF) \$12.95/person

Grilled lemon-herb chicken, quinoa, cherry tomatoes, cucumbers, kalamata olives, roasted red peppers, feta cheese, drizzle of tzatziki and oregano vinaigrette

Teriyaki Tofu Rice Bowl (VG, GF) \$11.95/person

Marinated and grilled tofu, brown rice, steamed broccoli, edamame, shredded carrots, pickled ginger, scallions and Teriyaki sauce

Southwest Black Bean & Sweet Potato Bowl (VG, GF) \$11.95/person

Roasted sweet potatoes with cumin and paprika, cilantro-lime rice, black beans, corn, avocado, cherry tomatoes, red cabbage slaw and chipotle lime dressing

Vietnamese-Inspired Shrimp Noodle Bowl (DF) \$13.95/person

Chilled steamed noodles, grilled shrimp, julienne carrots, cucumber, fresh mint, basil, lime wedges, chili flakes Nuoc cham sesame dressing

Braised Lentil & Veggie Bowl (VG, GF) \$12.95/person

Red and green lentils with quinoa, roasted zucchini, beets, and bell peppers, arugula and baby spinach lemon tahini dressing

Deconstructed California Roll Bowl \$14.95/person

Seasoned sushi rice, seared tuna, surimi, shredded carrots, sliced cucumber, avocado slices, pickled ginger, scallions, sesame seeds, and shredded nori topped with sriracha kopi and sesame dressing



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Bento Box Lunches

minimum 10 people

Classic Deli Sandwich Box

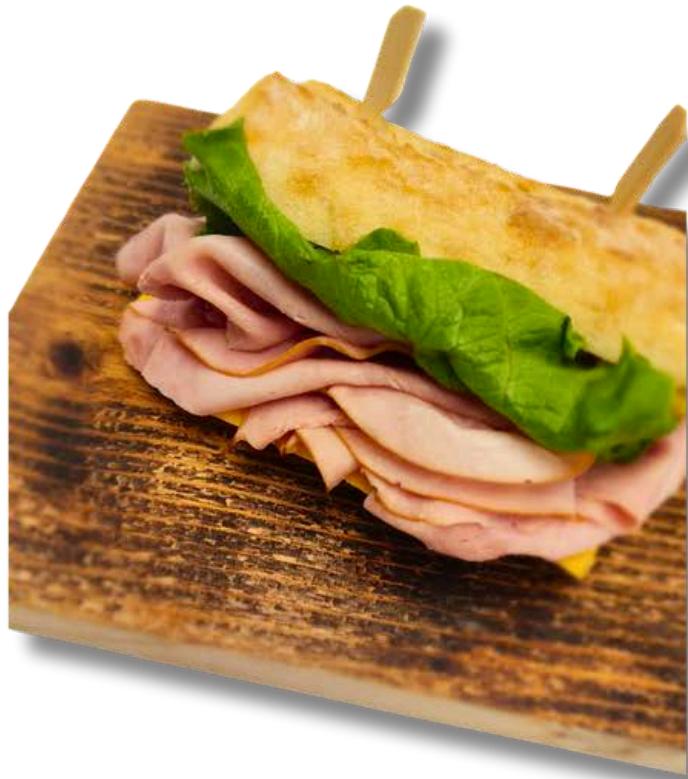
\$12.95/person

Sandwiches include lettuce, tomato, mayonnaise, and mustard

Main: Turkey, ham, or veggie-alfalfa sprout sandwich on whole wheat bread

Side: Kettle chips

Treat: Chocolate chip cookies



Classic Salad Box

\$12.95/person

Main: Garden or Caesar salad with grilled chicken or tofu, caesar or balsamic dressing

Side: Cheese breadstick

Treat: Chocolate brownie

Wrap It Up Box (VG, GF)

\$11.95/person

Wrap includes lettuce, tomato, vegan mayonnaise, and mustard

Main: GF Tortilla wrap w. grilled vegetables, soy cheese, and alfalfa sprouts

Side: Baby carrots with hummus dip

Treat: Chocolate brownie (VG, GF)

DIY Snack Pack Box

\$13.95/person

Main: Cubed cheese, genoa salami, sliced hard-boiled egg, crackers

Side: Red seedless grapes

Treat: Oatmeal cookies (2)



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