

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-\$10.00 for small or \$15.00-20.00 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!

Winter Greens Salad.

Hearty winter greens with maple-roasted delicata squash, candied pecans, shaved red onion, goat cheese, and dried fruit. Served with our house-made cranberry vinaigrette.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.

16 oz BLT Chicken Salad , Classic Egg Salad Creamy Crab Salad

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, Havarti Cheese Spanish Onion and a rich Caplansky's mustard aioli, all served on a crusty onion bun with a side of delicious pickles **\$17.00**

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Tender Moroccan-spiced chicken served over a bed of mixed greens and fluffy quinoa, topped with roasted sweet potatoes, pickled red onions, dried cranberries, and crunchy pumpkin seeds.

Finished with our housemade tahini maple dressing.GF | DF **\$19.75**

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Classic Egg Salad or Crab Salad in a Buttery Croissant with Fresh Sprouts **\$17.00**

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Vegan Veggie Bowl with Hummus, Roasted, Crisp and Pickled Veggies on

Mixed Greens with Toasted Pumpkin Seeds GF| DF| Vegan **\$18.00**

Entree's Ready to Heat and Serve

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

****Bacon-Wrapped Beef Tenderloin.

Beef tenderloin wrapped in smoky bacon and served with herb mashed potatoes, rich Béarnaise sauce, and roasted seasonal vegetables. GF \$30.00

****Classic baked ham finished with a maple mustard glaze, served with rich scalloped potatoes and seasonal roasted vegetables. \$26.00

Pan-seared chicken supreme finished with a classic mushroom cream sauce, served with roasted potatoes, and seasonal vegetables. GF \$26.00

Garlic-seared shrimp tossed with noodles, crisp vegetables, and a chili crisp-ginger soy butter, finished with scallions and toasted sesame. \$26.00

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

African Peanut Stew GF DF Vegan

Tuscan Chickpea GF DF Vegan

Creamy Broccoli and Cheese GF

Appetizers

An assortment of our favourite holiday appetizers will be available in-store. Perfect for easy entertaining, last-minute guests, or festive snacking.

Check out our Holiday Appetizer Menu for a more detailed description!

Sweets

Whipped Lemon Cheesecake with Vanilla Wafer Crumb
and Blueberry Compote GF \$10.00

Chocolate Ganache Tart with Peppermint Cookie
Crumble Crust \$10.00

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Molten Chocolate Cake \$10.00

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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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Chocolate and Peanut Butter Brownie Cake GF \$9.00

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Gluten Free and Vegan Frosted Brownies GF \$12.00

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.50

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6 pc Salted Caramel and Chocolate Chunk Cookies
\$12.00

4 pack Chocolate Hazelnut Beignets \$6.00

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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Beef and Cheese Lasagna

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Beef Cottage Pie

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Mac N Cheese

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1/2 Roasted Chicken Dinner GF

Frozen Entrees

Braised Beef Short Ribs with Herb Mashed Potatoes

Frozen Gluten Free Pizzas

Prosciutto, Pear, Caramelized Onion GF

Butter chicken Pizza GF