



Locally Sourced,
Thoughtfully Prepared



Sandwiches and Bowls

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

Oven-Roasted Chicken Sandwich
Apple • Fig Jam • Brie • Brioche Bun
\$18

Smoked Ham & Havarti Sandwich
Spanish Onion • Caplansky's Mustard Aioli •
Onion Bun • Pickles
\$17

Chili Crisp Chicken Bowl
Chili crisp-marinated chicken • seasoned cauliflower rice •
roasted sweet potato • crisp cabbage • pickled cucumber •
sesame • crunchy kale
GF | DF \$20

Egg Salad or Crab Salad Croissant
Buttery Croissant • Fresh Sprouts
\$17

Vegan Veggie Bowl
Hummus • Roasted, Crisp & Pickled Vegetables •
Mixed Greens • Toasted Pumpkin Seeds
GF | DF | Vegan
\$18

Sweet Treats

Black Forest Cake \$10

Whipped Cheesecake with Fruit Compote GF \$12

Turtle Cheesecake GF \$8

Cream Puffs with Salted Caramel \$8

2 pc Chocolate Mousse \$7.00

2 pc Tiramisu \$7.00

Cookies, beignets, cupcakes & more—
because one treat is never enough.

Entrees

Japanese BBQ-glazed salmon
jasmine rice • roasted winter vegetables
• sautéed greens • scallions •
chili crisp aioli GF | DF \$28

Crispy Ginger Beef on Shanghai Noodles
• sweet ginger soy glaze • sautéed
vegetables • green onion • sesame
DF \$25

BBQ-glazed turkey meatloaf
cheddar & green onion mashed potatoes
• roasted vegetables GF \$25

Chicken Parmesan
Crispy chicken cutlet • pasta • marinara
& béchamel • sun-dried tomato pesto •
garlic broccolini \$25

Bacon-Wrapped Beef Tenderloin
Garlic mashed potatoes • roasted
vegetables • Béarnaise GF \$30

Frozen Delights

Stocked with
assorted quiches,
pizzas, entrées,
family pans,
soups, pies & more.

This Week at the Culinary Market

Shopping In-Store We have many delicious, freshly prepared items ready for you to take home.
Heat, serve & enjoy.



Market Salads

Small: \$7.50-\$10.00
Large: \$15.00-\$20.00

Balsamic Roasted Mushroom Pasta Salad

Creamy pasta · balsamic mushrooms · truffle · shaved Parmesan

Customer Favourite

Maple Roasted Delicata Squash Salad

Creamy goat cheese · candied nuts · cranberry vinaigrette GF

Kale Caesar Salad

Crisp kale · house Caesar · garlic croutons · smoky bacon · shaved Parmesan

Chipotle Cauliflower and Chickpea Salad

Crisp veggies · Tahini Mustard Vinaigrette
GF DF Vegan

Mixed Greens & Crisp Veggies

Hard-boiled egg · pickled red onion · house ranch
GF

Classic Salads

House-made, generously portioned,
ready to enjoy.

Crab Salad

Egg Salad

BLT Chicken Salad

Priced Individually

Soups & Stews

1 L \$16-\$20

Jalapeño, Cheddar and Potato Soup GF

Coconut and Lentil Soup GF DF Vegan

Pork Dumpling and Noodle Soup

Signature Dips

Creamy Crab Dip

\$18.00

Beef Taco Dip

\$18.00 GF

Roasted Garlic Hummus

\$12.00 | GF | DF | Vegan

Dill Pickle Hummus

\$12.00 | GF | DF | Vegan

Hours

Monday-Friday: 10:00-6:00

Saturday: 10:00-4:00

Call 519-385-5232
to pre-order for pickup or delivery.