

Available This Week at The Culinary Market

*Shopping in store, we have many different delicious items prepared for you to take home.
heat, serve and enjoy!*

Monday- Friday 10:00- 6:00, Saturday 9:00-4:00

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

Salads

\$7.50 for small or \$15.00 for large

Kale Caesar with Garlic Croutons, Crisp Bacon, Parmesan Cheese and our Housemade Dressing

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Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

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

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Roasted Sweet Potato, Quinoa and Crisp Apple, Dried Cranberries on Mixed Greens
with Goats Cheese and a Caramelized Onion Vinaigrette GF

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Korean Noodle Salad DF Vegan

Soups

Assorted Frozen 10% OFF

\$7.00 small \$14.00 large

Signature Dips

Hot Cheesy Crab Dip \$16.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan \$10.00

Tzatziki GF \$10.00

Harrissa Baba Ganoush GF DF, Vegan

Mango Salsa GF,DF,Vegan \$10.00

Small Snacks

Devilled Eggs 6pc \$12.00

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Cheese, Grapes and Cracker Box \$12.00

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LBD Party Olives \$15.00

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Yogurt and Granola Parfaits \$8.00

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Hummus and Veggies Box \$8.00

Sandwiches and Bowls

Sandwiches served with a side crudite and house-made dip
*For Sandwiches made on a Gluten Free Bun, **Call to Order in advance***

Oven Roasted Chicken Sandwich
with Apple, Fig Jam and Brie Cheese on a Brioche Bun \$17.50

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Moroccan Chicken Bowl with Quinoa, Roasted Sweet Potato, Dried Apricots, Pumpkin Seeds,
Pickled Red Onion and a Tahini Maple Dressing GF DF \$18.75

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Vegan Bowl with Chipotle Roasted Chickpeas, Cauliflower and Corn on Greens
with Crisp Veggies, Cilantro and a Honey Mustard Vinaigrette GF DF Vegan \$18.00

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Mortadella Sandwich on a Crusty Onion Bun with Provolone Cheese,
Sundried Tomato Aioli, Arugula and Pistachios served with Pepperoncini and Cherry Tomato \$18.00

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Truffled Egg Salad in a Buttery Croissant with Fresh Sprouts \$16.50

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Miso and Honey Glazed Salmon Bowl
Quinoa, Edamame, Pickled Red Onion, Cucumber, Avocado, Tahini Sesame Dressing GF DF \$18.00

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Apple and Tarragon Duck Salad served on Iceberg, Arugula and Sliced Cucumbers
with a Caramelized Onion Vinaigrette, Dates and Candied Nuts GF DF \$18.50

Entree's Ready to Heat and Serve

***** Available Monday @4pm the remaining Tuesday afternoon*

****Bacon Wrapped Beef Tenderloin with Béarnaise Sauce on Roasted Garlic Mashed Potatoes and Vegetable Medley GF
\$28.00

****Sweet Chili Thai Chicken Pizza with Peanut Sauce, Cilantro and Green Onion GF
\$22.00

****Oven Roasted Chicken Supreme with Creamy Mushroom Sauce, Herb Roasted Potatoes and Vegetable Medley GF
\$24.00

Taco Beef Stuffed Peppers with Black Beans and Corn on Cilantro, Garlic and Lime Rice with Cheese Sauce GF
\$24.00

Sautéed Garlic Shrimp on Cheese Tortellini with Creamy Butternut Alfredo Sauce, Wilted Spinach and Parmesan Cheese
\$24.00

Family Pan

Ricotta and Spinach Cannelloni with Artichoke Hearts and a Sun Dried Tomato Cream Sauce \$45.00

Sweets

Spiced Pumpkin Cake with Cream Cheese Frosting GF \$8.00

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2 pack Chocolate Mousse \$6.50

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6 pack Ginger Molasses Cookies \$12.50

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2 pack Gluten Free Chocolate Chunk Brownies GF \$12.00

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Peanut Butter and Brownie Cheesecake with Chocolate Sauce GF \$8.00

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

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4 pack Chocolate Hazelnut Beignets \$6.00

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6 Assorted Macarons \$12.00

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Tiramisu

Layers of cream, coffee and cake \$6.00

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6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

*

Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

This Week's Featured Frozen Family Meals

Assorted Quiches

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BLT Chicken Pasta Bake

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Pierogi Casserole with Caramelized Onions, Bacon and Mushrooms with a
Chipotle Cream Sauce

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Beef and Cheese Lasagna

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Cheesy Broccoli and Chicken Rice Casserole GF

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GF Mac n Cheese

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Steak and Shrimp Fajita Casserole

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Cabbage Roll Casserole Casserole GF

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Spinach & Ricotta Cannelloni

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Cheese Tortellini with Butternut Alfredo & Sausage

Frozen Entrees

Cheesy Crispy Chicken, Herb Rice, Roasted Broccoli Casserole

BBQ Glazed Turkey Meatloaf with Smoked Cheddar GF

Bison Meatloaf with Creamy Mushroom Sauce & Rice Pilaf GF

Maple Mustard Glazed Ham & Scalloped Potatoes

Butter Paneer on Lentil Rice Pilaf GF

Turkey Meatballs on Pasta with Sundried Tomato Cream Sauce

Cajun Shrimp and Sausage on Tomato Rice GF DF

BBQ Glazed Ribs with Mac & Cheese GF

Chicken Parmesan with Pasta Marinara

Turkey Meatballs on Pasta with Sundried Tomato Sauce
Ricotta & Spinach Canneloni with Sundried Tomato Cream Sauce

Glazed Ham with Scalloped Potatoes & Veggie Medley GF

Beef & Cheese Lasagna

Beef Cottage Pie GF

Lamb Shepherds Pie GF

Butter Paneer on Lentil Rice Pilaf GF

Korean Beef DF

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

Braised Beef Short Ribs with Herb Mashed Potatoes & Veggie Medley GF

Pierogie Casserole with Chipotle Cream Sauce

Pesto Roasted chicken Breast on Cheese Tortellini with Sun Dried Tomato Cream Sauce