

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 Broccoli 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

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

Smoky Roast Beef Sandwich
Jalapeño sweet potato bun · chipotle aioli · havarti
· arugula · pickled red onion \$17.50

Greek Chicken Bowl
Roasted chicken · lemon quinoa · olives · creamy feta ·
crisp vegetables · sun-dried tomato vinaigrette GF \$20

Tuna Poke Parfait
Avocado · Ahi Tuna · Mango Cucumber Salsa ·
Chili Crisp Aioli GF | DF \$11

Entrées

**Braised Beef and Mushroom
Stroganoff on Buttery Herb Noodles**
\$28

**Korean Beef on Green Onion and
Garlic Shanghai Noodles with
Sautéed Greens and Gochujang
Aioli DF \$28**

**Garlic Shrimp on Cheese Tortellini
with Spinach and Butternut Alfredo**
\$26

**Chicken Parmesan on Pasta
Marinara with Garlic Broccolini and
Sun-dried Tomato Pesto \$26**

Sweet Treats

Black Forest Cake \$10

Molten Chocolate Cake \$10

2 pc Mini Tiramisu \$7

Turtles Cheesecake \$8 GF

Chocolate Peanut Butter Cheesecake \$9 GF

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

Frozen Delights

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