

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

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Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

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Roasted Carrots, Fried Dates, Candied Nuts and Goats Cheese
on Mixed Greens with a Pomegranate Vinaigrette GF

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Veggie Curry Noodle Salad GF,DF

*

Roasted Chickpea Salad with a Carrot and Cumin Dressing, Crisp Veggies and Cilantro GF DF Vegan

Soups

Moroccan Chicken Chili GF DF

\$7.50 small \$15.00 large

Creamy Pea and Pesto GF

\$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

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LBD Party Olives \$15.00

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Yogurt and Granola Parfaits \$8.00

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Hummus and Veggies Box \$10.00

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

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Cajun Chicken Bowl with Avocado Ranch
Caramelized Onion Cheddar, Greens, Tomato, Bacon and a Pickled Egg 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

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

Entree's Ready to Heat and Serve

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

***Braised Beef Short Ribs with Red Wine Demi Glacé, Roasted Garlic Mashed Potatoes and
Vegetable Medley GF \$26.00

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***Chicken Schnitzel with a Creamy Mushroom Sauce on Herbed Egg Noodles,
Braised Red Cabbage and Roasted Carrots \$24.00

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Korean Beef on Green Onion and Garlic Shanghai Noodles with Sauteed Greens and Gochujang Aioli
DF \$24.00

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Buffalo Chicken Pizza
on a Gluten Free Cauliflower Crust with Gorgonzola Cheese, Housemade Ranch and Green Onion
GF \$22.00

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Sautéed Garlic Shrimp with Lemon Hollandaise on Caramelized Leek and Pea Risotto GF \$24.00

*

Vegan Eggplant Caprese Parmigiana GF DF Vegan \$22.00

Sweets

Apple Cinnamon Coffee Cake with Caramel Drizzle GF \$8.00

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Lavender and Earl Grey Creme Brulee GF \$6.00

*

Whipped Vanilla Cheesecake
with Cherry Compote and Graham Crumble GF \$8.00

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

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

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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

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2 pack Gluten Free Brownies GF \$12.50

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Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

This Week's Featured Frozen Family Meals

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

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

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

*

Beef and Cheese Lasagna

*

Vegetarian Lasagna

*

Cheesy Chicken and Rice Casserole with Roasted Broccoli GF

Frozen Entrees Available

Pulled Pork with a Root Beer BBQ Sauce GF

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Beef Tenderloin with Béarnaise Sauce and Roasted Garlic Mash GF

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Mediterranean Chicken with Pesto Polenta GF

*

Beef and Cheese Lasagna

*

Maple Mustard Glazed Ham and Scalloped Potatoes

*

Lamb Shepherd's Pie with Parmesan Mashed Potatoes GF

*

Jamaican Jerk Chicken with Mango Salsa, Roasted Sweet Potato and Black Bean Rice

*

BBQ Glazed Turkey Meatloaf with Potato Salad

*

Shrimp and Bison Sausage Jambalaya GF

*

Oven Roasted Turkey with Savory Sweet Potato Mash

*

Butter Chicken GF serves 2-4

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Lentil Wild Rice Pilaf GF serves 2-4