

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 10:00-4:00 Call 519-385-5232 to pre order for pick up or delivery

Salads

\$7.50-\$10.00 for small or \$15.00-20.00 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!

Fall Harvest Salad: Mixed greens with roasted sweet potatoes, hard-boiled egg, creamy goat cheese, dried cranberries, and pickled red onion, finished with a housemade maple tahini dressing. 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.

Miso Maple Noodle Salad rice noodles tossed with crisp vegetables — red cabbage, carrots, cucumber, and green onion — in a silky miso maple dressing with sesame, tamari, ginger, and a hint of lime. GF|DF|Vegan

16 oz BLT Chicken Salad , Classic Egg Salad Creamy Crab Salad

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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Tender smoked meat layered with creamy Gruyere cheese, thinly sliced pickles, and a rich Caplansky's mustard dill aioli, all served on a crusty onion bun ~~\$16.00~~

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Tender Moroccan-spiced chicken served over a bed of mixed greens and fluffy quinoa, topped with roasted sweet potatoes, pickled red onions, dried cranberries, and crunchy pumpkin seeds.

Finished with our housemade tahini maple dressing.GF | DF \$19.75

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Classic Egg Salad or Crab Salad in a Buttery Croissant with Fresh Sprouts \$17.00

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Vegan Veggie Bowl with Hummus, Roasted, Crisp and Pickled Veggies on
Mixed Greens with Toasted Pumpkin Seeds GF| DF| Vegan \$18.00

Turkey & Cranberry Sandwich Roasted turkey layered with cranberry coulis, caramelized onion
aioli, baby spinach, and creamy Havarti cheese on a sweet potato jalapeño bun. \$17.50

Entree's Ready to Heat and Serve

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

****** Braised Beef Short Ribs.**

Slow-braised beef short ribs in a rich red wine demi-glacé, served over creamy herb mashed potatoes with a
medley of seasonal roasted vegetables GF \$30.00

****** Chicken Supreme with Creamy Maple Mustard Sauce**

Pan-seared chicken supreme finished in a luscious creamy maple mustard sauce, served with a medley of
roasted potatoes and sweet potatoes, and a side of seasonal vegetables. GF \$26.00

Turkey Sausage & Butternut Alfredo Tortellini.

Cheese tortellini tossed in a velvety roasted butternut squash Alfredo with savoury turkey sausage,
caramelized onions, roasted garlic, and wilted spinach. Finished with a maple brown butter drizzle and
shaved Parmesan \$25.00

Honey-Garlic Chicken Thighs with Mushroom Green Onion Rice.

Oven-roasted chicken thighs glazed in a sticky honey-garlic tamari sauce, served over fragrant mushroom
and green onion rice with sesame-roasted broccoli and carrots. GF | DF \$25.00

Thai Coconut Shrimp with Cauliflower Rice

Shrimp simmered in a creamy coconut curry with bell peppers, carrots, and green onions, served over
fragrant cauliflower rice and finished with fresh cilantro and lime. GF | DF \$26.00

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

Soup

Tuscan Chickpea Soup GF|DF|Vegan

Appetizers

Dilly Devilled Eggs GF DF \$12.00

Mini Charcuterie Board \$22.50

8 pc Veggie Dumplings with Dipping Sauce \$14.00

Sweets

Caramel Apple Crumble (best served warm) \$8.00

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4 pack Chocolate Hazelnut Beignets \$6.00

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Whipped Cheesecake with Cherry Compote and vanilla
wafer crumble GF \$10.00

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6 Assorted Macarons \$12.00

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Tiramisu

Chocolate and Peanut Butter Brownie Cake GF \$9.00

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Layers of cream, coffee and cake \$6.00

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Gluten Free and Vegan Frosted Brownies GF Vegan
\$12.00

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6 pc Salted Caramel and Chocolate Chunk Cookies
\$12.00

Turtles Cheesecake with Salted Caramel Sauce GF \$7.50

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This Week's Featured Frozen Family Meals

Assorted Quiches and Torta GF

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Cheesy Broccoli and Chicken Rice GF

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Beef and Cheese Lasagna

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Spicy Ranch Chicken Casserole on Cheesy Mashed Potatoes

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Beef Cottage Pie

*

Mac N Cheese

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1/2 Roasted Chicken Dinner GF

Frozen Entrees

Beef Tenderloin with Béarnaise Sauce and Garlic Mashed

Mac n cheese

Frozen Gluten Free Pizzas

Prosciutto, Pear, Caramelized Onion GF