

# 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 9:00-4:00*

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

## Salads

*\$7.50 for small or \$15.00 for large*

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

\*

Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

\*

Red Wine Poached Pear Salad on Mixed Greens with Candied Nuts, Gorgonzola Cheese and a Maple Balsamic Vinaigrette GF

\*

Creamy Broccoli Salad with Dried Cranberries and Toasted Pepitas GF DF

\*

Korean Noodle Salad DF

## Soups

Creamy Mushroom Soup GF

\*

Creamy Broccoli and Cheddar Soup GF

\*

Tuscan Chickpea GF DF Vegan

*\$7.00 small \$14.00 large*

## Signature Dips

Hot Cheesy Crab Dip \$17.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan \$10.00

Tzatziki GF \$10.00

Harrissa Baba Ganoush GF DF, Vegan

Mango Salsa GF,DF,Vegan \$12.00

## Small Snack

Devilled Eggs 6pc \$12.00

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Cheese, Grapes and Cracker Box \$12.00

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LBD Party Olives \$15.00

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Yogurt and Granola Parfaits \$8.00

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Hummus and Veggies Box \$8.00

## **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

\*

Moroccan Chicken Bowl with Quinoa, Roasted Sweet Potato, Dried Fruits, Pumpkin Seeds,  
Pickled Red Onion and a Tahini Maple Dressing GF DF \$18.75

\*

Ham and Havarti with Maple Mustard Aioli and Vidalia Onion on a Crusty Onion Bun \$16.00

\*

Creamy Crab Salad in a Buttery Croissant with Fresh Sprouts \$16.50

\*

Vegan Harvest Vegetable Bowl  
Roasted Brussel Sprouts, Sweet Potato, Crisp Apple, Dried Fruits, Candied Nuts and a Tahini Maple Dressing  
GF DF Vegan \$17.50

\*

16 oz BLT Chicken Salad \$14.00 or Creamy Crab Salad \$10.00

## **Entree's Ready to Heat and Serve**

*\*\*\*\* Available Monday @4pm the remaining Tuesday afternoon*

\*\*\*\*Bacon Wrapped Beef Tenderloin  
with Béarnaise Sauce, Roasted Garlic Mashed Potatoes and Vegetable Medley GF \$28.00

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\*\*\*\*Crispy Chicken Parmesan with Pasta Marinara, Garlic Broccolini and Sundried Tomato Pesto \$24.00

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\*\*\*\*Cabbage Roll Casserole with a Smoked Paprika Cream Sauce GF \$24.00

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BBQ Glazed Turkey Meatloaf with Smoked Cheddar Mashed Potatoes and Vegetable Medley GF \$24.00

\*

Buffalo Chicken Pizza with Bacon, Housemade Ranch, Gorgonzola Cheese and Green Onion GF \$22.00

\*

Crabby Cakes with a Chipotle Aioli, Creamed Cabbage and Roasted Vegetables \$24.00

## Sweets

Whipped Lemon Cheesecake with Fruit Compote and Graham Crumble GF \$8.00

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Maple Pumpkin Creme Brulee GF \$6.50

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Chocolate Cake with Vanilla Bean Frosting GF \$8.00

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2 pack Chocolate Mousse \$6.50

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6 pack Ginger Molasses Cookies \$12.50

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2 pack Gluten Free Chocolate Chunk Brownies GF \$12.00

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Peanut Butter and Brownie Cheesecake with Chocolate Sauce GF \$8.00

\*

Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

\*

4 pack Chocolate Hazelnut Beignets \$6.00

\*

6 Assorted Macarons \$12.00

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Tiramisu

Layers of cream, coffee and cake \$6.00

\*

6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

## **This Week's Featured Frozen Family Meals**

Assorted Quiches

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Pierogi Casserole with Caramelized Onions, Bacon and Mushrooms with a  
Chipotle Cream Sauce

\*

Beef and Cheese Lasagna

\*

½ Roasted Chicken Dinner with Gravy, Veggies, Mashed Potatoes and Stuffing

\*

Lamb Shepherd's Pie with Parmesan Chive Mashed Potatoes GF

\*

Turkey Meatballs on Butternut Alfredo Cheese Tortellini

\*

Cheesy Broccoli and Chicken Rice Casserole GF

\*

GF Mac n Cheese

\*

Cabbage Roll Casserole Casserole GF

\*

Spinach & Ricotta Cannelloni

\*

Turkey and Butternut Alfredo Lasagna with Spinach and Mushrooms

## **Frozen Entrees**

Cheesy Crispy Chicken, Herb Rice, Roasted Broccoli Casserole

BBQ Glazed Ribs with Mac & Cheese GF

Cheesy Roasted Vegetable Casserole

Ricotta & Spinach Cannelloni with Sundried Tomato Cream Sauce

Beef & Cheese Lasagna

Butter Paneer on Lentil Rice Pilaf GF

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

Beef Moussaka

Beef Taco Stuffed Peppers on Cilantro Lime Rice GF

Chicken Confit with Wild Rice Stuffing and Truffle Cream Sauce GF