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

Fall Harvest Salad
Creamy goat cheese · candied nuts · berry vinaigrette GF

Kale Caesar Salad
Crisp kale · house Caesar · garlic croutons · smoky bacon · shaved Parmesan

Roasted Chickpea & Quinoa Salad
Roasted Chickpeas · Quinoa · Feta Cheese · Lemon Parsley Vinaigrette · GF

Assorted Salads

Classic Salads

House-made, generously portioned, ready to enjoy.

Crab Salad

Egg Salad

BLT Chicken Salad

Priced Individually

Soups & Stews

1 L $16–$20

Creamy Broccoli and Cheddar GF

Roasted Butternut Squash Soup GF

Signature Dips

Creamy Crab Dip
$20.00
Cheesy Sausage Dip
$20.00 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.

CULINARY
MARKET + CATERING

Locally Sourced, Thoughtfully Prepard

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 $18.75

Hoisin-Glazed Chicken Breast
Chili crisp aioli · crunchy cabbage · kale chips · pickles · cauliflower rice · $22 GF DF

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

Ham and Havarti
onion bun ·maple mustard aioli · sweet onion· sweetie hottie pickles $18

Harvest Chicken Bowl
Greens · cranberry vinaigrette · apples · roasted sweet potato · dried cranberries · goat cheese · candied pecans · $22 GF

Entrees

Shrimp & Butternut Squash Ravioli with spinach in a Boursin cream sauce, served with crispy cauliflower gratin. $28

Hoisin Dijon Sirloin Steak Noodles
Seared sirloin with rice noodles and crisp vegetables in a hoisin-Dijon glaze GF DF $30

Roasted chicken supreme with mushroom risotto, braised red cabbage and cranberry sauce GF $28

Vegan Lentil Shepherd's Pie
Lentils and vegetables in a savoury mushroom gravy, topped with pumpkin and potato mash. GF DF Vegan $26

Maple Mustard Glazed Ham
Maple mustard glazed ham with cheesy scalloped potatoes and roasted vegetables. $26

Sweet & Sour Popcorn Chicken
Crispy popcorn chicken in sweet and sour sauce over jasmine rice with stir-fried vegetables. $26

Sweet Treats

Black Forest Cake $10
Peanut Butter Brownie Cheesecake GF $10
Pumpkin Cheesecake $10
Turtles Cheesecake $8 GF
2 pc Mini Chocolate Mousse

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

Frozen Delight's

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