

Name: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 Pick Up / Delivery Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Delivery Address: \_\_\_\_\_  
 Card #: \_\_\_\_\_  
 Order Taken By: \_\_\_\_\_ CVC: \_\_\_\_\_ Exp Date: \_\_\_\_\_

**Assorted Sandwich Platters**

a selection of gourmet sandwiches and wraps made with wholegrain bread and wraps, all natural meats, housemade spreads, organic cheeses and fresh veggies. \$11.50 each # \_\_\_\_\_

Gluten-aware sandwiches available \$12.75 each # \_\_\_\_\_   
 (Warning - Kitchen contains gluten products)

**Soup** Individually packaged cup \$6.50 pp # \_\_\_\_\_

**Salads** Individually packaged 1/2 cup \$5.95 pp # \_\_\_\_\_   
 (recyclable plate & cutlery \$0.95 pp) # \_\_\_\_\_

**Platters**

Trio of Bench Dips (serves 15-18) \$40.00

Artisan Cheese Plate (serves 8-12) \$64.00   
 (serves 15-18) \$90.00

Fruit & Cheese (serves 8-12) \$64.00   
 (serves 15-18) \$90.00

Meat & Cheese (serves 8-12) \$64.00   
 (serves 15-18) \$90.00

Antipasto (serves 8-12) \$64.00   
 (serves 15-18) \$90.00

Fresh Vegetable (serves 8-12) \$45.00   
 (serves 15-18) \$59.00

Baked Goods Bars/Squares (serves 8-12, 24 pcs.) \$40.00   
 (serves 15-18, 36 pcs.) \$55.00

Seasonal Fruit (serves 8-12) \$69.00   
 (serves 15-18) \$84.00

**Baked Fresh**

- Scones & Muffins (\$4.50 each) # \_\_\_\_\_
- Gluten-Aware Scones (\$5.50 each, min. 12) # \_\_\_\_\_
- Hearty Breakfast Cookie (\$4.95 ea.) # \_\_\_\_\_
- Assorted Cookies (\$2.75 ea.) # \_\_\_\_\_
- Tray of Granola Bars (45 bars) \$180.00
- Seasonal Fruit Crumble (Serves 12) \$ 34.95
- Box of Dark Chocolate Brownies (15 pieces) \$ 69.00
- Bench Banana Bread (Loaf each) \$ 35.00
- Coffee or Tea Carafes (8 cups) \$ 29.95
- Bench Vegan Breakfast Bread (Loaf each) \$ 26.00

**Dinners** *made fresh to bake at home*

(regular serves approx. 8-10, large serves approx. 12-14)

- Meat Lasagna (reg \$72, lg \$90) # \_\_\_\_\_
- Veggie Lasagna (reg \$65, lg \$80) # \_\_\_\_\_
- Gourmet Penne & Cheese (reg \$55, lg \$66) # \_\_\_\_\_
- Quiche (serves 8, \$36.95) # \_\_\_\_\_
- Shepherd's Pie (reg \$75, lg \$99) # \_\_\_\_\_

**Cold Drinks** *(various prices)*

- Flavoured Iced Teas # \_\_\_\_\_
- Sparkling Water # \_\_\_\_\_
- Bottled Water # \_\_\_\_\_
- San Pellegrino Sodas # \_\_\_\_\_
- Orange Juice / Chocolate Milk / Milk # \_\_\_\_\_
- Other # \_\_\_\_\_

Taxes not included  
 Orders cancelled within 48 hours  
 are subject to a 25% charge;  
 Orders cancelled within 24 hours  
 are subject to a 100% charge

Notes: \_\_\_\_\_

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**Call 250-492-2222 or drop by The Bench Market  
 if you have any questions.**

 [info@thebenchmark.com](mailto:info@thebenchmark.com)