

Available This Week at The Culinary Market

In Store Shopping

Monday 11-6pm, Tuesday- Friday 10- 6:00, Saturday 10-4pm

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

Soups

\$5.50 for 500ml or \$11.00 for 1 liter

Curried Tomato and with Rice and Lentils GF,DF,Vegan

*

Cream of Broccoli with Gorgonzola Cheese GF

Salads

\$6.50 for small or \$13.00 for large

Kale Caesar with our House-made Dressing, Garlic Croutons, Crisp Bacon
and Parmesan Cheese

*

Summer Berry Salad

with Goats Cheese, Candied Nuts and a Housemade Vinaigrette GF

*

Roasted Cauliflower and Chickpea Salad

with Creamy Ranch Dressing, Crisp Veggies and Green Onion GF

*

Caprese Salad with Tomatoes, Bocconcini Cheese, Red Onion
and Pesto Vinaigrette GF

*

Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

Sandwiches & Bowls

Sandwiches served with a side crudite and house-made dip

Oven Roasted Chicken Sandwich
with Roasted Apples, Fig Jam and Brie Cheese

\$14.50

*

Falafel and Hummus Bowl with Greek Salad and Olives GF,DF,Vegan

\$14.50

*

Grilled Chicken Breast on Mixed Greens with Berries, Goats Cheese,
Candied Nuts and a House-made Vinaigrette GF

\$15.00

*

Smoked Salmon with Pickled Red Onion, Dill Caper Cream Cheese
Gluten Free Crostinis, Sliced Cucumber and Microgreens GF

\$15.00

*

Creamy Crab Salad
in a Buttery Croissant,with Ginger and Green Onion

\$14.50

*

Montreal Smoked Meat Sandwich
with Dill Mayo, Pickles and Gruyere Cheese

\$14.50

Entree's Ready to Heat and Serve

*** Available Monday - Saturday (the remaining tuesday - saturday)

***Crispy Chicken Schnitzel with Fresh Mozzarella Cheese
on Creamy Pesto Egg Noodles and Roasted Zuchini \$24.00

*

*** Crabby Cakes on Kimchi Creamed Corn
with Sesame Broccolini and Sweet Chili Aioli \$24.00

*

***Oven Roasted Chicken Supreme with a Creamy Maple Mustard Sauce on
Roasted Potatoes and Vegetable Medley GF \$24.00

*

Herb and Garlic Grilled Steak with Gorgonzola Butter
On Roasted Garlic Smashed Potatoes and Vegetable Medley GF \$25.00

*

Crab Dipped Stuffed Salmon
on Lemon Pea Risotto and Vegetable Medley GF \$25.00

*

Vegan Jambalya with Plant Based Sausage, Sauteed Peppers and Onions
on Rice and Beans GF,DF,Vegan \$22.00

*

Roasted Peach and Pesto Chicken Pizza with Ricotta, Pickled Red Onions
and Arugula on a Gluten Free Cauliflower Crust GF \$20.00

Sweet Treats

Carrot Cake with Spiced Cream Cheese Frosting GF \$6.00

*

Turtles Cheesecake with Salted Caramel Sauce GF \$6.00

*

Chocolate and Hazelnut Beignets 4 for \$5.00

*

6 pack Assorted Macarons \$12.00

*

6 pack Chocolate Chip Cookies \$12.00

*

Bruleed Lemon Tart \$5.00

*

New York Style Mini Cheesecake with Raspberry Sauce \$5.00