

# 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

### Mixed Greens & Crisp Veggies

Hard-boiled egg · pickled red onion · house ranch  
GF

### Roasted Bean Salad

Roasted beans · herb vinaigrette · crisp veggies  
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

Vietnamese Beef Stew GF DF

Creamy Brocoli and Cheddar Soup  
GF

## 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

## Entrees

**Korean Beef**  
Green onion • garlic • Shanghai noodles •  
sautéed greens • gochujang aioli  
DF • \$28

**Beef Cottage Pie**  
Rich tomato gravy • vegetables • cheese • herb  
mashed potatoes  
GF • \$28

**BBQ Glazed Pork Ribs**  
Smoked cheddar & green onion mashed  
potatoes • roasted vegetables  
GF • \$26

**Chicken Parmesan**  
Pasta • marinara • béchamel • garlic broccolini •  
sun-dried tomato pesto

**Roasted Prime Rib**  
Roasted potatoes • vegetables • red wine demi-  
glacé • horseradish cream • Yorkshire pudding  
GF • \$30 • Limited Quantities

## Sweet Treats

**Too Tall Chocolate Cake** \$12

**Black Forest Cake** \$10

**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.