

THANKSGIVING MENU

Share the bounty of the season with Thanksgiving favourites from Whole Foods Market. It's easy to create a fresh, flavourful and wholesome feast with our signature dishes made from high-quality, all-natural ingredients.

Order by **Friday, October 7** in-store or online.



WHOLE
FOODS
MARKET

HORS D'OEUVRES

Awaken the palate and start the conversation with these savoury treats.
All hors d'oeuvres are served per dozen

Eggplant Arugula Rolls **VT**

Thinly sliced grilled eggplant stuffed with goat cheese, roasted peppers and arugula
\$19.99

Petite Crab Cakes with Lemon Aioli

A perfect balance of flaky crab meat and seasoning with a touch of mayonnaise
\$25.99

Prosciutto-Wrapped Asparagus

Thinly sliced prosciutto wrapped around fresh asparagus spears
\$19.99

Smoked Salmon on Pumpernickel with Crème Fraîche

Pumpernickel rounds topped with smoked salmon and crème fraîche
\$19.99

Gruyère and Spinach Stuffed Mushrooms **VT**

Fresh button mushrooms stuffed with sautéed spinach and Gruyère cheese
\$17.99

APPETIZERS

Set the mood with our selection of seasonal appetizers.

Salads

\$14.99 each, Serves 4–6

Harvest Salad **VT**

Field greens with cranberries, toasted walnuts and crumbled blue cheese with balsamic vinaigrette

Holiday Salad **VT**

Spinach tossed with pomegranate seeds, roasted butternut squash, red onion, pecans, feta cheese and mimosa dressing

Soups

\$7.99/L, Serves 2–4

Cream of Mushroom **VT**

A purée of forest mushrooms, garlic and fresh herbs finished with cream

Butternut Squash Bisque **VT**

A creamy purée of butternut squash, accented with autumn spices and finished with cream

Wild Mushroom Strudel **VT**

A medley of wild mushrooms and fresh herbs wrapped in a flaky puff pastry
\$13.99, Serves 6

Crudités Platter **VT**

A selection of seasonal vegetables served with spinach artichoke dip
\$32.99, Serves 8–10

Signature Spreads

Served with toasted Parmesan baguette slices and assorted flatbreads. There's something to delight every palate in this trio of sumptuous spreads. Includes:

Spinach Artichoke

Traditional Hummus

Roasted Red Pepper Feta

\$39.99, Serves 8–10

Antipasto Platter

Sliced prosciutto, salami and pepperoni, marinated bocconcini mozzarella, provolone, olives, roasted artichoke hearts, roasted peppers and marinated mushrooms

\$99.99, Serves 8–10

Smoked Salmon Platter

Our thinly sliced, lightly smoked salmon served with crème fraîche, shaved red onion, hardboiled egg, capers, cucumber and tomato

\$79.99, Serves 8–10

Savoury Onion Galette **VT**

A rustic onion tart accented with thyme

\$7.99 each, Serves 2

Brie en Croûte

Dense and creamy Brie layered with compote, wrapped in puff pastry and baked until golden. Choose from:

Roasted Garlic

Sour Cherry

\$19.99, Serves 4–6



CHEESEBOARDS

Each board must be ordered for a minimum of six people. Orders must be placed 48 hours in advance. Some substitutions may be made due to product availability.

Toasting Traditions

Délice de Bourgogne, Saint Agur, artisan Chèvre and Sir Laurier. Accompanied by fig cake, caramelized pecans and a selection of seasonal fruit

\$9.99 per person

Québec Selection

A selection from la Belle Province: La Sauvagine, Bénédictine Bleu, Extra Vintage Cheddar and Ashed Quebec Chèvre.

Paired with seasonal fruit, caramelized pecans and fig cake

\$9.99 per person

Locavore's Delight

Niagara Gold, 6-year Aged Cheddar, Blue Haze and fresh artisan Chèvre. Paired with seasonal fruit and caramelized pecans

\$8.99 per person

Fruit and Cheese Party Pleaser

Vintage cheddar, holiday Brie and Dutch Parrano Gouda, with a selection of seasonal fruit, Spanish cocktail mix and fig spread

\$8.99 per person





Although the main course gets all the glory, it's the side dishes that we dream about. Our cast of classics is why second servings were created!

SIDES

Revisit old traditions—or make new ones—with our selection of classic and creative sides.

All sides serve four

Mashed Potatoes VT

Made the old-fashioned way with butter, whole milk, salt and pepper. Choose from:

Classic Country

Ginger Sweet Potatoes

\$14.99

Yukon Gold Vegan Mashed Potatoes VG

Fluffy, whipped Yukon Gold potatoes finished with Italian extra virgin olive oil

\$14.99

Roasted Harvest Vegetables with Brussels Sprouts VG

Hard-roasted turnips, carrots, butternut squash, sweet potatoes, parsnips and rutabaga with Brussels sprouts and chopped parsley

\$18.99

Roasted Cinnamon Dusted Butternut Squash VG

Oven-roasted with canola oil, sea salt, cumin, cinnamon and black pepper

\$16.99

Traditional Herb Stuffing with Cranberries VT

Artisan bread with sautéed celery and onions, vegetable stock and fresh herbs

\$15.99

Green Beans with Roasted Shallots and Fresh Herbs VT

\$18.99

Corn Pie VT

A luscious blend of corn, sour cream, cheddar cheese and red peppers baked to perfection

\$16.99

Brussels Sprouts with Pecans VT

Hard-roasted Brussels sprouts with the hearty flavour of toasted pecans

\$17.99

Wild Rice with Cranberries and Apricots VT

Canadian wild rice tossed with dried cranberries and naturally sweet apricots

\$16.99

Fresh Cranberry Sage Compote VG

Fresh cranberries cooked with cane sugar, orange juice and fresh sage

\$6.99/500 ml

Turkey Gravy

Turkey stock accented with fresh thyme, bay leaf and sage

\$7.99/L

Vegan Mushroom Gravy VG

A combination of forest mushrooms sautéed with shallots, garlic and herbs with white wine and vegetable stock

\$7.99/L



DINNER PACKAGES

Entertain in style with our sumptuous dinners, prepared to our peerless quality standards, so you can forget about holiday stress. Since selecting exactly what you need is the best way to save money, we've prepared a number of options for you.

Traditional Thanksgiving Dinner

10–12 lb, uncooked oven-ready turkey, seasoned, trussed and ready to roast with roasting pan and herb butter

Country Mashed Potatoes

Traditional Herb Stuffing with Cranberries

Green Beans with Roasted Shallots and Fresh Herbs

Roasted Cinnamon Dusted Butternut Squash

Fresh Cranberry Sage Compote

Turkey Gravy

\$179.99, Serves 6–8

Classic Ham Dinner

Woodstown Spiral Cut Ham with Pineapple-Mustard Glaze

Country Mashed Potatoes

Corn Pie

Green Beans with Roasted Shallots and Fresh Herbs

\$99.99, Serves 6

Vegan Holiday Dinner **VG**

Field Hazelnut Roast Cutlet

Green Beans with Roasted Shallots and Fresh Herbs

Vegan Mashed Potatoes

Fresh Cranberry Sage Compote

\$19.99 per person

Deluxe Dinner

10–12 lb, uncooked oven-ready turkey, seasoned, trussed and ready to roast with roasting pan and herb butter

Wellshire Farms Nugget Ham 28 oz/790 g

Harvest Salad

Mushroom Strudel

Country Mashed Potatoes

Traditional Herb Stuffing with Cranberries

Corn Pie

Green Beans with Roasted Shallots and Fresh Herbs

Roasted Cinnamon Dusted Butternut Squash

Fresh Cranberry Sage Compote

Turkey Gravy

\$259.99, Serves 6–8

Holiday Side Dish Package

Country Mashed Potatoes

Traditional Herb Stuffing with Cranberries

Green Beans with Roasted Shallots and Fresh Herbs

Roasted Cinnamon Dusted Butternut Squash

Fresh Cranberry Sage Compote

Turkey Gravy

\$89.99, Serves 6–8

QUESTIONS ABOUT HEATING AND SERVING?

We'll send you home with printed instructions when you pick up your feast.



MEATS

It's our pleasure to bring you great-tasting meats raised with care.

Uncooked

Whole Fresh Turkeys

69¢/100 g; \$3.14/lb

Suggested Serving Size:

454 g or 1 lb per person

Available from 12–28 lbs

Ready-to-Roast Whole Turkey

An uncooked, oven-ready turkey seasoned, trussed and ready to roast.

With roasting pan and herb butter

10–12 lb: \$89.99, *Serves 6*

14–16 lb: \$109.99, *Serves 8–10*

Boneless Smoked Pork Ham

\$2.29/100 g; \$10.39/lb

Suggested Serving Size:

227 g or ½ lb per person

Available from 2–4 lbs

Boneless Beef Brisket

Cut from Canada AAA Grade Beef

\$1.69/100 g; \$7.67/lb

Suggested Serving Size:

338 g or ¾ lb per person

Available from 2–7 lbs

Fresh New Zealand Boneless Leg of Lamb

\$1.99/100 g; \$9.03/lb

Suggested Serving Size:

338 g or ¾ lb per person

Average leg is 2–5 lbs

Chef-Style Prime Rib Roast

Cut from Canada AAA Grade Beef

\$3.79/100 g; \$17.19/lb

Suggested Serving Size:

338 g or ¾ lb per person

Available from 2–12 lbs

Precooked

Just heat, serve and relax. We'll send you home with the instructions you need to make dinner a success.

Roasted Turkey Breast

A fresh, 1 kg sliced breast

\$59.99, *Serves 4–6*

Oven-Roasted, Boneless Turkey Breast and Thighs

Served with turkey gravy

\$89.99, *Serves 6*

Woodstown Spiral-Cut Ham with Pineapple Mustard Glaze

\$49.99, *Serves 6–8*

Tourtière

A savoury meat pie filled with ground pork, potatoes, onions and fresh herbs

\$17.99, *Serves 6*



SEAFOOD

Celebrate the abundance of the water as well as the land. Our quality standards ensure that your seafood is fresh and sustainably harvested.

Shrimp and Crab Claw Platters

1 ½ lbs shrimp and 1 ½ lbs snow crab cocktail claws, with our zesty cocktail sauce, 3 lbs
 \$69.99, Serves 10–12

Shrimp Cocktail Platters

31/40 count shrimp garnished with cocktail sauce and lemon, 2 lbs
 \$24.99, Serves 8–10



DESSERTS

The perfect ending to a memorable meal, dessert is a sweet showcase for fresh, seasonal ingredients.

6" Serves 6–8 8" Serves 8–10

Pumpkin Pie

8": \$6.99

Pecan Pie

8": \$12.99

Apple, Cherry or Blueberry Pie

8": \$6.99

Carrot Cake

6": \$21.99

Pumpkin Cheesecake

6": \$19.99

Chocolate Decadence

Culminate your feast with sea salt caramels, triple toffee chocolate almonds, Raspberry Trufflz, Vosges Chocolate, semi-sweet chocolate chunks and seasonal fruit and berries
 \$9.99 per person, 6 person minimum

BREADS

Cranberry Walnut Bread

\$4.99
 Serves 6–8

Dinner Rolls

White or Whole Wheat
 \$3.99, 12 pack

How to Order

All holiday orders must be placed by Friday, October 7.

Please contact us for our holiday hours or stop by our Holiday Order Table for more information.

Please allow at least 48 hours notice.
Twenty-four hours notice is required to cancel orders.

Prices do not include tax.

Order online at wholefoodsmarket.com/shop



The Whole Foods Market Holiday Difference:

No artificial flavours, colours or preservatives.

All of our dishes are prepared fresh in our kitchens.

We feature a tasty selection of vegan and vegetarian options.

We offer a range of choices to give you the best value for your holiday budget.

We'll send you home with printed instructions for heating and serving to ensure a successful holiday feast.



wholefoodsmarket.com

TORONTO

87 Avenue Road (416) 944-0500

Open Monday, October 10, 10 AM–6 PM

OAKVILLE

301 Cornwall Road (905) 849-8400

Closed Monday, October 10

SQUARE ONE, MISSISSAUGA

155 Square One Drive (905) 275-9393

Open Monday, October 10, 10 AM–6 PM

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