

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 10:00-4:00

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

Salads

\$7.50 for small or \$15.00 for large

Balsamic Roasted Mushroom Pasta Salad A creamy, indulgent blend of tender pasta, balsamic-roasted mushrooms, and a touch of truffle. Finished with shaved Parmesan cheese for a rich, savory flavor.

A customer favorite that's perfect for any occasion!

A vibrant mix of crisp greens topped with hard-boiled egg, roasted sweet potato, creamy goat cheese, tangy pickled red onion, and sweet dried cranberries. Finished with toasted pumpkin seeds for a satisfying crunch and drizzled with a rich maple-tahini dressing. GF

Crisp kale served with our signature house-made Caesar dressing, topped with crunchy garlic croutons, smoky bacon, and freshly shaved Parmesan cheese. A bold twist on a classic favorite.

Caprese Salad with Bocconcini Cheese, Ontario GreenHouse Tomatoes and a Pesto Vinaigrette GF

Roasted Chickpea Salad with a Creamy Carrot and Cumin Dressing, Cilantro and Crisp Veggies GF DF Vegan

Signature Dips

Hot Cheesy Crab Dip \$17.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan\$10.00

Dill Pickle Hummus GF DF Vegan \$10.00

Soup

Vegan Lentil and Mushroom

Bolognese GF DF Vegan

Appetizers

Crispy Coconut Shrimp with Gochujang Aioli \$18.00

Dilly Devilled Eggs GF DF \$12.00

Pistachio and Pesto Cheese Ball GF \$15.00

Mini Charcuterie Board \$22.50

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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Tender smoked ham layered with creamy Havarti cheese, thinly sliced sweet onion, and a rich Caplansky's mustard aioli, all served on a crusty onion bun \$16.00

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Balsamic-glazed roasted chicken over a bed of locally grown Ontario greens, topped with crisp vegetables, quinoa, avocado, candied pecans, creamy goat cheese, and finished with a vibrant strawberry basil dressing.

GF \$19.50

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Green Onion and Ginger Crab Salad in a Buttery Croissant Topped with Fresh Sprouts \$16.00

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16 oz BLT Chicken Salad \$14.00, Classic Egg Salad \$12 Creamy Crab Salad \$10.00

Entree's Ready to Heat and Serve

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

****Bacon Wrapped Beef Tenderloin on Creamy Roasted Garlic Mashed Potatoes,
Rich Béarnaise Sauce and Roasted Vegetables GF \$28.00

****Tender beef short ribs slowly braised in red wine with aromatic garlic and fresh thyme, served over creamy horseradish mashed potatoes with a side of seasonal roasted vegetables. GF \$30.00

Roasted chicken supreme, oven-roasted to perfection and finished with a creamy mushroom sauce. Served with truffle-scented cauliflower rice and roasted asparagus spears. GF \$26.00

Roasted turkey breast served with savoury sweet potato mash, rich gravy, and a medley of roasted vegetables. GF \$25.00

Maple mustard glazed ham, served alongside creamy scalloped potatoes and a colourful medley of roasted vegetables. \$24.00

Sautéed garlic shrimp tossed with tagliatelle pasta in a rich pesto cream sauce, finished with blistered cherry tomatoes \$24.00

Sweets

Reese Peanut Butter Cake with Chocolate Fudge Sauce GF Halal \$8.00

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Warm Caramel Apple Crisp \$8.00 (best served warm)

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Whipped Lemon Cheesecake with Mixed Berry Compote and Graham Crumble GF \$8.00

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Cream Puffs with Salted Caramel Dip \$7.50

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2 pack Gluten Free Chocolate Chunk Brownies GF \$12.00

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.50

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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

This Week's Featured Frozen Family Meals

Assorted Quiches and Torta GF

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Cheesy Broccoli and Chicken Rice GF

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Mac n Cheese with Sausage Crumble GF

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Beef Cottage Pie with Smoked Cheddar Mashed Potatoes GF

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Honey Mustard Chicken Pasta with Pretzel Gratin

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Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

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Beef and cheese lasagna

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Pierogi casserole with chipotle, cream sauce, caramelized, onion, sausage, and mushrooms

Frozen Entrees

Shrimp and scallop tagliatelle
Braised Beef Short Ribs on Mashed Potatoes GF
Lamb Kebabs with Herb Rice and Tahini Yogurt Dip GF
Chicken Supreme with Creamy mushroom Sauce and Polenta GF
Cabbage Roll Casserole with Smoked Paprika Cream GF
Korean Beef on Shanghai Noodles DF
Beef Tenderloin with Béarnaise
BBQ Glazed Pork Ribs with Mac N Cheese GF

Frozen Gluten Free Pizzas

Butter chicken pizza with mango coulis GF
Pear and prosciutto pizza with Gorgonzola cheese GF
Wild mushroom pizza with truffle, béchamel, and Gruyere cheese GF