

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.

Soup and Appetizers

Check out our assorted different appies and snacks in our cooler and freezer section.

Tuscan Chickpea Soup GF,DF, Vegan

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Roasted Garlic and Parsnip Soup GF

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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Roasted Sweet Potato and Apple Salad on Mixed Greens
with Dried Cranberries, Goats Cheese, Candied Nuts and a Maple Balsamic Dressing GF

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Thai Peanut Chickpea Salad with Crunchy Veggies and Cilantro GF, DF, Vegan

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***

Ham and Havarti Sandwich

with Spicy Maple Mustard Aioli on a Onion Bun with a Side of Delicious Pickles \$14.00

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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

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

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Hoisin Grilled Tofu Noodle Bowl

with Crisp Veggies and a Tahini Peanut Dressing GF, DF,Vegan

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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*****Garlic Shrimp on Cheese Tortellini**

with Butternut Alfredo Wilted Spinach and Parmesan Cheese \$24.00

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BBQ Glazed Turkey Meatloaf with Cheesy Scalloped Potatoes and Vegetable Medley \$24.00

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Oven Roasted Chicken Supreme with a Creamy Mushroom Sauce on Wild Rice Pilaf GF \$24.00

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Vegan Mapo Tofu with Jasmine Rice and Baby Bok Choy \$24.00

This Week's Featured Frozen Family Meals

Chicken Pot Pie

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Cabbage Roll Casserole GF

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Pierogi Casserole

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Beef and Pork Tourtiere

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Mediterranean Tuna Pasta Bake

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Roasted Red Pepper,
Goats Cheese and Spinach Quiche

Frozen Entrees Available

Prime Rib Dinner

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Korean Beef on Shanghai Noodles

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BBQ Glazed Bison Meatloaf with Sweet Potato Mash GF

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Caprese Chicken on Creamy Polenta GF

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Ginger Beef on Shanghai Noodles

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BBQ Glazed Pork Ribs with Mac N Cheese GF

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Maple Mustard Glazed Ham and Scalloped Potatoes

Sweets

Whipped Lemon Cheesecake

with Blueberry Compote and Graham Crumble GF \$8.00

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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

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