

Available This Week at The Culinary Market

In Store Shopping

Tuesday- Friday 10- 6:00, Saturday 10-4 pm

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

Soups

\$6.50 for 500ml or \$12.00 for 1 liter

Coconut Thai Green Curry GF,DF,Vegan

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Creamy Potato and Leek GF

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African Peanut Stew GF,DF,Vegan

Salads

\$7.00 for small or \$14.00 for large

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

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Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

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*Mixed Green Salad with Berries, Goats Cheese, Candied Nuts
and a Maple Balsamic Vinaigrette GF*

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*Roasted Beet Salad on Quinoa and Spianch with Smoked Feta Cheese
and a Truffle Honey Vinaigrette GF*

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*Asparagus and Tomato Caprese with Bocconcini Cheese
and Pesto Vinaigrette GF*

Sandwiches and Bowls

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

Oven Roasted Chicken

with Apple, Fig Jam and Brie Cheese on a Brioche Bun \$15.50

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Charcuterie for One

Assorted Meats and Cheeses with Fig Jam, Devilled Egg and Housemade
Pickles \$15.00

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Herb Roasted Chicken Breast on Mixed Greens with Berries, Goats Cheese,
Candied Nuts and a Maple Balsamic Dressing GF \$16.00

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LBD Signature Clubhouse Sandwich

In House Smoked Turkey Breast, Bacon, Avocado and Cranberry Aioli
\$15.50

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Creamy Crab Salad with Ginger and Green Onion in a Buttery Croissant
\$14.50

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Jamaican Jerk Roasted Sweet Potatoes with Black Beans and Corn
Quinoa, Mango Salsa, Grilled Red Peppers and a Cilantro Lime Vinaigrette
GF,DF,Vegan \$16.00

Entree's Ready to Heat and Serve

*** Available Monday @4pm (the remaining Tuesday-Saturday)

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

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***Gnocchi Cordon Bleu

Ham and Chicken in a Creamy Alfredo Sauce, au Gratin \$24.00

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*** Crabby Cakes on Bacon Creamed Corn with Roasted Asparagus
and Sweet Chili Aioli \$24.00

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Grilled Beef Tenderloin with Bearnaise Sauce on Roasted Garlic Mashed Potatoes and Vegetable Medley GF \$27.00

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Honey Harissa Chicken Supreme on Golden Rice with Black Beans, Corn, Roasted Sweet Potato and Carrots
Pickled Red Onions and Cilantro GF DF \$24.00

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Assorted Meat Pizza on a Gluten Free Cauliflower Crust with a Zesty Tomato Sauce and Cheese GF \$22.00

Sweet Treats

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

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Key Lime Tart with Toasted Coconut Whip Cream \$5.00

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Raspberry Coffee Cake GF \$6.00

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Nanaimo Bar Parfaits \$6.00

A twist on a Canadian classic, layers of custard, coconut and chocolate GF

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Ice Cream Sandwich \$6.00

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Cookies and Cream Pie with Salted Caramel Sauce \$8.00

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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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Check out our social media for our weekly assorted baked goods!