

# Available This Week at The Culinary Market

*Shopping in store, we have many different delicious items prepared for you to take home.  
heat, serve and enjoy!*

*Monday- Friday 10:00- 6:00, Saturday 9:00-4:00*

*Call 519-385-5232 to pre order for pick up or delivery.*

## Salads

*\$7.50 for small or \$15.00 for large*

Kale Caesar with Garlic Croutons, Crisp Bacon, Parmesan Cheese and our Housemade Dressing

\*

Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

\*

Summer Berry Salad with Mixed Greens, Goats Cheese, Candied Nuts and a Blueberry Balsamic Dressing GF

\*

BLT Pasta Salad with Creamy Ranch Dressing

\*

Korean Noodle Salad DF

\*

Ultimate Potato Salad GF

\*

Poached Shrimp and Scallop Salad with a Lemon Tarragon Dressing GF DF \$22.00

## Soups

Tuscan Chickpea GF DF Vegan

*\$7.00 small \$14.00 large*

## Signature Dips

Hot Cheesy Crab Dip \$16.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan \$10.00

Tzatziki GF \$10.00

Harrissa Baba Ganoush GF DF, Vegan \$10.00

## Small Snacks

Devilled Eggs 6pc \$12.00

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Cheese, Grapes and Cracker Box \$12.00

\*

LBD Party Olives \$15.00

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Yogurt and Granola Parfaits \$8.00

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Hummus and Veggies Box \$8.00

## Sandwiches and Bowls

*Sandwiches served with a side crudite and house-made dip*  
*For Sandwiches made on a Gluten Free Bun, **Call to Order in advance***

Oven Roasted Chicken Sandwich  
with Apple, Fig Jam and Brie Cheese on a Brioche Bun \$16.00

\*

Summer Berry & Roasted Chicken Bowl On Mixed Greens with Quinoa, Goats Cheese, Candied Nuts  
and a Blueberry Balsamic Vinaigrette GF \$18.00

\*

Green Onion and Ginger Crab Salad in a Buttery Croissant, Topped with Fresh Sprouts \$15.00

\*

Ham and Havarti Sandwich on a Crusty Onion Bun  
with a Maple Mustard Aioli, Vidalia Onion and Lettuce served with a Delicious Side of Pickles \$15.00

\*

Roasted Sweet Potato, Quinoa and Moroccan Chickpea Vegan Bowl  
with Tahini Maple Dressing, Pickled Red Onion, Pepitas and Dried Cranberries GF,DF,Vegan \$16.00

\*

Miso and Honey Glazed Salmon Bowl  
Quinoa, Edamame, Pickled Red Onion, Cucumber, Avocado, Tahini Sesame Dressing GF DF \$18.00

## Entree's Ready to Heat and Serve

*\*\*\*\* Available Monday @4pm the remaining Tuesday afternoon*

\*\*\*\*Maple and Mustard Glazed Ham and Scalloped Potatoes with Vegetable Medley \$24.00

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\*\*\*\*Tuscan Chicken on Creamy White Beans with Sun Dried Tomatoes and Spinach GF \$24.00

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\*\*\*\*Shrimp and Veggie Panang Curry on Vermecelli Noodles with Chopped Peanuts, Cilantro and Lime GF DF \$24.00

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\*\*\*\* pl;Crispy Ginger Beef on Mushroom and Green Onion Rice with Sesame Broccoli \$24.00

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Braised Beef Short Ribs with Horseradish Demi Glace, Herb Mashed Potatoes and Roasted Vegetables GF \$28.00

\*

Butter Chicken on a Basmati Rice Pilaf with Lentils, Caramelized Onions and Cilantro and Garlic Broccolini GF \$24.00

\*

Antipasto Pizza on a Gluten Free Cauliflower Crust GF \$22.00

## Sweets

Whipped Lemon Cheesecake with Blueberry Compote and Graham Crumble GF \$8.00

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2 pack Chocolate Cupcakes with Vanilla Frosting GF \$7.00

\*

2 pack Raspberry Macaron Bars GF \$8.50

\*

Trail Buddies GF \$4.00

\*

Peanut Butter and Brownie Cheesecake with Chocolate Sauce GF \$8.00

\*

Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

\*

4 pack Chocolate Hazelnut Beignets \$6.00

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6 Assorted Macarons \$12.00

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Tiramisu

Layers of cream, coffee and cake \$6.00

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6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

\*

Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

# **This Week's Featured Frozen Family Meals**

Assorted Quiches

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Caprese Pasta, Cheese Tortellini with Creamy Pesto Sauce

\*

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

\*

Pierogi Casserole with Caramelized Onions, Bacon and Mushrooms with a  
Chipotle Cream Sauce

\*

Buffalo Chicken Casserole with Mashed Potatoes, Gravy, Cheese and Corn.

\*

Beef and Cheese Lasagna

\*

Cheesy Chicken and Rice Casserole with Roasted Broccoli GF

\*

½ Smoked Chicken with Bacon Creamed Corn, Ultimate Potato Salad and Honey Cheddar Biscuits GF

\*

Cheese Tortellini with Wilted Spinach and Butternut Alfredo

## **Frozen Entrees Available**

Chicken Parmesan with Pasta Marinara

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Chicken Confit with Truffle Cream and Rice Pilaf GF

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Mediterranean Chicken with Pesto Polenta GF

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Beef Cottage Pie with Smoked Cheddar Mashed Potatoes GF

\*

Buffalo Chicken Mac N Cheese

\*

Crispy Shrimp with Jasmine Rice and Bang Bang Sauce

\*

Beef Tenderloin with Béarnaise

\*

Lamb Shepherd's Pie

\*

Greek Style Chicken with Lemon Rice

\*

Peppered Pork Tenderloin with jasmine Rice