

# 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*

Kale Caesar with Garlic Croutons, Crisp Bacon, Parmesan Cheese and our Housemade Dressing

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Balsamic Roasted Mushroom Pasta Salad with Truffle and Parmesan

\*

Red Wine Poached Pear Salad on Mixed Greens with Candied Nuts, Gorgonzola Cheese  
and a Maple Balsamic Vinaigrette GF

\*

Veggie Curry Noodle Salad GF,DF

\*

Greek Chickpea Salad with Feta Cheese and Olives GF

## Soups

Roasted Broccoli and Cheddar Soup GF

*\$7.00 small \$14.00 large*

Vietnamese Beef Stew GF,DF

*\$7.50 small \$15.00 large*

## Signature Dips

Hot Cheesy Crab Dip \$16.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan \$10.00

Tzatziki GF \$10.00

Harrissa Baba Ganoush GF DF, Vegan \$10.00

## Small Snacks

Devilled Eggs 6pc \$12.00

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Cheese, Grapes and Cracker Box \$12.00

\*

LBD Party Olives \$15.00

\*

Yogurt and Granola Parfaits \$8.00

\*

Hummus and Veggies Box \$10.00

# 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***

Charcuterie for One

Assorted Meats and Cheeses with Housemade Pickles, Fig Jam and a Devilled Egg \$16.00

\*

Oven Roasted Chicken Sandwich

with Apple, Fig Jam and Brie Cheese on a Brioche Bun \$15.50

\*

Moroccan Spiced Chicken Bowl

and Roasted Sweet Potato, Dried Cranberries on Quinoa and Mixed Greens  
with Pickled Red Onions, Pumpkin Seeds and a Tahini Maple Dressing GF,DF \$17.00

\*

Classic Egg Salad in a Buttery Croissant, Topped with Fresh Sprouts \$15.00

\*

Herb Roast Beef Sandwich

on a Onion Bun with Truffle Mayo, Sliced Red Onion and Arugula \$15.00

## Entree's Ready to Heat and Serve

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

*\*\*\*Chicken Coq au Vin*

Red Wine Braised Chicken Thighs with Bacon, Mushrooms and Onions  
on Roasted Garlic Mashed Potatoes and Vegetable Medley GF 24.00

\*

*\*\*\*Grilled Jerk Chicken Breast with Mango Salsa*

Sautéed Greens on Black Bean and Roasted Sweet Potato Rice GF \$24.00

\*

*\*\*\*BBQ Glazed Turkey Meatloaf with a Warm Potato Salad and Roasted Vegetables GF \$24.00*

\*

Bacon Wrapped Beef Tenderloin with Béarnaise Sauce

on Roasted Garlic Mashed Potatoes and Vegetable Medley GF \$25.00

\*

Beef and Vegetable Cottage Pie with Smoked Cheddar Mashed Potatoes GF \$24.00

\*

Roasted Veggie Pizza with Goats Cheese and Arugula Pesto GF \$22.00

## Sweets

2 pack Carrot Cupcakes with Cream Cheese Frosting GF \$7.00

\*

Matcha Creme Brûlée GF \$6.00

\*

Whipped Vanilla Cheesecake  
with Cherry Compote and Graham Crumble GF \$8.00

\*

Peanut Butter and Brownie Cheesecake with Chocolate Sauce GF \$8.00

\*

Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

\*

4 pack Chocolate Hazelnut Beignets \$6.00

\*

6 Assorted Macarons \$12.00

\*

Tiramisu

Layers of cream, coffee and cake \$6.00

\*

6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

\*

2 pack Gluten Free Brownies GF \$12.50

\*

Brown Butter and Sea Salt Marshmallow Bar GF \$2.50

## **This Week's Featured Frozen Family Meals**

Cabbage Roll Casserole with Smoked Paprika Cream Sauce GF

\*

Pierogi Casserole with Caramelized Onions, Bacon and Mushrooms with a  
Chipotle Cream Sauce

\*

Buffalo Chicken Casserole with Mashed Potatoes, Gravy, Cheese and Corn.

\*

Mediterranean Tuna Pasta Bake

\*

Ham, Smoked Cheddar and Apple Quiche

\*

Roasted Red Pepper, Goats Cheese and Spinach Quiche

\*

Beef and Cheese Lasagna

\*

Vegetarian Lasagna

\*

Cheesy Chicken and Rice Casserole with Roasted Broccoli GF

## **Frozen Entrees Available**

Pulled Pork with a Root Beer BBQ Sauce GF

\*

Mac N Cheese GF

\*

Mediterranean Chicken with Pesto Polenta GF

\*

Braised Beef Short Ribs with Roasted Garlic Mashed Potatoes GF

\*

Maple Mustard Glazed Ham and Scalloped Potatoes

\*

Lamb Shepherd's Pie with Parmesan Mashed Potatoes GF

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