

193 bench

KITCHEN

Our goal is to provide healthy, fulfilling meals to our customers. At bench kitchen we cook from scratch so everything is carefully crafted with love by our chefs. The meat and poultry we use comes from local farmers and is prepared in house - which means no processed deli meats and no sauces full of preservatives. Our sourdough breads are produced in house and only local and fresh fruits and vegetables are used.

Come in and taste the difference.

193 BENCH KITCHEN

193 King Street, East, Hamilton ON L8N 1B3
289.389.7999 | www.eatatbenchkitchen.ca



catering menu

sandwich platter \$9.15 / person

- Smoked Turkey, Roasted Garlic Aioli, Smoked Tomato Chutney, Baby Arugula
- Herbed Roast Beef, Mustard, Sweet Onion Jam, Greens
- Chicken Breast, Aged Cheddar, Maple Mustard, Sweet Potato
- Ham and Swiss, Arugula Walnut Pesto, Roasted Garlic Aioli, Leaf Lettuce
- "Peas and Carrots", Hummus, Sweet and Sour Carrots, Peashoots
- Smoked Beets and Goat Cheese, Arugula Walnut Pesto, Peashoots
- Egg Salad, Grainy Mustard Aioli, Green Onion, Leaf Lettuce

salads \$3.10 / person

- Organic Quinoa with Lemon Honey Vinaigrette, Organic Baby Kale, Seasonal Vegetables
- Toasted Organic Barley Greek Salad with Roasted Shallot Vinaigrette, Feta, Olives, Tomato, Cucumber
- Potato and Bacon Salad with Caesar Dressing, Green Onion
- Mixed Green Salad with Lemon Honey Vinaigrette, Carrot, Cucumber, Tomato

desserts \$3.10 / person

selection of our delicious house made baked goods

bagged lunch

- Choice of Sandwich, Gourmet Salad and Dessert

Meat: Full Sized Sandwich: \$15.75

Veggie: Full Sized Sandwich: \$14.15

We require 48 hours' notice for all catering orders. However, we will do our best to accommodate any requests. All catering orders require a minimum of 6 people. When placing your order please advise of any dietary restrictions or allergies

193 BENCH KITCHEN: 193 King St., E. Hamilton ON L8N 1B3 289.389.7999 | info@193benchkitchen.ca

270 BENCH KITCHEN: 270 Main St., E. Grimsby ON L3M 1P8 289.235.8952 | info@270benchkitchen.ca

www.eatatbenchkitchen.ca