

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

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!

A vibrant mix of crisp greens topped with hard-boiled egg, roasted sweet potato, creamy goat cheese, tangy pickled red onion, and sweet dried cranberries. Finished with toasted pumpkin seeds for a satisfying crunch and drizzled with a rich maple-tahini dressing. 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.

Shredded broccoli and carrot slaw is tossed in a warm-spiced vinaigrette, then topped with crunchy pistachios and sweet, chewy dates. GF DF Vegan

The Ultimate Roasted Potato Salad with a grainy mustard and bacon dressing, Parmesan cheese and green onion GF

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

Soups

Vegetarian Chili GF DF Vegan \$7/\$14

Maple Carrot and Rutabaga GF \$7/\$14

Roasted Garlic and Parsnip GF \$7/\$14

Creamy Mushroom GF \$7/\$14

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 layered with creamy Havarti cheese, thinly sliced sweet onion, and a rich Caplansky's mustard aioli, all served on a crusty onion bun \$16.00

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LBD Snack Box A perfectly balanced vegetarian snack box featuring creamy hummus, crisp seasonal veggies, a medley of dried fruits and nuts, artisan cheese, and juicy grapes. Perfect for light bites, grazing, or on-the-go indulgence. \$14.00

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Tuna Poke Bowl, served over fluffy cauliflower rice, crisp veggies, creamy avocado, and a drizzle of a creamy zesty wasabi dressing. Finished with a sprinkle of our toasted sesame seed crunch. GF DF \$19.50

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Italian Chopped Salad Bowl, a medley of crisp greens, juicy tomatoes, and cucumber, topped with savory cured meats, roasted chickpeas, parmesan cheese, and olives. Finished with pepperoncini and a sun dried tomato pesto vinaigrette. GF \$18.50

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BBQ Chipotle Chicken Salad Bowl. Tender roasted chicken over a bed of hearty greens and fluffy cauliflower rice, topped with creamy avocado, zesty pico de gallo, black beans, sweet corn, and edamame. Served with our House-made ranch dressing. GF \$19.00

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16 oz BLT Chicken Salad \$14.00, Classic Egg Salad \$12 Creamy Crab Salad \$10.00

Entree's Ready to Heat and Serve

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

****Succulent, perfectly seared beef tenderloin wrapped in smoky, crispy bacon, served alongside roasted garlic mashed potatoes and a vibrant medley of seasonal vegetables. Finished with a rich, buttery Béarnaise sauce. GF \$28.00

****Sautéed garlic shrimp served over tender cheese-filled tortellini, tossed in a rich butternut squash Alfredo sauce with wilted spinach and finished with a sprinkle of Parmesan cheese. \$24.00

Korean marinated beef tossed with garlicky Shanghai noodles and sautéed greens, infused with the bold flavors of soy, ginger, and green onion. Finished with a drizzle of spicy gochujang aioli DF \$24.00

Tuscan Chicken Meatloaf, topped with a rich sun-dried tomato cream sauce. Served with creamy polenta and a side of roasted vegetables GF \$24.00

Crispy pork belly served on a bed of creamy cabbage, accompanied by roasted potatoes a side of spicy mustard and a colorful medley of seasonal vegetables GF \$24.00

Sweets

Chocolate Molten Cake with Raspberry Coulis \$8.00(best served warm)

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Warm Caramel Apple Crisp \$8.00 (best served warm)

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Whipped Lemon Cheesecake with Blueberry Compote and Graham Crumble GF

\$10.00

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Reese Peanut Butter Cake with Chocolate Fudge Sauce and Crushed Peanuts GF\$8.00

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Cream Puffs with Salted Caramel Dip \$6.00

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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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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

This Week's Featured Frozen Family Meals

Assorted Quiches and Torta GF

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Beef and Cheese Lasagna

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Vegetarian Lasagna

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½ Roasted Chicken Dinner

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BBQ Chicken Nacho Bake

Frozen Entrees

Vegan Tempura Cauliflower on Rice and Veggies with Maple Gochujang Drizzle DF Vegan

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Hot Honey Garlic Chicken Thighs on Jasmine Rice GF DF

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Seared Salmon on Pesto Pasta with Arugula and Peas

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Bison Meatloaf with a Creamy Mushroom Sauce and Rice Pilaf