



**CULINARY
CONSPIRACY**

Fall & Winter 2016/2017

Conspire with us to create your special event! From a private party in your home to a major event, Culinary Conspiracy can create a menu to suit your taste, theme and budget.

Allergens

At Culinary Conspiracy, we do our utmost to accommodate dietary restrictions. Our kitchen is peanut free but we do use other nuts. We have gluten free options, but our kitchen is not gluten free. It is possible that some of our ingredients may come into contact with allergens at some point during the supply chain. Therefore, we cannot guarantee that our food items are purely nut-free and/or gluten free.

Delivery/Rentals/HST

Delivery service and rentals are not included. Rental dishes available. Prices do not include HST.

We specialize in providing you and your guests with customized menu's.

One of our professional catering consultants will be pleased to work with you on the menu of your choice.

Breakfast & Breaks

Each morning we prepare & bake
the following for ultimate freshness

Continental Breakfast ^V : Danishes/muffins/croissants served with jams/butter, orange & apple juice and coffee & tea	\$11.00/pp	French Toast: With bacon, sausage and maple syrup butter	\$12.00
Pastries ^V : A selection that may include authentic French butter croissant/pure butter chocolate/fruit Danish	\$4.50/pp	Belgian Waffle: With bacon, sausage, maple syrup butter and strawberry compote and whipped cream.	\$15.00
Scones & Muffins: Sweet & savoury scones/oat & bran muffins		Savoury loaves: Upside down ham/cheddar/onion or Date/chorizo or Morning glory	\$12.00/loaf (serves 10)
Fruit Parfait Breakfast Combo: Yoghurt parfait/berry compote/granola accompanied with assorted pastries/ scones/ muffins served with jams/butter	\$4.50/pp \$9.00/pp	Sweet loaves ^V : Lemon/cranberry or Triple chocolate or Green apple/ banana	\$12.00/loaf (serves 10)
Fresh Fruit Breakfast Combo: Fresh fruit salad accompanied with assorted pastries/scones/ muffins served with jams/butter	\$8.00/pp	Mini breakfast pastries (2 pieces per person)	\$6.00
Bagels and Lox: Assortment of old fashioned bagels with Scandinavian smoked salmon/ tomatoes/thinly sliced red onion/whipped cream cheese	\$8.00/pp (minimum 20)	Fruit parfait ^{V GF NF} : Vanilla infused yoghurt/fresh berry compote/homemade granola on the side	4.50/pp
Mushroom & Bacon Quiche ^{NF} : Eggs/ bacon/sautéed mushrooms/ caramelized onions/cream/roasted garlic	\$7.50/pp (minimum 20)	Fresh fruit Salad ^{V GF NF} : Seasonal fresh fruits drizzled with honey	\$4.00/pp
Spanish Frittata ^{NF} : European style egg omelet with thinly sliced & sautéed potatoes/chorizo/onions/ baby spinach/sundried tomatoes/smoked paprika	\$13.00/pp	Fresh whole fruit of the day ^{V GF NF}	\$1.50/each
Scrambled Eggs : bacon/sausage/home fries	\$15.00/pp	Fresh fruit skewer: Serve with yogurt dip	\$4.50/pp
Scrambled Egg Benedict: toasted English muffin, back bacon, creamy scrambled egg served with homefries	\$15.00/pp	Homemade granola bars ^{NFV} : No nuts, just seeds and dried fruits	\$2.25/each
		Gluten Free & Vegan cookies, brownies, or bagels ^{vvGF}	\$3.00/each
		Assorted Cookies, Squares & Tartlets with Fruit Garnish ^V	\$3.50/pp (2pcs/pp)
		Biscotti	\$2.50
		Tortilla Chips and Salsa	\$14.50 (serves 10-12)

Symbols: ^V = Vegetarian ^{vv} = Vegan ^{GF} = Gluten-free ^{NF} = Nut-free ^{DF} = No Dairy

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Platters

<p>Fresh Fruit Platter^{VGFNF}: A selection of seasonal fruits & berries served with vanilla-honey-yogurt dip (serves 10)</p>	<p>\$45 \$4.50/ extra person</p>	<p>Charcuterie Platter: A variety of locally crafted cured meats. May include Genoa salami/Hungarian salami/Spanish Serrano ham/Canadian prosciutto from Niagara/Seed to sausage Chorizo Iberico/smoked duck breast. Served with homemade chutney/gherkins/fresh Bannock & baguette (serves 15)</p>	<p>\$99 \$8.00/extra person</p>
<p>Triple Dips and Crisps^V: Baba ghanoush/Hummus/Roasted Red Pepper dips served with an assortment of crostinis/artisanal breads/pita crisps (serves 10)</p>	<p>\$50 \$5/extra person</p>	<p>Cold Cut Platter: Roast beef, smoked turkey breast, black forest ham, Montreal smoked meat, beef salami, Double mustard rye bread (serves 10)</p>	<p>\$90</p>
<p>The Culinary Cheese Platter^V: Domestic & imported cheeses served with grape clusters, strawberries & biscuits (serves 10)</p>	<p>\$70 \$7/extra person</p>	<p>Smoked Salmon Platter: With pumpernickel bread, capers, red onion and lemon wedges (serves 10)</p>	<p>\$120 \$12/extra person</p>
<p>From Garden to Table^{VGF}: A combination of fresh vegetable crudités and healthy root vegetable chips (may include beet chips/parsnips chips/ kale chips/sweet potato chips/celery chips/Burbank russet chips/ taro root chips) served with tzatziki (serves 10)</p>	<p>\$50 \$5/extra person</p>	<p>Chicken Cordon Bleu Platter: Served room temperature with cranberry chutney (serves 10)</p>	<p>\$55 \$5.50/extra person</p>
<p>Roasted Vegetable Platter: Red, yellow and green peppers, red onion, egg plant and zucchini with Mediterranean glaze, served room temperature (serves 10)</p>	<p>\$60 \$6/extra person</p>	<p>Chicken Breast Platter: With orange and sweet Thai chili glaze, served room temperature (serves 10)</p>	<p>\$40</p>
<p>French Pâtés: A selection of premium pâtés served with condiments/gherkins/crostinis/fresh artisanal bread (serves 10)</p>	<p>\$60 \$6/extra person</p>	<p>Jumbo Cold Water Shrimp platter: With wasabi seafood sauce and lemon wedges (100)</p>	<p>\$250</p>
<p>Bruschetta: Vine ripened tomatoes with Italian spices & extra virgin olive oil (serves 10)</p>	<p>\$45.00</p>	<p>Finger Sandwiches: An assortment of finger and pinwheel sandwiches including salmon, tuna, egg, ham and chicken (serves 10)</p>	<p>\$65</p>
<p>Gluten free crackers available</p>	<p>\$6.00/box</p>	<p>Neptune Platter: Lobster rolls, smoked salmon and marinated shrimp, served with pickled red onions, sour gherkins and Raincoats crisps(serves10)</p>	<p>\$115 \$11.50/extra person</p>

Sandwich Packages

Add Soup or Salad for \$4

The Express

A medley of tuna/egg salad/ chicken salad/ roasted veg on freshly baked tea buns (white & whole wheat). 2/person

\$14

Celery & carrot sticks with ranch style dipping sauce

Cookies

Deli Quick & Light

Assortment of deli meat sandwiches; Montreal smoked meat/seasoned roast beef/smoked chicken breast/honey maple ham
Vegetarian sandwiches available upon request

\$16

Celery & carrot sticks with ranch style dipping sauce

Cookies

Wrap & Roll

Assorted flavoured wraps with meat & vegetarian fillings

\$15

Celery & carrot sticks with ranch style dipping sauce

Cookies

Manhattan Sandwich Platter

Assorted large deli sandwiches on fresh baked rye bread (1.5 pp):
Montreal smoked meat/seasoned roast beef/smoked chicken breast/
honey maple ham
Vegetarian sandwiches available upon request

\$18

Dills & olives

Apple squares

Conspiracy Classic: includes a selection of

\$16

Ham & Swiss: Sweet capicola ham/Swisscheese/lettuce/
tomato/honey mustard

Smoked Turkey Club Wrap: Smoked turkey/tomato/ red
onion/romaine lettuce/bacon/roasted garlic

Traditional Roast Beef: Roast beef/tomato/pickled red
onion/lettuce/havarti/horseradish mayo

Classic Chicken: Lemon & herb grilled chicken/tomato/
lettuce/orange cheddar/sundried tomato aioli

Oven Roasted Veg^V: Oven roasted mixed vegetables/basil pesto
spread

Crudité: crunchy celery/carrot sticks/cauliflower/broccoli buds/ red
peppers/homemade dipping sauce

Cookies: Double chocolate/oatmeal raisin/macadamia nut

Smoked Salmon Wrap: Norwegian smoked salmon on spinach
tortilla wrap with lettuce, capers, red onion and lemon cream cheese

\$16.50/pp

Celery & carrot sticks with ranch style dipping sauce

Cookies

Add Soup or Salad for \$4

Our sandwiches are served on assorted ciabattas, tortillas,
and multigrain croissants
Gluten free & vegan sandwiches are available upon request.

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Hot Entrées (includes choice of 2 sides)

All entrées include fresh artisan breads and butter

Roast New York Sirloin ^{GF NF DF} : served hot with a three-pepper sauce or room temperature with horseradish mayo	\$27	Grain Fed Breast of Chicken ^{NF} : with café au lait sauce	\$25
Beef Bourguignon ^{NF DF} : Tender morsels of AAA Canadian beef with mushrooms and onions in a red wine sauce	\$27	Chicken Parmigiana: Grain-fed breast of chicken, flattened and coated with Panko bread crumbs and topped with marinara sauce, finished with mozzarella cheese	\$25
Mediterranean Chicken ^{GF NF DF} : Marinated pan seared chicken breast stuffed with spinach & mushroom with a hint of Mediterranean spices & a honey tomato glaze	\$25	Chicken Picatta: Thinly sliced breast of chicken in a lemon beurre blanc	\$25
Tandoori Chicken ^{GF NF DF} : Marinated chicken breast in a dairy free yogurt with tandoori spice and cooked in our clay oven	\$25	Lentil Ratatouille: red bell pepper stuffed with lentils (2 per person)	\$25
Chicken Cacciatore ^{GF NF DF} : Breast of chicken in a roasted roma tomato sauce with a medley of onions and bell peppers	\$25	Oven Roasted Pork Medallion: In a wild & tame mushroom ragu	\$25
Wild Pacific Salmon Fillet ^{GF NF} : With sautéed spinach in a beurre blanc sauce with roasted roma tomato salsa	\$25	Top Sirloin Medallion: With sautéed mushrooms and onions in a wine demi-glace	\$25
Fresh Atlantic Salmon ^{GF NF} : Maple crusted fillet of salmon with tarragon mustard sauce	\$25	Stir-fry: A medley of market fresh vegetables tossed with a hoisin stir-fry sauce with a choice for shrimp, chicken or beef	\$23
Thai Coconut Vegetarian Curry ^{V vv GF NF} : Red Thai curry paste/ coconut milk/ roasted cauliflower/ broccoli/ carrots/ sweet potato/ mini red & white potatoes/celery root	\$25		

Working Lunch Platters

(includes dessert)

All include fresh artisan breads and butter
Served on bio-degradable plates and utensils (\$18/pp)

Thai Chicken (minimum 10 people)

Sliced Thai-glazed chicken breast served on rice noodles with a baby cucumber and tomato salad
Served with a chocolate cake slice

Tandoori Chicken Legs (minimum 10 people)

Served on Palao rice salad with mini cucumber in yogurt and fresh mint.
Served with Gulabjamun (sweet balls in rose water syrup)

Wild Pacific Salmon Fillet (minimum 10 people)

With Mediterranean glaze, with quinoa salad and triple bean salad
Served with strawberry shortcake

Grilled Vegetable (minimum 10 people)

With baba ghanoush and hummus accompanied with pita bread
Served with Baklava

Fresh Atlantic Salmon (minimum 10 people)

On a bed of heritage greens with honey Dijon dressing and chickpea salad
Served with apple squares

Roast Beef (minimum 10 people)

Strawberry with medium rare roast beef on a bed of organic greens with horseradish mayo dressing and celery root and apple coleslaw
Served with brownies

Lunch Buffet (includes dessert)

The Red, White and Green (minimum 20 people)

Italian Salad
Garlic bread
Choice of beef or vegetarian lasagna
Homemade fruit salad

\$23

The Deli (minimum 20 people)

Potato Salad and Coleslaw
Sliced cold cuts
Sweet and sour meatballs
Oriental rice
Dills and olives
Rye bread
Chocolate cake wedges

\$26

The Oriental (minimum 10 people)

Spring rolls (1 per person)
Chicken stir-fry
Oriental rice
Noodle chow mein
Fortune cookies and sliced oranges

\$27

The Greek (minimum 10 people)

Greek salad
Chicken brochettes (2 per person)
Mediterranean rice
Baklava

\$27

The Indian (minimum 10 people)

Butter Chicken
Rice Palao
Potatoes Baji
Sweet balls in rose water

\$27

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Salads

À la carte \$4.50/pp

Horiatiki^{V GF NF}: A Mediterranean blend of plum tomatoes/sweet peppers/sweet red onions/cucumbers/ Kalamata olives/tears of romaine hearts/crumbled feta/ lemon-oregano & olive oil vinaigrette

Campagna^{V GF NF}: Baby spinach & Radicchio topped with slivered local apples/sundried cranberries/ pickled red onions/shaved Asiago cheese/buttermilk-poppy seed vinaigrette

Roasted Potato^{V w NF DF}: Mini red & white potatoes oven roasted tossed with diced onions/ red & yellow peppers/ honey mustard dressing

Quinoa^{V w NF DF}: Quinoa tossed with diced tomato/red & yellow peppers/ corn/sweet vinaigrette

Strawberry Fields^{V GF}: Arugula topped with fresh sliced strawberries/ crumbled goat cheese/candied walnuts/flower petals/raspberry vinaigrette.

Baby Arugula^{V w DF} Arugula topped with cherry tomatoes/strawberries/pralines/raspberry vinaigrette

Senora^{V w NF DF}: Roasted corn/kidney beans/roasted red peppers/sweet vinaigrette

Fatouche Salad^{V w NF DF}: tossed iceberg lettuce/hothouse tomatoes/ cucumber/carrot/ sweet pepper/baked pita chips with sumac dressing

Italian Salad: Lettuce, tomatoes, cucumber, onions and pepperoncini in an oregano oil and vinegar dressing

Rice Noodle Salad: With a medley of bell peppers and red onion, tossed in an Asian sesame dressing

Heritage Lettuce and Mango Salad: With hot house tomatoes and baby cucumber, tossed in an aged balsamic dressing

Tri colour Fusilli Pasta Salad: Tossed with herbs, red and yellow bell peppers and sundried tomato vinaigrette

Marinated Mixed Vegetable Salad: Assortments of vegetables including cauliflower, carrots, turnips, celery onions & cabbage marinated in a sweet herb dressing

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Sides

Choose two sides with your hot entrée

OR à la carte \$4.50/pp

Potato

Yukon Gold Potato Wedges^{V GF NF}: Parmesan cheese/rosemary/
smoked paprika/garlic/olive oil

Oven Roasted Red Skin Potatoes^{V GF NF}: With a buttery dill sauce

Red Skin Mashed^{V GF NF}

Scalloped potatoes au gratin

Yukon Gold Mash

Grain

Middle Eastern Couscous^V: Couscous/cinnamon butter/golden
raisins

Mediterranean Rice^{V vv NF}: Long grain rice/onion/red, yellow & green
pepper

Rice Palao: Basmati rice with herbs and sweet garden peas^{V vv GF}

Oriental Rice: Long grain rice with sautéed onions, celery,
red, yellow & green peppers toss with a light soy sauce^{V vv}

Noodles

Shanghai Noodles: Egg noodles served with a mild curry glaze,
infused with bean sprouts

Vegetable

Grilled Vegetable Medley^{V vv GF NF}: grilled marinated red
pepper/yellow pepper/green peppers/zucchini/eggplant/Spanish onion/
served room temperature or hot

Oven Roasted Root Vegetables: includes carrots, parsnip, sweet
potato, celery root, turnips. Served hot

Panache of Fresh Vegetables^{V GF NF}:
turnip/carrot/cauliflower/pepper medley with a buttery glaze

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Desserts

Homemade Cookies ^V : Double chocolate/oatmeal raisin/macadamia nut	\$3/pp
Squares & Tartlets ^V : Brownies/apple squares/carrot cake	\$3/pp
Fresh Fruit Platter	\$5/pp
Mini Desserts ^V : Nanaimo/ éclairs/fruit tarts/	\$4/pp
Lemon Curd Tart	\$6/pp
Cheesecake with fresh strawberry compote	\$6/pp
Chocolate cake slice	\$6/pp
Strawberry shortcake slice	\$6/pp
Tiramisu cake with café au lait whipped cream	\$7/pp

Beverages

Soft Drinks/Sparkling water/Still water	\$2/each
Fruit juices	\$2.25/each
Coffee & Tea	\$2/pp
Decaf Coffee	\$17.50/pot