Everything you need

THANKSGIVING MENU
for a memorable feast

6 MEAL PACKAGES
Your easiest celebration yet

SHOP À LA CARTE
Make some, buy some

ORDER IN STORE OR ONLINE AT
SHOP.WHOLEFOODSMARKET.COM
THROUGH FRI., OCT. 11
**Hors d’Oeuvres & Appetizers**

Let the mingling begin with mouth-watering morsels!

**Hors d’Oeuvres**

**Sold by the dozen**

- **Mini Twice Baked Potatoes with Bacon & Chives**
  Mini potatoes stuffed with bacon, cheddar, sour cream and chives
  $16.99

- **Classic Devilled Eggs**
  Always a favourite! Hard cooked eggs filled with deliciously creamy whipped yolks
  $7.99

- **Gruyère and Spinach Stuffed Mushrooms**
  Fresh button mushrooms stuffed with sautéed spinach and Gruyère cheese
  $16.99

- **Roasted Beet Skewers with Herb Goat Cheese**
  Roasted beets and herbed goat cheese on bamboo skewers
  $12.99

- **Mini Quiches**
  Choose from:
  - Traditional Quiche Lorraine
  - Savoury Tomato Basil
  $16.99

- **Mini Crab Cakes**
  Flaky crab meat tossed with bell peppers, onions, and fresh herbs, served with lemon aioli
  $25.99

- **Smoked Salmon on Fingerling Potatoes**
  Roasted fingerling potatoes topped with smoked salmon and served with traditional garnish
  $19.99

**Appetizers & Soups**

- **Butternut Squash Bisque**
  Butternut squash roasted with brown sugar and honey, simmered with sautéed onions and garlic in vegetable stock, finished with heavy cream
  $7.99, 680 g, Serves 2–4

- **Wild Mushroom Soup**
  A blend of forest mushrooms sautéed with onions and celery, simmered in vegetable stock with fresh herbs, finished with heavy cream
  $7.99, 680 g, Serves 2–4

- **Butternut Squash and Apple Galette**
  Butternut squash tossed with sliced Granny Smith apples and caramelized onions. Baked in a savoury crust with fresh herbs
  $8.99, Serves 2

- **Wild Mushroom Strudel**
  A ragout of sautéed mushrooms and fresh herbs wrapped in buttery puff pastry
  $12.99, 454 g, Serves 6

**Hosting a party?**

Easy solutions, page 6

Shrimp, catering & cheese platters

**Order in store or shop.wholefoodsmarket.com**
Precooked Thanksgiving Meal Packages

**Thanksgiving Dinner for Four**
Whole Roasted Boneless Turkey Breast
Classic Mashed Potatoes
Traditional Herb Stuffing with Cranberries
Fresh Cranberry Relish (454 g)
Turkey Gravy (1 L)
1–1.5 kg Breast, all sides 900 g
$79.99, Serves 4

**Family Thanksgiving Dinner**
Oven-Ready Turkey (Uncooked)
10–12 lb, seasoned, trussed and ready to roast (pan included)
Classic Mashed Potatoes
Traditional Herb Stuffing with Cranberries
Green Beans with Shallots
Fresh Cranberry Relish (454 g)
Turkey Gravy (1 L)
All side dishes 1100 g except 900 g for Green Beans
$139.99, Serves 8

**Classic Ham Dinner**
Wellshire Spiral Cut Ham (1.8–2.6 kg) with Honey Mustard Glaze (226 g)
Whipped Sweet Potato with Streusel Topping
Corn Pie
Green Beans with Shallots
All side dishes 1100 g except 900 g for green beans
$109.99, Serves 6

**Vegan Thanksgiving Dinner**
Wild Rice Quinoa Cranberry Roast with Hazelnut Crust (454 g)
Green Beans with Shallots
Vegan Mashed Potatoes
Traditional Herb Stuffing with Cranberries
Fresh Cranberry Relish (226 g)
Mushroom Gravy (454 g)
All sides 340 g
$39.99, Serves 2–3

**Deluxe Dinner**
Oven-Ready Turkey (Uncooked)
10–12 lb, seasoned, trussed and ready to roast (pan included)
Wellshire Nugget Ham (790 g)
Honey Mustard Glaze (226 g)
Harvest Salad (680 g)
Wild Mushroom Strudel (454 g)
Classic Mashed Potatoes
Traditional Herb Stuffing with Cranberries
Corn Pie
Green Beans with Shallots
Fresh Cranberry Relish (454 g)
Turkey Gravy (2 L)
All side dishes 1100 g except 900 g for green beans
$199.99, Serves 8

**Thanksgiving Side Dish Package**
Classic Mashed Potatoes
Traditional Herb Stuffing with Cranberries
Green Beans with Shallots
Fresh Cranberry Relish (454 g)
Turkey Gravy (1 L)
All side dishes 1100 g except 900 g for green beans
$59.99, Serves 8

The fastest way to a great meal, just heat and serve.

ORDER IN STORE OR SHOP.WHOLEFOODSMARKET.COM
Sides & Salads

All side dishes are 900 g except 690 g for Green Beans, and serve 4–6

This supporting cast of side dishes might just steal the spotlight.

Veggies

Roasted Harvest Root Vegetables
A delicious blend of parsnips, turnips, potatoes, carrots and rutabaga
$16.99

Green Beans with Shallots
Crisp green beans tossed with sweet and tender shallots and finished with fresh herbs
$16.99

Crisp green beans tossed with sweet and tender shallots and finished with fresh herbs
$16.99

Roasted Brussels Sprouts
Earthy Brussels sprouts oven roasted to perfection
$16.99

Roasted Cinnamon Dusted Butternut Squash
Oven-roasted with canola oil, sea salt, cinnamon and black pepper
$16.99

Creamed Corn with Shaved Brussels Sprouts
Sweet corn simmered in a savoury cream sauce with shaved Brussels sprouts
$16.99

Salad

Harvest Salad
Field greens with cranberries, toasted walnuts and crumbled blue cheese with balsamic vinaigrette
$15.99, 680 g, Serves 4–6

Stuffing, Potatoes & More

Traditional Herb Stuffing with Cranberries
Artisan bread with sautéed celery and onions, vegetable stock, fresh herbs and cranberries
$14.99

Classic Mashed Potatoes
Made the old-fashioned way with butter and cream
$14.99

Vegan Mashed Potatoes
Made with soymilk, extra-virgin olive oil and chives
$14.99

Whipped Sweet Potatoes with Pecan Streusel Topping
Fluffy sweet potatoes made with real butter topped with pecan streusel
$14.99

Creamy Macaroni & Cheese
A family favourite topped with herbed breadcrumbs
$14.99

Gravy & Relish

Turkey Gravy
Turkey stock accented with fresh thyme, bay leaf and sage
$7.99, 1 L, Serves 4–6

Vegan Mushroom Gravy
A combination of forest mushrooms sautéed with shallots, garlic and herbs with white wine and vegetable stock
$5.99, 454 g, Serves 2

Cranberry Relish
Fresh cranberries cooked with sugar, orange juice and fresh sage
$6.99, 454 g, Serves 4–6

Can’t decide? See page 3 for our Side Dish Package.
Let us do the cooking!

ENTRÉES—PRECOOKED

Roasted Turkey Breast
Succulent white meat from animals raised with care
$59.99, 1.8–2.6 kg, Serves 4–6

Oven-Roasted, Boneless Turkey Breast and Thighs
Served with turkey gravy
$89.99, Serves 6

Wellshire Spiral Cut Ham with Honey Mustard Glaze
Wellshire spiral-cut ham with honey mustard glaze
$49.99, 1.8–2.6 kg, Serves 6–8

Tourtière
A savoury meat pie filled with ground pork, potatoes, onions and fresh herbs
$17.99, Serves 6

Wild Rice Quinoa Cranberry Roast with Hazelnut Crust

Need a vegan entrée? A sumptuous grain loaf of wild rice and quinoa, stuffed with cranberries and figs, crusted with hazelnuts
$15.99, 1 lb, Serves 2

TURKEY & MEAT

Suggested Serving Size
Bone-In: 1–1 1/2 lb per person
Boneless: 3/4–1 lb per person

Great-tasting meats and poultry raised with care.

TURKEY—UNCOOKED

Whole Fresh Turkeys
The classic choice for your Thanksgiving table.
Suggested Serving Size:
454 g or 1 lb per person
99¢/100 g; $4.49/lb
Available from 12–20 lbs

Ready-To-Roast Whole Turkey
An oven-ready, free-range turkey seasoned, trussed and ready to roast. With roasting pan.
Choose from:
$89.99, 10–12 lb (4.54–5.44 kg), Serves 6
$109.99, 14–16 lb (6.35–7.26 kg), Serves 8–10

HAM—PRECOOKED

Wellshire Boneless Smoked Ham
Simple to prepare, Wellshire hams are exclusive to Whole Foods Market.
Suggested Serving Size:
227 g or ½ lb per person
$2.29/100 g; $10.39/lb
Available from 2–4 lbs

LAMB—UNCOOKED

Bone-In Leg of Lamb
A tender, flavourful and versatile option for a memorable meal.
Suggested Serving Size:
338 g or ¾ lb per person
Average leg is 2–5 lbs
$2.49/100 g; $11.30/lb

BEEF—UNCOOKED

Boneless Beef Brisket
Cut from Canada AAA Grade Beef
Suggested Serving Size:
338 g or ¾ lb per person
$1.69/100 g; $7.67/lb
Available from 2–7 lbs

Chef-Style Prime Rib Roast
Cut from Canada AAA Grade Beef
Suggested Serving Size:
338 g or ¾ lb per person
$4.79/100 g; $21.75/lb
Available from 2–7 lbs

WHAT MAKES OUR TURKEY BETTER?

Our Whole Foods Market Quality Standards for turkey are unparalleled:

• Raised without the use of antibiotics
• No animal by-products
• Grain fed
• Complete traceability to farm
• Global Animal Partnership™ Step Rated

ORDER IN STORE OR SHOP.WHOLEFOODSMARKET.COM
PARTIES & CATERING

Each platter serves 8–10

Planning a party? Let us help! Our platters make hosting a snap.

CHEESE PLATTERS

*Minimum order is 6 people per platter

Delectable arrangements of hand-selected, premium cheese and fine condiments.

Local Cheese Selection
Niagara Gold, Aged Cheddar, Blue Haze and fresh Chèvre. Accompanied by seasonal fruit and nuts.
$7.99 per person*

Fine Cheese Selection
Délice de Bourgogne, Saint Agur, fresh Chèvre and Sir Laurier. Accompanied by fig cake, nuts and seasonal fruit.
$8.99 per person*

Québec Selection
La Sauvagine, Bénédictine Bleu, Extra Vintage Cheddar and Québec Ashed Chèvre. Accompanied by fig cake, nuts and seasonal fruit.
$8.99 per person*

Classic Cheese Selection
Aged Cheddar, French Brie and Dutch Parrano Gouda. Accompanied by Spanish cocktail mix and seasonal fruit.
$7.99 per person*

VEGETARIAN

6 PARTIES & SEAFOOD

ORDER IN STORE OR SHOP.WHOLEFOODSMARKET.COM
Don’t forget the COFFEE

Allegro® Celebration Caffè
Our limited-edition holiday blend from a family farm in Guatemala and a co-op of farms in Ethiopia. Candied sweet notes of butterscotch, toffee and chocolate with a lively light finish. Treat your hosts or guests.
$6.99, 226 g

PIES

WHOLE FOODS MARKET

8” PIES
• Apple
• Cherry
• Blueberry
• Cranberry-Apple
• Pumpkin
• Vegan Pumpkin
$8.99 each, Serves 6–8

• Pecan
$11.99, Serves 6–8

ACHATZ 9” PIES
• Apple
• Cherry
• Mixed Berry
$15.99, Serves 8–10

BREADS

Whole Foods Market
Pumpkin Pecan Bread
$4.99, Serves 6–8

Whole Foods Market
Cranberry Walnut Bread
$4.99, Serves 6–8

Dinner Rolls
$3.99, 6 pack

Cornbread
89¢/100 g

CAKE

Whole Foods Market
6” Carrot Cake
$22.99, Serves 4–6

Easy & elegant decorating FLOWERS
Our floral department is filled with gorgeous bouquets and colourful blooms of all varieties. Perfect for a table centrepiece or hostess gift.

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Click now.
Carve later.
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THROUGH FRI., OCT. 11

- In general, please allow at least 48 hours notice. We require 24 hours notice to cancel orders. Prices do not include tax.
- Products featured in this menu are made in facilities that process nuts, dairy, fish, shellfish, soy and gluten.

WHAT SETS OUR MEALS APART?

- No artificial flavours, colours or preservatives.
- A tasty selection of vegan and vegetarian dishes.
- Great-tasting fresh turkey, never frozen.
- A wide range of choices to give you the best value for your Thanksgiving budget.
- Printed instructions for heating and serving to ensure a successful feast.

OAKVILLE
301 Cornwall Road
905-849-8400
Closed Monday, Oct. 14

SQUARE ONE
155 Square One Drive
905-275-9393
Open Monday, Oct. 14
9 am–9 pm

UNIONVILLE
3997 Highway #7
905-474-4900
Closed Monday, Oct. 14

YORKVILLE
87 Avenue Road,
416-944-0500
Open Monday, Oct. 14
10 am–6 pm

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