

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

Balsamic Roasted Mushroom Pasta Salad A creamy, indulgent blend of tender pasta, balsamic-roasted mushrooms, and a touch of truffle. Finished with shaved Parmesan cheese for a rich, savory flavor.

A customer favorite that's perfect for any occasion!

A vibrant medley of fresh greens, roasted sweet potato, creamy goat cheese, crunchy pepitas, dried cranberries and crisp apple slices. Served with a delightful maple balsamic dressing for the perfect balance of sweet and savory flavors. GF

Caprese Salad, Creamy bocconcini cheese paired with juicy grape tomatoes, finely diced red onion, all marinated with a zesty basil pesto vinaigrette. Topped with a balsamic glaze and a sprinkle of shaved Parmesan for a perfect blend of flavors. GF

Crisp kale served with our signature house-made Caesar dressing, topped with crunchy garlic croutons, smoky bacon, and freshly shaved Parmesan cheese. A bold twist on a classic favorite.

Soups

Vegan Sweet Potato and Quinoa Chili GF

Shrimp and Crab Chowder

\$7.00 small \$14.00 large

Signature Dips

Hot Cheesy Crab Dip \$17.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan \$10.00

Dill Pickle Hummus 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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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 \$17.50

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Balsamic Glazed Herb Chicken Bowl with Quinoa, Roasted Pear, Dates, Goats Cheese,
Chopped Cabbage, Toasted Pepitas and Blueberry Vinaigrette GF \$18.50

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Herb Marinated Roasted Beef with a Truffle Parm Aioli, Fresh Arugula
and Shaved Red Onions on a Crusty Onion Bun \$17.00

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Creamy Green Onion and Ginger Crab Salad in a Buttery Croissant with Fresh Sprouts \$16.50

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Vegan Harvest Vegetable Bowl
Roasted Brussel Sprouts, Sweet Potato, Crisp Apple, Dried Fruits, Candied Nuts and a Tahini Maple Dressing
GF DF Vegan \$17.50

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16 oz BLT Chicken Salad \$14.00, Classic Egg Salad \$12 Creamy Crab Salad \$10.00

Entree's Ready to Heat and Serve

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

****Succulent shrimp and tender scallops simmered in a rich, creamy garlic sauce, served over sautéed spinach and topped with a golden, crispy shredded potato crust. \$24.00 GF

****Korean-style beef served over savory Shanghai noodles, tossed with sautéed greens. Finished with a drizzle of creamy, spicy gochujang aioli for a perfect balance of heat and richness.DF \$24.00

****Bacon Wrapped Beef Tenderloin perfectly seared, tender beef filet wrapped in smoky, crispy bacon, drizzled with rich and velvety Béarnaise sauce. Served alongside creamy roasted garlic mashed potatoes and a vibrant medley of seasonal vegetables. \$27.00 GF

Chicken Supreme pan-seared chicken breast, topped with a butternut squash alfredo sauce on a wild rice pilaf. Accompanied by a vibrant medley of seasonal vegetables.\$24.00 GF

Veggie Pizza on a crisp gluten-free crust topped with a flavorful blend of vegetables,
creamy goat's cheese, on basil pesto and balsamic drizzle \$23.00 GF

Sweets

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

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Christmas Tea Creme Brulee GF \$6.00

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Spiced Pumpkin Cake

with Cream Cheese Frosting GF \$8.00

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2 pack Chocolate Mousse \$6.50

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6 pack Ginger Molasses Cookies \$12.50

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2 pack Gluten Free Chocolate Chunk Brownies GF \$12.00

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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

This Week's Featured Frozen Family Meals

Assorted Quiches and Torta GF

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

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Lamb Shepherd's Pie with Parmesan Chive Mashed Potatoes GF

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Mac n Cheese

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Cabbage Roll Casserole Casserole GF

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Turkey Meatballs and Butternut Alfredo Pasta

*

Cheesy BLT Gluten Free Pasta Bake GF

*

Mango Chicken with Curry Spaghetti Squash and Rice Pilaf GF DF

Frozen Entrees

BBQ Glazed Ribs with Mac & Cheese GF

Cheesy Roasted Vegetable Casserole

Ricotta & Spinach Cannelloni with Sundried Tomato Cream Sauce

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

Chicken Confit with Wild Rice Stuffing and Truffle Cream Sauce GF

Taco Beef Stuffed Peppers GF

2 lb Pulled Pork with a Root Beer BBQ Sauce GF DF

Pesto Chicken on Cheese Tortellini

Bacon Wrapped Beef Tenderloin with Béarnaise Sauce GF

Vegetarian Lasagna

Ginger Soy Glazed Pork Belly GF

Braised Beef Stroganoff with Buttery Herb Egg Noodles