

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.

Soups

Tomato Basil Soup GF,DF,Vegan

*

Creamy Broccoli and Gorgonzola GF

Appetizers

Cheesy Crab Dip, Beef Taco Dip, Assorted Hummus and Dips GF DF, Vegan

*

Charcuterie Board \$30.00 serves 2-4 ppl

Salads

\$7.00 for small or \$14.00 for large

Kale Caesar Salad

*

Balsamic Roasted Mushroom Pasta Salad with
Truffle and Parmesan

*

Red Wine Poached Pear Salad on Mixed
Greens with Candied Nuts, Gorgonzola Cheese
and a Maple Balsamic Vinaigrette GF

*

Roasted Beets and Quinoa on Spinach with
Feta Cheese and Tahini Orange Vinaigrette GF

*

Caprese Salad with Tomatoes and Bocconcini
Cheese with a Pesto Vinaigrette GF

Small Snacks

Devilled Eggs 6pc \$12.00

*

Cheese, Grapes and Cracker Box \$12.00

*

LBD Party Olives \$15.00

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Yogurt and Granola Parfaits \$8.00

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Hummus and Veggies Box \$10.0

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 \$15.50

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Moroccan Spiced Chicken Bowl
and Roasted Sweet Potato, Dried Cranberries on Quinoa and Mixed Greens
with Pickled Red Onions, Pumpkin Seeds and a Tahini Maple Dressing GF,DF \$17.00

*

Creamy Crab Salad in a Buttery Croissant, Topped with Fresh Sprouts \$15.00

*

Vegan Mushroom Kebab Bowl
with Harissa Baba Ganoush, Pickled Turnips, Cauliflower, Tomato and Cucumber
and a Creamy Garlic Sauce GF DF Vegan \$17.00

*

Ham and Havarti Sandwich
on a Onion Bun with Sliced Vidalia Onion and a Maple Mustard Aioli \$14.00

*

Herb Roast Beef Sandwich
on a Onion Bun with Truffle Mayo, Sliced Red Onion and Arugula \$15.00

Entree's Ready to Heat and Serve

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

Bacon Wrapped Beef Tenderloin
with Béarnaise Sauce, Roasted Garlic Mashed Potatoes and Vegetable Medley GF \$25.00

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

*

***Cheesy Chicken, Herb Rice and Roasted Broccoli Casserole GF \$20.00

*

Thai Chicken Pizza on a Gluten Free Cauliflower Crust with a Peanut Sauce and Cilantro GF \$22.00

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Sautéed Garlic Shrimp with Caramelized Leek Risotto, Asparagus and Lemon Dill Hollandaise Sauce
GF \$24.00

Sweets

Coconut Creme Brûlée \$6.00

*

Lemony Lemon Cake with Cream Cheese Frosting GF \$8.00

*

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

*

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

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

*

4 pack Chocolate Hazelnut Beignets \$6.00

*

6 Assorted Macarons \$12.00

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Tiramisu

Layers of cream, coffee and cake \$6.00

*

6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

*

2 pack Gluten Free Brownies GF \$12.50

*

Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

This Week's Featured Frozen Family Meals

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Mediterranean Tuna Pasta Bake

*

Roasted Red Pepper,
Goats Cheese and Spinach Quiche

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Vegetarian Lasagna

Frozen Entrees Available

Caprese Chicken on Creamy Polenta GF

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BBQ Glazed Pork Ribs with Jalapeño Creamed Corn GF

*

Maple Mustard Glazed Ham and Scalloped Potatoes

*

Hoisin Glazed Pork Ribs with Mushroom and Green Onion Rice GF,DF

*

Garlic Sautéed Shrimp on Penne Pasta GF

*

Beef and Cheese Lasagna

*

Lamb Shepherd's Pie with Parmesan Mashed Potatoes GF

*

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

*

Vegan Mapo Tofu on Jasmine Rice DF, Vegan

*

Garlic Shrimp on Cheese Tortellini with Butternut Alfredo

*

Moroccan Salmon with Mango Salsa on Coconut Rice GF DF

*

Oven Roasted Chicken Supreme with Roasted Potatoes and Creamy Corn Sauce GF

*

Vegan Roasted Cauliflower with Chimichurri Sauce and Cheezy Bean Purée GF DF Vegan

*

Herb Roasted Turkey with Spinach Risotto and Roasted Veggies GF \