



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

## Entrées

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

**Individual Beef & Cheese Lasagna**  
Layers of tender pasta • slow-simmered  
beef tomato sauce • creamy béchamel •  
melted cheese \$28

**Fig Jam-Glazed Chicken**  
Caramelized onion cream sauce • brie  
cheese • wild rice pilaf GF \$26

**Cheese Cannelloni**  
Black garlic cream sauce • blistered  
tomatoes • spinach • asparagus  
Vegetarian \$24

**Pan-Seared Salmon**  
Maple mustard dill cream sauce • roasted  
garlic mashed potatoes • vegetable  
medley GF \$26

## Sweet Treats

**Too Tall Chocolate Cake \$12**

**Roasted Peach Crème Brûlée \$7 GF**

**Whipped Cheesecake with Apple Compote \$12 GF**

**Turtles Cheesecake \$8 GF**

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

**New York-Style Cheesecake  
with Cherry Peach Compote \$10**

**Molten Chocolate Cake \$10**

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

## 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

**Vegan Sweet Potato and  
Quinoa Chili**  
GF DF VEGAN

## 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.**