

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

Summer Berry 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 ·

The Ultimate Potato Salad GF

Assorted Summer 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

Truffle Cauliflower Soup GF

Signature Dips

Creamy Crab Dip
\$18.00

Beef Taco Dip
\$18.00 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

Chili Crisp Chicken Bowl
Chili crisp-marinated chicken · seasoned cauliflower rice ·
roasted sweet potato · crisp cabbage · pickled cucumber ·
sesame · crunchy kale GF | DF \$20

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

Smoky Roast Beef Sandwich
Jalapeño sweet potato bun · chipotle aioli · havarti
· arugula · pickled red onion \$18.75

Summer Berry Chicken Bowl
Roasted chicken · lemon quinoa · Berries · Goats Cheese
Candied Pecans · Berry Vinaigrette GF \$20

Tuna Poke Parfait
Avocado · Ahi Tuna · Mango Cucumber Salsa ·
Chili Crisp Aioli GF | DF \$11

Entrées

SHRIMP & CHORIZO
Roasted potatoes · sweet corn ·
peppers · smoky chorizo · garlic
sauce butter shrimp GF

CHICKEN PARMESAN
Pasta marinara · béchamel ·
sundried tomato pesto · Parmesan
· garlicky green beans

BEEF COTTAGE PIE
Savoury beef filling · smoked
cheddar · chive mashed potatoes
GF

**MANGO CHILI GLAZED
SALMON**
Cilantro lime rice · stir-fried
peppers · zucchini · mango chili
glaze GF DF

Sweet Treats

Strawberry Shortcake \$10

Peanut Butter Brownie Cheesecake GF \$10

Warm Apple Crisp \$9

2 pc Mini Tiramisu \$7

Turtles Cheesecake \$8 GF

Whipped Lime Cheesecake GF \$12

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

Frozen Delights

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