

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

Summer Berry Salad
Creamy goat cheese · candied nuts ·
berry vinaigrette GF

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

Roasted Chickpea & Quinoa Salad
Roasted Chickpeas · Quinoa · Feta Cheese
· Lemon Parsley Vinaigrette · GF

Assorted Salads

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 Broccoli and Cheddar
GF

Leek and Potato GF

Black Bean and Sweet Potato
Chili GF DF Vegan

Signature Dips

Creamy Crab Dip
\$20.00

Cheesy Sausage Dip
\$20.00 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 \$18.75

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**

Ham and Havarti
**onion bun • maple mustard aioli • sweet onion •
sweetie hottie pickles \$18**

Apple Cranberry Chicken Bowl
**• lemon quinoa • Goats Cheese Candied Pecans •
Berry Vinaigrette GF \$20**

Entrees

Beef Bourguignon
**Roasted wild mushrooms • rich
red wine gravy • roasted
potatoes • garlicky green beans
• roasted zucchini
GF • \$30**

BBQ Glazed Turkey Meatloaf
**Roasted garlic mashed potatoes
• vegetable medley
GF • \$26**

Beef Tenderloin with Béarnaise
**Roasted garlic mashed potatoes
• vegetable medley
GF • \$30**

Chicken Supreme
**Roasted red pepper risotto •
creamy mushroom sauce •
garlicky green beans • roasted
zucchini
GF • \$28**

Sweet Treats

Black Forest Cake \$10

Peanut Butter Brownie Cheesecake GF \$10

Warm Apple Crisp \$9

2 pc Mini Tiramisu \$7

Turtles Cheesecake \$8 GF

2 pc Mini Chocolate Mousse

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

Frozen Delights

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