Create a fresh, flavourful and affordable feast with signature dishes from Whole Foods Market. Our chefs are cooking up wholesome holiday favourites made from the highest quality ingredients, so you can relax and celebrate the season in style.

ORDER ONLINE OR IN STORE BY:
December 22—Christmas • December 5—Hanukkah
Orders accepted through Dec. 30 for all holiday entertaining.
HORS D’ŒUVRES
Let the mingling begin with mouth-watering morsels.
All hors d’œuvres are served per dozen

Blue Cheese Profiteroles  VT
Light pastries filled with creamy Gorgonzola, red grapes and toasted hazelnuts
$16.99

Classic Devilled Eggs  VT
$7.99

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

Mediterranean Skewers  VT
Fresh cucumber and tomato accented with savoury olives and feta cheese
$16.99

Mini Quiches
Choose from traditional Quiche Lorraine or savoury Tomato Basil  VT
$16.99

Prosciutto-Wrapped Dates
Parmesan-stuffed dates wrapped with La Quercia prosciutto
$16.99

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

APPETIZERS
Set the mood with our selection of seasonal appetizers.

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

Butternut Squash Bisque  VT
Butternut squash roasted with brown sugar and honey, then simmered with sautéed onions and garlic in vegetable stock and finished with a touch of heavy cream
$7.99/L, Serves 2–4

Wild Mushroom Soup  VT
A blend of forest mushrooms sautéed with onions and celery, then simmered in vegetable stock with fresh herbs and finished with heavy cream
$7.99/L, Serves 2–4

Butternut Squash and Apple Galette  VT
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  VT
A ragout of sautéed mushrooms and fresh herbs wrapped in buttery puff pastry
$12.99, Serves 4–6

PARTY PLATTERS

Antipasto Platter
Sliced prosciutto, all-beef Genoa salami and pepperoni, marinated mozzarella, provolone, olives, roasted artichoke hearts, roasted peppers and marinated mushrooms
$99.99, Serves 8–10

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

Herb-Crusted Beef Tenderloin
Hand-carved beef tenderloin roasted to medium rare. Served with horseradish aioli, rosemary Dijon mustard, dinner rolls and French baguette slices
$199.99, Serves 8–12

Signature Spreads  VT
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

CHEESEBOARDS
Our experts are devoted to sourcing the very best cheeses available, whether from small farmsteads right down the street or renowned producers from across the globe. They’re passionate about great-tasting cheese and the joys of sharing it.

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.

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

Fine Cheese Selection
Délice de Bourgogne, Saint Agur, artisan Chèvre and Sir Laurier. Accompanied by fig cake, nuts and seasonal fruit
$9.99 per person

Québec Selection
La Sauvagine, Bénédictine Bleu, Extra Vintage Cheddar and Québec Chèvre. Paired with seasonal fruit, nuts and fig cake
$9.99 per person

DON’T FORGET THE FLOWERS
Stop by the Floral Department for stunning seasonal arrangements
Mashed Potatoes  VT
Made the old-fashioned way with butter and cream. Choose from:
- Classic
- Ginger Sweet
$14.99

**HEALTH STARTS HERE®**
Ginger Mashed Yams and Apples  VG
A purée of red garnet yams and apples spiced with ginger and cinnamon
$14.99

Roasted Harvest Root Vegetables with Brussels Sprouts  VG
A delicious blend of parsnips, turnips, potatoes, carrots and rutabaga with Brussels sprouts
$17.99

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

Traditional Herb Stuffing  VT
Artisan bread with sautéed celery and onions, vegetable stock and fresh herbs
$15.99

**OUR HEALTH STARTS HERE® RECIPES**
CELEBRATE NATURALLY FLAVOURLFUL WHOLE FOODS BY LIMITING ADDED SODIUM AND CONTAINING NO EXTRACTED OILS OR REFINED SWEETENERS.

Green Beans with Roasted Shallots and Fresh Herbs  VG
Crisp green beans tossed with sweet and tender shallots and finished with fresh herbs
$18.99

Corn Pie  VT
A savoury baked blend of corn, sour cream, cheddar cheese and red pepper
$16.99

Creamed Spinach  VT
Chopped spinach with Parmesan cheese, cream and a touch of nutmeg
$17.99

Roasted Brussels Sprouts with Crisp Pancetta
Roasted Brussels sprouts with crispy pancetta and the hearty flavour of toasted pecans
$17.99

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
$7.99/500 ml

Vegan Mushroom Gravy  VG
A combination of forest mushrooms sautéed with shallots, garlic and herbs with white wine and vegetable stock
$7.99/L

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

*All sides serve 4–6*

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**DINNER PACKAGES**
Forget about holiday stress! Our chefs are cooking up complete meals prepared to our peerless quality standards. Save time and money by selecting just what you need from our incomparable list of options.

**Family Dinner**
Uncooked Oven-Ready Turkey, 10–12 lb, seasoned, trussed and ready to roast (pan included)
- Classic 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**
Wellshire Spiral Cut Ham with Honey Mustard Glaze
- Classic Mashed Potatoes
- Corn Pie
- Creamed Spinach
- Fresh Cranberry Sage Compote
- Turkey Gravy
$99.99, Serves 6

**Vegan Holiday Dinner**  VG
Field Hazelnut Roast Cutlet
- Green Beans with Roasted Shallots and Fresh Herbs
- Ginger Mashed Yams and Apples
- Fresh Cranberry Sage Compote
$19.99 per person

**Deluxe Dinner**
Uncooked Oven-Ready Turkey, 10–12 lb, seasoned, trussed and ready to roast (pan included)
- Wellshire Nugget Ham 28 oz/790 g
- Harvest Salad
- Wild Mushroom Strudel
- Classic Mashed Potatoes
- Traditional Herb Stuffing
- 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

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**PAGE 4**  VT=vegetarian  VG=vegan
TURKEY
The very best selection from this season’s turkey harvest, with a range of options to suit your holiday budget.

ABOUT OUR TURKEYS
Our Whole Foods Market Quality Standards are unparalleled. We are proud to offer great-tasting meats raised with care.

Whole Fresh Turkeys
Uncooked and Raised Without Antibiotics
99¢/100 g; $4.49/lb
Suggested Serving Size:
454 g or 1 lb per person
Available from 12–20 lbs

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

CUSTOM CUTS AVAILABLE — ASK OUR EXPERT BUTCHERS IN THE MEAT DEPARTMENT FOR MORE INFORMATION.

MAIN COURSE — PRECOOKED
Just heat, serve and relax. We’ll send you home with the instructions you need to make dinner a success.

Roasted Turkey Breast
Succulent white meat from animals raised with care
$59.99, 1 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
$49.99, Serves 6–8

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

HOLIDAY SIDE DISH PACKAGE
This supporting cast of traditional side dishes might just steal the spotlight.

Classic 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
MEAT & POULTRY — UNCOOKED ENTÉES
We are proud to offer great-tasting meats raised with care.

Boneless Smoked Ham
$2.29/100 g; $10.39/lb
Suggested Serving Size: 227 g or ¼ 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

Icelandic Bone-in Leg of Lamb
$2.49/100 g; $11.30/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
$4.79/100 g; $21.75/lb
Suggested Serving Size: 338 g or ¾ lb per person
Available from 2–7 lbs

SEAFOOD
Celebrate the abundance of the sea. Our quality standards ensure that your seafood is fresh and ocean friendly.

Shrimp and Crab Claw Platter
1½ lbs of 31/40 count shrimp and 1½ lbs snow crab cocktail claws with our zesty cocktail sauce, 3 lbs (1.36 kg)
$69.99, Serves 8–10

Shrimp Cocktail Platter
31/40 count shrimp garnished with cocktail sauce and lemon, 2 lbs (908 g)
$24.99, Serves 8–10

DESSERTS
Our consummate craftspeople are preparing handmade baked goods without artificial colours, flavours, sweeteners or trans fats.

Apple, Blueberry, Cranberry Apple, Cherry or Pumpkin Pie
8": $7.99

Pecan Pie
8": $12.99

Panettone
S: $3.99, serves 1
L: $9.99, serves 8–10

Achatz Pies
Apple or Four Berry
$16.99, serves 8–10

Fruit Cake
$22.99, serves 8–10

Carrot Cake
6": $21.99

Yule Log
$18.99, serves 8–10

Vegan Pumpkin Pie
8": $8.99

Mincemeat Tart
$12.99, serves 8–10

TOFFEE PUDDING
$7.99, serves 6–8

Mincemeat Tart
$12.99, serves 8–10

GIFT BASKETS
Delight and inspire the people in your life this holiday season with Whole Foods Market gift baskets. Whether it’s one of our signature baskets or a custom design just for you, you can feel good about giving the best variety of natural and organic products.

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HANUKKAH MENU

STARTERS

Chicken Liver Pâté
Chicken liver pâté served with chopped egg, parsley and fried onion
$4.99 each, Serves 2

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

Latkes VT
Traditional pancakes made from shredded potatoes and onions sautéed until golden brown. Choose from:
  Traditional
  Sweet Potato
  Zucchini
$12.99/6 pack, Serves 2

PLATTERS

Vegetable Crudités with Spinach Artichoke Dip VT
A selection of crisp seasonal vegetables served with creamy spinach artichoke dip
$32.99, Serves 8–10

Mediterranean Platter VT
Hummus, tabbouleh, marinated feta, roasted artichokes, dolmas, falafel, assorted olives and grilled pita bread
$89.99, Serves 8–10

ENTRÉES

Sliced Brisket with Sweet and Sour Caramelized Onion Gravy
Beef brisket slowly cooked until fork tender with caramelized onions in a sweet and sour gravy
$39.99, Serves 4–6

Herb-Crusted Salmon
Farm-raised salmon lightly roasted with accents of lemon, chives, parsley and dill
$49.99, Serves 4–6

Whole Rotisserie Chicken
Roasted chicken infused with herbes de Provence, lemon and garlic
$12.99 each, Serves 3–4

SAVOURY SIDE DISHES

Roasted Fingerling Potatoes with Caramelized Leeks VG
Rosemary and garlic roasted fingerling potatoes with caramelized leeks
$22.99, Serves 4–6

Roasted Harvest Root Vegetables with Brussels Sprouts VG
A delicious blend of parsnips, turnips, potatoes, carrots and rutabaga with Brussels sprouts
$17.99, Serves 4–6

Green Beans with Roasted Shallots and Fresh Herbs VG
Crisp green beans tossed with sweet and tender shallots and finished with fresh herbs
$18.99, Serves 4–6

SWEET SIDE DISHES

Sweet Potato Tzimmes VT
This sweet vegetarian casserole is the perfect accompaniment for any holiday meal
$19.99, Serves 4–6

Apple Noodle Kugel VT
Egg noodles and apples baked in sweet cinnamon custard
$19.99, Serves 4–6

Fresh Applesauce VG
Made from the season’s best apples. A sweet topping for holiday latkes
$4.99, Serves 2–4

Honey-Baked Apples VT
Apples baked with a mélange of dried cranberries, currants, apricots and almonds
$2.99 each, Serves 1

GIFT CARDS

Stumped on what to get that person who seems to have everything? You can’t go wrong with a Whole Foods Market gift card, available in various denominations.

FLOWERS

Whole Trade® flowers support workers, communities and the environment.

Whole Trade® Guarantee Cube Arrangement
Assorted roses, gerbera daisies, chrysanthemums, accent flowers and foliage in a tinted square glass container. $19.99
WHAT SETS OUR HOLIDAY DINNERS APART?

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Open Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toronto</td>
<td>87 Avenue Road</td>
<td>(416) 944-0500</td>
<td>Monday, December 24, 8 AM–7 PM</td>
</tr>
<tr>
<td>Oakville</td>
<td>301 Cornwall Road</td>
<td>(905) 849-8400</td>
<td>Monday, December 24, 8 AM–7 PM</td>
</tr>
<tr>
<td>SQ One</td>
<td>155 Square One Drive</td>
<td>(905) 275-9393</td>
<td>Monday, December 24, 8 AM–7 PM</td>
</tr>
<tr>
<td>Unionvil</td>
<td>3997 Highway 7</td>
<td>(905) 474-4900</td>
<td>Monday, December 24, 8 AM–7 PM</td>
</tr>
</tbody>
</table>

No artificial flavours, colours or preservatives.
A tasty selection of vegan and vegetarian dishes.

A wide range of choices to give you the best value for your holiday budget.
Printed instructions for heating and serving to ensure a successful holiday feast.

The last day to place, edit or cancel orders is:
Wednesday, December 5—Hanukkah
Saturday, December 22—Christmas

How to order
Simply visit our in-store Holiday Order Table to place your order at one convenient location, or order online.
When you pick up your order, we’ll have everything ready so you can spend more time with the ones you love.

Order online
Available December 1–30 for December holidays.
wholefoodsmarket.com/shop.
Select your store and follow the easy instructions.

In general, please allow at least 48 hours notice. We require 24 hours notice to cancel orders. Prices do not include tax.

Made in a facility that processes nuts, dairy, fish, shellfish, soy, gluten