

# 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*

**Roasted Sweet Potato Salad**  
Creamy goat cheese · candied nuts ·  
cranberry vinaigrette GF

**Kale Caesar Salad**  
Crisp kale · house Caesar · garlic croutons ·  
smoky bacon · shaved Parmesan

**Mixed Greens & Crisp Veggies**  
Hard-boiled egg · pickled red onion · house ranch  
GF

**Roasted Chickpea Salad with a Carrot and Cumin  
Dressing, Crisp Veggies and Cilantro**  
GF DF Vegan

## Classic Salads

House-made, generously portioned,  
ready to enjoy.

**Crab Salad**

**Egg Salad**

**BLT Chicken Salad**

Priced Individually

*Soups & Stews*

1 L \$16-\$20

**Beef and Pasta with Parmesan GF**

**French Lentil GF DF**

## 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.**



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

**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

**Smoky Roast Beef Sandwich**  
Jalapeño sweet potato bun · chipotle aioli · havarti  
· arugula · pickled red onion \$17.50

**Greek Chicken Bowl**  
Roasted chicken · lemon quinoa · olives · creamy feta ·  
crisp vegetables · sun-dried tomato vinaigrette GF \$20

**Tuna Poke Parfait**  
Avocado · Ahi Tuna · Mango Cucumber Salsa ·  
Chili Crisp Aioli GF | DF \$11



## Entrees

**Cabbage Roll Casserole** · seasoned  
beef & rice · tomato · smoked  
paprika cream sauce · \$28 · GF

**Grilled Grass-Fed Ribeye** · roasted  
garlic potatoes · seasonal vegetables  
· chimichurri · \$30 · GF | DF

**Crispy Chicken Cutlet** · buttermilk  
dill mashed potatoes · creamed corn ·  
garlic green beans · \$26

**Honey Garlic Shrimp**  
mushroom & green onion fried rice ·  
sesame · roasted broccoli · \$26 · GF |  
DF

**Butter Chicken (2 lb pan)** · rich  
tomato cream sauce · tender chicken  
· \$30 · GF

## Sweet Treats

**Chocolate Cookie with a Peanut Butter Cup \$6**

**Black Forest Cake \$10**

**Molten Chocolate Cake \$10**

**Whipped Cheesecake with Fruit Compote and  
Vanilla Wafer Crumble GF \$10**

**Turtles Cheesecake \$8 GF**

**Chocolate Peanut Butter Cheesecake \$9 GF**

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

## Frozen Delights

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