

# Available This Week at The Culinary Market

## *In Store Shopping*

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

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

## Soups

*\$5.50 for 500ml or \$11.00 for 1 liter*

Creamy Butternut Squash Soup GF

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Sweet Potato and Quinoa Chili GF,DF,Vegan

## Salads

*\$7.00 for small or \$14.00 for large*

Kale Caesar with our House-made Dressing,  
Garlic Croutons, Crisp Bacon and Parmesan Cheese

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

\*

Mediterranean Pasta Salad with a Creamy Pesto Dressing  
Tomato, Cucumber, Artichoke Hearts, Feta Cheese and Olives

\*

Thai Peanut Chickpea and Quinoa Salad with Crisp Veggies,  
Cilantro and Lime GF,DF,Vegan

## Sandwiches & Bowls

*Sandwiches served with a side crudite and house-made dip*

Oven Roasted Chicken Sandwich with Brie Cheese, Apples and Fig Jam  
\$14.50

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Grilled Chicken Breast on Mixed Greens with Crisp Apple, Dried Cranberries, Toasted Pepitas, Cucumber, Candied Nuts, Goats Cheese and a Pumpkin Goddess Dressing GF \$16.00

\*

Smoked Salmon with Pickled Red Onion, Dill Caper Cream Cheese  
Gluten Free Crostinis, Sliced Cucumber and Microgreens GF \$15.00

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Classic Egg Salad  
in a Buttery Croissant with Green Onion and Finely Diced Celery \$14.50

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Chipotle Sweet Potato Taco Bowl  
with Black Beans, Avocado Hummus, Tomato, Corn and Red Onion GF,DF  
\$14.50

### Entree's Ready to Heat and Serve

\*\*\* Available tuesday (the remaining wednesday - saturday)

\*\*\*Crabby Cakes with Sweet Chili Aioli  
on Bacon Creamed Corn and Garlic Broccolini \$24.00

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\*\*\*Creamy Chicken Pot Pie in a Flaky Pastry with Brown Butter Sweet Potatoes and Seasonal Vegetables \$24.00

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\*\*\*Cabbage Roll Casserole with a Smoked Paprika Cream Sauce GF \$24.00

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### Chicken Coq au Vin

Red wine braised chicken thighs with a bacon and mushroom sauce on roasted garlic mashed potatoes and vegetable medley GF \$24.00

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Herb and Garlic Grilled Steak on Roasted Garlic Mashed Potatoes with Wilted Spinach and a Mushroom Cream Sauce GF \$26.00

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Buffalo Chicken Pizza on a Gluten Free Cauliflower Crust with Gorgonzola  
Cheese, Green Onion and Bacon GF \$22.00

## Sweet Treats

Whipped Peanut Butter Cheesecake with Chocolate Ganache and Crumble  
\$6.00

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Chocolate Cake with Vanilla Frosting GF \$6.00

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Key Lime Pie with Toasted Coconut Whipcream \$6.00

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### Tiramisu

Layers of cream, coffee and cake \$6.00

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

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Chocolate and Hazelnut Beignets 4 for \$5.00

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6 pack Assorted Macarons \$12.00

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6 pack Chocolate Chip Cookies \$12.00