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 Potato and Bacon GF

Roasted Butternut Squash Soup GF

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.

CULINARY
MARKET + CATERING

Locally Sourced, Thoughtfully Prepard

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

Entrees

BBQ-Glazed Pork Back Ribs
Sticky BBQ glaze · Cheddar & chive mashed potatoes
Roasted vegetables · GF · $28

Garlic Shrimp & Butternut Squash Ravioli
Boursin cream sauce · Spinach & Parmesan Cauliflower gratin on top · $28

Korean Beef
Green onion & garlic Shanghai noodles · Sautéed greens·Gochujang aioli · DF · $28

Eggplant Parmesan with Ricotta Crumble
Creamy Parmesan polenta · Lemon-garlic broccolini · Hot honey drizzle $26

Coconut Panang Chicken Thighs
Coconut Panang sauce · Jasmine rice
Sautéed carrots, cabbage & zucchini · GF · DF · $26

Sweet Treats

Black Forest Cake $10

Peanut Butter Brownie Cheesecake GF $10

Maple Pumpkin Crème Brûlée $8

Turtles Cheesecake $8 GF

2 pc Mini Chocolate Mousse

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

Frozen Delight's

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