

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

Fall Harvest Salad
Creamy goat cheese · candied nuts ·
berry vinaigrette GF

Kale Caesar Salad
Crisp kale · house Caesar · garlic croutons ·
smoky bacon · shaved Parmesan

Roasted Chickpea & Quinoa Salad
Roasted Chickpeas · Quinoa · Feta Cheese
· Lemon Parsley Vinaigrette · GF

Assorted Salads

Classic Salads

House-made, generously portioned,
ready to enjoy.

Crab Salad

Egg Salad

BLT Chicken Salad

Priced Individually

Soups & Stews

1 L \$16-\$20

Creamy Wild Mushroom Soup GF
Butternut Squash Soup GF
Vietnamese Beef Stew GF DF

Signature Dips

Creamy Crab Dip
\$20.00

Cheesy Sausage Dip
\$20.00 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 \$18.75

Hoisin-Glazed Chicken Breast
Chili crisp aioli · crunchy cabbage · kale chips ·
pickles · cauliflower rice · \$22 GF DF

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

Ham and Havarti
onion bun · maple mustard aioli · sweet onion ·
sweetie hottie pickles \$18

Harvest Chicken Bowl
Greens · cranberry vinaigrette · apples ·
roasted sweet potato · dried cranberries ·
goat cheese · candied pecans · \$22 GF

Entrées

Sesame Peanut Braised Chicken Thighs
Ginger scallion rice · roasted broccoli and
sweet potato · quick-pickled cabbage ·
Thai basil · toasted sesame and green
onion GF 26\$

Ginger Beef
Garlic scallion Shanghai noodles · sautéed
napa cabbage and sweet peppers · soy
ginger sauce · toasted sesame and green
onion \$26

Potato-Crusted Chicken Cutlet
Sundried tomato hollandaise · roasted
Brussels sprouts, cauliflower, sweet
peppers and red onion GF \$27

Gluten-Free Spaghetti & Meatballs
Rich tomato marinara · Parmesan · fresh
basil GF \$24

BBQ Pulled Pork · GF \$30

Sweet Treats

Black Forest Cake \$10

Peanut Butter Brownie Cheesecake GF \$10

Pumpkin Cheesecake \$10

Turtles Cheesecake \$8 GF

2 pc Mini Chocolate Mousse

Cookies, beignets, cupcakes & more—
because one treat is never enough.

Frozen Delights

**Stocked with
assorted quiches,
pizzas, entrées,
family pans,
soups, pies & more.**