

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

Marinated Greek Chickpea Salad GF

Red Wine Poached Pears
mixed greens · Gorgonzola cheese · candied pecans

Classic Salads

House-made, generously portioned,
ready to enjoy.

Crab Salad

Egg Salad

BLT Chicken Salad

Priced Individually

Soups & Stews

1 L \$16-\$20

Chicken Broth

with White Beans and Veggies GF DF

Creamy Truffle Cauliflower 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.



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

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 \$17.50

Greek Chicken Bowl
Roasted chicken · lemon quinoa · olives · creamy feta ·
crisp vegetables · sun-dried tomato vinaigrette GF \$20

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



Entrees

KOREAN BEEF
Green Onion & Garlic Shanghai Noodles ·
Sautéed Greens · Gochujang Aioli · DF
\$28

MAPLE SOY GLAZED SALMON
Kimchi fried rice · stir fried vegetables ·
chili crisp aioli
GF · \$28

CAPRESE CHICKEN
Fresh mozzarella · tomatoes · pesto ·
creamy polenta · garlic broccolini
GF · \$26

CRISPY CHICKEN SUPREME
Roasted garlic mashed potatoes · herb
pan gravy · roasted vegetables
GF · \$26

BEEF MEATBALLS
Gluten free spaghetti · rosé sauce · sun
dried tomato · pesto · parmesan cheese ·
sautéed spinach
GF · \$27

Sweet Treats

Black Forest Cake \$10

2 pc Mini Raspberry Mousse \$7.00

Key Lime Cheesecake with Berry Coulis \$10

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.**