

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

Balsamic Roasted Mushroom Pasta Salad A creamy, indulgent blend of tender pasta, balsamic-roasted mushrooms, and a touch of truffle. Finished with shaved Parmesan cheese for a rich, savory flavor.

A customer favorite that's perfect for any occasion!

A vibrant mix of crisp greens topped with hard-boiled egg, roasted sweet potato, creamy goat cheese, tangy pickled red onion, and sweet dried cranberries. Finished with toasted pumpkin seeds for a satisfying crunch and drizzled with a rich maple-tahini dressing. GF

Crisp kale served with our signature house-made Caesar dressing, topped with crunchy garlic croutons, smoky bacon, and freshly shaved Parmesan cheese. A bold twist on a classic favorite.

Shredded broccoli and carrot slaw is tossed in a warm-spiced vinaigrette, then topped with crunchy pistachios and sweet, chewy dates. GF DF Vegan

Signature Dips

Hot Cheesy Crab Dip \$17.00

Hot Beef Taco Dip GF \$18.00

Roasted Garlic Hummus GF,DF,Vegan\$10.00

Dill Pickle Hummus GF DF Vegan \$10.00

Soups

African Peanut Stew GF DF Vegan \$7/\$14

Creamy Mushroom GF \$7/\$14

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***

Oven Roasted Chicken Sandwich
with Apple, Fig Jam and Brie Cheese on a Brioche Bun \$17.50

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Herb-Marinated Roast Beef Sandwich layered on a soft onion bun with a rich truffle parmesan mayo. Topped with peppery arugula and thinly sliced red onion. \$17.00

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LBD Snack Box A perfectly balanced vegetarian snack box featuring creamy hummus, crisp seasonal veggies, a medley of dried fruits and nuts, artisan cheese, and juicy grapes. Perfect for light bites, grazing, or on-the-go indulgence. \$14.00

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Tuna Poke Bowl, served over fluffy cauliflower rice, crisp veggies, creamy avocado, and a drizzle of a creamy zesty wasabi dressing. Finished with a sprinkle of our toasted sesame seed crunch. GF DF \$19.50

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Italian Chopped Salad Bowl, a medley of crisp greens, juicy tomatoes, and cucumber, topped with savory cured meats, roasted chickpeas, parmesan cheese, and olives. Finished with pepperoncini and a sun dried tomato pesto vinaigrette. GF \$18.50

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BBQ Chipotle Chicken Salad Bowl. Tender roasted chicken over a bed of hearty greens and fluffy cauliflower rice, topped with creamy avocado, zesty pico de gallo, black beans, sweet corn, and edamame. Served with our House-made ranch dressing. GF \$19.00

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16 oz BLT Chicken Salad \$14.00, Classic Egg Salad \$12 Creamy Crab Salad \$10.00

Entree's Ready to Heat and Serve

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

**** Succulent, perfectly seared beef tenderloin wrapped in smoky, crispy bacon, served alongside roasted garlic mashed potatoes and a vibrant medley of seasonal vegetables. Finished with a rich, buttery Béarnaise sauce. GF \$28.00

**** Turkey meatloaf glazed with a zesty, sweet barbecue sauce, paired with creamy scalloped potatoes and a colorful medley of seasoned vegetables. GF \$24.00

**** Perfectly roasted pork belly with a crispy golden crust, served atop creamy mushroom risotto infused with earthy flavors. Finished with a drizzle of herb jus and accompanied by tender roasted seasonal vegetables GF \$24.00

A flavorful twist on pizza, featuring tender sweet chili Thai-marinated chicken, a rich peanut sauce, fresh cilantro, and a crisp, gluten-free cauliflower crust. GF \$23.00

Succulent shrimp and crispy bacon sautéed in a rich, creamy garlic sauce, combined with gemelli pasta and tender broccoli florets. Finished with a sprinkle of Parmesan cheese \$24.00

Hot honey and garlic-coated chicken thighs, glazed in a sweet and spicy sauce, served with fragrant jasmine rice and accompanied by roasted Brussels sprouts and carrots. GF DF \$24.00

Sweets

Whipped Lemon Cheesecake with Fruit Compote and Graham Crumble GF \$8.00

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Cream Puffs with Salted Caramel Dip \$6.00

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Triple Chocolate Cake with Raspberry Coulis \$8.00

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2 pack Chocolate Mousse \$6.50

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6 pack Ginger Molasses Cookies \$12.50

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2 pack Gluten Free Chocolate Chunk Brownies GF \$12.00

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

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Turtles Cheesecake with Salted Caramel Sauce GF \$7.00

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4 pack Chocolate Hazelnut Beignets \$6.00

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6 Assorted Macarons \$12.00

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Tiramisu

Layers of cream, coffee and cake \$6.00

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6 pc Salted Caramel and Chocolate Chunk Cookies \$12.00

This Week's Featured Frozen Family Meals

Assorted Quiches and Torta GF

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Mango Chicken with Curry Spaghetti Squash and Rice Pilaf GF DF

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Beef and Cheese Lasagna

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Vegetarian Lasagna

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½ Roasted Chicken Dinner

Frozen Entrees

Restocking this Week !