

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

Red Wine Poached Pear Salad
Mixed greens · poached pears · Gorgonzola ·
candied pecans · maple balsamic
GF

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

Mediterranean Chickpea Salad
Marinated chickpeas & vegetables · olives · feta ·
pesto vinaigrette
GF

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

Creamy Sausage and Cheese Tortellini Soup
Turkey and Black Bean Chili 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

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

Chicken Coq au Vin
Red wine-braised chicken leg · bacon · onion ·
mushrooms · herb & garlic mashed potatoes · roasted
vegetables
GF · \$25

Island Duck Pizza
Hoisin-glossed pulled duck · caramelized pineapple ·
charred jalapeño cream cheese · mozzarella · fresh
scallions
GF · \$25

Korean Beef
Garlic & green onion-marinated beef · Shanghai
noodles · sautéed greens · gochujang aioli
DF · \$26

Chili Garlic Shrimp
Soy & chili-glazed shrimp · garlic · ginger · sesame ·
jasmine rice · sautéed greens
GF | DF · \$26

Beef Cottage Pie
Savory beef & vegetables · rich gravy · smoked
cheddar & chive mashed potatoes
GF · \$28.00

Sweet Treats

Strawberry Champagne Cake GF \$8.00

Earl Grey Creme Brûlée GF \$6.00

Black Forest Cake \$10

Whipped Peanut Butter Cheesecake GF \$12

Turtle Cheesecake GF \$8

Cream Puffs with Salted Caramel \$8

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

Frozen Delights

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

