



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 \$18.75

**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 \$18.75

**Summer Berry Chicken Bowl**  
Roasted chicken · lemon quinoa · Berries · Goats Cheese  
Candied Pecans · Berry Vinaigrette GF \$20

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

## Entrées

**Moroccan Spiced Pork Back Ribs**  
Rhubarb BBQ Sauce · Golden  
Turmeric Cauliflower Rice with  
Roasted Chickpeas, Sweet Potatoes,  
Sultanas, Mint & Parsley · Roasted  
Carrots & Zucchini GF · \$28

**Beef Bourguignon**  
· Slow-braised Angus beef, red wine  
reduction, roasted mushrooms,  
carrots, roasted asparagus & garlic  
herb mashed potatoes GF · \$28

**Maple Mustard Glazed Ham**  
· House-glazed maple mustard ham,  
creamy scalloped potatoes & roasted  
seasonal vegetables GF · \$26

**Pan-seared chicken supreme, Boursin**  
herb cream sauce, roasted garlic &  
Parmesan baby potatoes, roasted  
asparagus GF · \$26

## Sweet Treats

**Black Forest Cake \$10**

**Whipped Cheesecake GF \$12**

**Rhubarb Crisp \$9.00**

**Molten Chocolate Cake \$10**

**2 pc Mini Tiramisu \$7**

**Turtles Cheesecake \$8 GF**

**Chocolate Peanut Butter Cheesecake \$9 GF**

Cookies, beignets, cupcakes & more

## Frozen Delights

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

# 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*

**Roasted Sweet Potato 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

**The Ultimate Potato Salad GF**

## Classic Salads

House-made, generously portioned,  
ready to enjoy.

**Crab Salad**

**Egg Salad**

**BLT Chicken Salad**

Priced Individually

## Soups & Stews

1 L \$16-\$20

**Roasted Cauliflower and Boursin  
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.**