

Available This Week at The Culinary Market

In Store Shopping

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

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

Soups

\$6.50 for 500ml or \$12.00 for 1 liter

Creamy Cheese Tortellini and Sausage Soup

*

African Peanut Stew GF,DF,Vegan

Salads

\$7.00 for small or \$14.00 for large

Roasted Sweet Potato and Quinoa on Spinach with Goats Cheese,
Candied Nuts and a Maple Balsamic Dressing GF

*

Greek Pasta Salad with Artichoke Hearts, Feta Cheese, Olives and a Creamy
Sun-dried Tomato and Basil Vinaigrette GF

*

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

Sandwiches, Bowls and Soup

Sandwiches served with a side crudite and house-made dip

NEW Hot To Go ! Buffalo Chicken Chili
Topped with Avocado Cream, Cheddar Cheese,
Served with a Warm Pretzel Bun and Herb and Garlic Butter
(GF without the Bun) \$8.50

*

Montreal Smoked Meat on a Brioche Bun
with Pickles, Gruyere Cheese and a Dill Mustard Mayo

*

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

*

Moroccan Spiced Chicken with Roasted Squash and Quinoa
on Mixed Greens with Pickled Red Onion, Toasted Almonds, Dried
Cranberries and a Maple Tahini Dressing GF,DF

*

Vegetarian Quiche with Mixed Green Salad and House- Vinaigrette

Entree's Ready to Heat and Serve

*** Available Monday @4pm (the remaining Tuesday-Saturday)

***Oven Roasted Chicken Supreme with a Cranberry Glaze,
Goats Cheese Pumpkin Risotto and Vegetable Medley GF \$24.00

*

***Herb and Garlic Grilled Steak with Wilted Spinach, Roasted Garlic
Mashed Potatoes and a Creamy Mushroom Sauce GF \$26.00

*

***Sauteed Garlic Shrimp
with Cheese Tortellini, Butternut Alfredo and Wilted Spinach \$24.00

*

Korean Glazed Chicken Thighs with Kimchi Fried Rice and Stirfry Veggies
\$24.00

*

Turkey and Mushroom Sheppards Pie with Savory Sweet Potato Mash GF
\$24.00

*

Potato, Bacon and Caramelized Leek Pizza with Gruyere Cheese
on a Gluten Free Cauliflower Crust \$22.00

Sweet Treats

Ginger and Molasses Cake with White Chocolate Frosting GF \$6.00

*

Whipped Peanut Cheesecake
with Gluten Free Chocolate Graham Crumble and Ganache \$8.00

*

Cookies and Cream Pie with Salted Caramel Sauce \$8.00

*

4 pack Chocolate Hazelnut Beignets \$6.00

*

Tiramisu

Layers of cream, coffee and cake \$6.00

*

6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

*

Check out our social media for our weekly assorted baked goods!