

# Available This Week at The Culinary Market

*Shopping in store, we have many different delicious items prepared in house 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

\*

Summer Berry and Peach Salad with Mixed Greens,  
Goats Cheese, Candied Nuts and a Blueberry Balsamic Dressing GF

\*

Roasted Chickpea Salad with a Carrot Cumin Dressing, Crisp Veggies and Cilantro GF DF Vegan

## Soups

Assorted Frozen 10% OFF

*\$7.00 small \$14.00 large*

## Signature Dips

Hot Cheesy Crab Dip \$16.00

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 \$10.00

## Small Snacks

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 \$16.00

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Summer Berry and Peach Roasted Chicken Bowl On Mixed Greens with Quinoa,  
Goats Cheese, Candied Nuts and a Blueberry Balsamic Vinaigrette GF \$18.00

\*

Green Onion and Ginger Crab Salad in a Buttery Croissant, Topped with Fresh Sprouts \$15.00

\*

Herb Roast Beef Sandwich on a Crusty Onion Bun  
with a Truffle Parm Aioli, Vidalia Onion and Arugula served with a Delicious Side of Pickles \$16.00

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Roasted Sweet Potato, Quinoa and Moroccan Chickpea Vegan Bowl  
with Tahini Maple Dressing, Pickled Red Onion, Pepitas and Dried Cranberries GF,DF,Vegan \$16.00

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Miso and Honey Glazed Salmon Bowl  
Quinoa, Edamame, Pickled Red Onion, Cucumber, Avocado, Tahini Sesame Dressing GF DF \$18.00

## Entree's Ready to Heat and Serve

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

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

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\*\*\*\*Turkey Meatballs with Sun Dried Tomato Cream Sauce on Gemelli Pasta with Wilted Spinach and Blistered  
Tomatoes \$24.00

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\*\*\*\*Korean Beef on Garlic and Green Onion Shanghai Noodles with Sautéed Greens and Gochujang Aioli DF \$24.00

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Crispy Chicken Parmesan on Pasta Marinara with Garlic Broccolini \$24.00

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Cajun Shrimp with Sausage Crumble on Tomato Rice with Sautéed Peppers and Onions GF DF \$24.00

## Sweets

Whipped Lemon Cheesecake with Blueberry Compote, Graham Crumble GF \$8.00

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Chocolate Cake with Vanilla Frosting GF \$8.00

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2 pack Chocolate Mousse \$6.50

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Signature Ice cream Sandwiches \$6.50

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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

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4 pack Chocolate Hazelnut Beignets \$6.00

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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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6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

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Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

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

Assorted Quiches

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BLT Chicken Pasta Bake

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

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Beef and Cheese Lasagna

\*

Cheesy Broccoli and Chicken Rice Casserole GF

\*

GF Mac n Cheese

\*

9 inch Chicken Pot Pie

## **END OF SUMMER BACK TO SCHOOL PROMOTION**

### **10% OFF Frozen Entrees**

Crispy shrimp with lemon sauce, basmati rice and garlic broccolini

Roasted chicken supreme on herb roasted potatoes and vegetables GF

Cheesy Crispy Chicken, Herb Rice, Roasted Broccoli Casserole

Pesto Chicken With Goats Cheese Mashed Potato & Peach Chutney GF

BBQ Glazed Turkey Meatloaf with Smoked Cheddar GF

Bison Meatloaf with Creamy Mushroom Sauce & Rice Pilaf GF

Loaded Baked Potato Casserole GF

Roasted Chicken on Summer Veggie  
Medley with Tarragon Cream Sauce GF

Maple Mustard Glazed Ham & Scalloped Potatoes

Beef And Cheese Lasagna  
Entree

Scallop & Shrimp Lasagna

Vegetarian Pasta With Mushroom, Peas and Gorgonzola Cream Sauce

Rice Pilaf with Lentils and Caramelized Onions GF

Butter chicken on Lentil Rice Pilaf GF

Cabbage Roll Casserole GF

Pork Tenderloin with Peppers & Onions, Soy Caramel Sauce on Jasmine Rice GF

Pork Tenderloin on Herb Risotto and Peach Chutney & Brie GF

Braised Beef Short Ribs, Herb Mashed Potatoes and Horseradish Demi Glacé GF

Blueberry Glazed Pork Tenderloin with Goats Cheese & Basil Mashed Potatoes GF

Mac N Cheese GF

Scalloped potatoes

Pulled Pork with Root Beer BBQ Sauce GF

Peri Peri & Honey Smoked Chicken Thighs on Lentil Salad GF

Pork Tenderloin with Peppers & Onions, Soy Caramel Sauce on Jasmine Rice GF

Braised Beef & Mushroom Stroganoff On Egg Noodles

Pesto Chicken With Goats Cheese Mashed Potato & Peach Chutney GF

Sautéed Garlic Shrimp with Lemon Hollandaise on Caramelized Leek Risotto GF

Garlic Shrimp On Cheese Tortellini & Herb Cream Sauce

Vegetarian Pasta with Mushroom, Peas and a Gorgonzola Cream Sauce

Buffalo Chicken Mac & Cheese with Gorgonzola and Green Onions GF

Herb And Garlic Steak on Gorgonzola Cream Pasta with Peas and Mushrooms

Crispy Chicken on Cheddar Mashed Potatoes with Creamy Mushroom Sauce GF