



**CULINARY
CONSPIRACY**

Spring & Summer Menu 2018

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 menus.

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	\$12.00/pp	Scrambled Eggs : Bacon/sausage/home fries	\$15/pp
Pastries^V : A selection that may include authentic French butter croissant/pure butter chocolate/fruit Danish	\$5.50/pp	French Toast : With bacon, sausage and maple syrup butter	\$13/pp
Scones & Muffins : Sweet & savoury scones/oat & bran muffins	\$5.50/pp	Belgian Waffle : With bacon, sausage, maple syrup butter and strawberry compote and whipped cream.	\$15/pp
Fruit Parfait Breakfast Combo : Yogurt parfait/berry compote/granola accompanied with assorted pastries/ scones/ muffins served with jams/butter	\$9.00/pp	Culinary Breakfast Burrito : Scrambled eggs, diced bell peppers with pepper jack cheese(2/pp)	\$10.50/pp
Fresh Fruit Breakfast Combo : Fresh fruit salad accompanied with assorted pastries/scones/ muffins served with jams/butter	\$8.00/pp	Culinary Breakfast Sandwich : Egg, back bacon, Canadian cheese with home fries on an English muffin	\$14/pp
Bagels and Lox : Assortment of old fashioned bagels with Scandinavian smoked salmon/ tomatoes/thinly sliced red onion/whipped cream cheese	\$10.00/pp (minimum 20)	Sweet loaves^V : Lemon/cranberry or Triple chocolate or Morning glory(serves 10)	\$12.00/loaf
Mushroom & Bacon Quiche^{NF} : Eggs/ bacon/sautéed mushrooms/ caramelized onions/cream/roasted garlic	\$8.00/pp (minimum 20)	Mini breakfast pastries (2 pieces per person)	\$6/pp
Spanish Frittata^{NF} : European style egg omelet with thinly sliced & sautéed potatoes/chorizo/onions/ baby spinach/sundried tomatoes/smoked paprika	\$14.00/pp	Fruit parfait^{VGFNF} : Vanilla infused yogurt/fresh berry compote/homemade granola on the side	5.00/pp
Veggie Frittata : Spinach, sauté onions, potato crust with farm fresh eggs	\$13.00/pp	Fresh fruit Salad^{VGFNF} : Seasonal fresh fruits drizzled with honey	\$4.50/pp
Scrambled Eggs : Turkey Bacon/Chicken sausage/home fries	\$16.00/pp	Fresh whole fruit of the day ^{VGFNF}	\$1.50/each
Scrambled Egg Benedict : Toasted English muffin, back bacon, creamy scrambled egg served with home fries & hollandaise sauce	\$15.00/pp	Fresh fruit skewer : Served with yogurt dip	\$5.50/pp
		Homemade granola bars^{NFV} : No nuts, just seeds and dried fruits	\$3.00/each
		Gluten Free & Vegan cookies, brownies, or bagels ^{VVGF}	\$3.50/each
		Biscotti	\$3.50
		Tortilla Chips and Salsa(serves 10-12)	\$14.50

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

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Platters

Fresh Fruit Platter^{V GF NF}: A selection of seasonal fruits & berries served with vanilla-honey-yogurt dip (serves 10)

\$55
\$5.50/ extra person

Triple Dips and Crisps^V: Baba ghanoush/Hummus/Roasted Red Pepper dips served with an assortment of crostini/artisanal breads/pita crisps (serves 10)

\$50
\$5/extra person

The Culinary Cheese Platter^V: Domestic & imported cheeses served with grape clusters, strawberries & biscuits (serves 10)

\$70
\$7/extra person

From Garden to Table^{V GF}: 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 **Add chips \$1.50/pp** (serves 10)

\$50
\$5/extra person

Roasted Vegetable Platter: Red, yellow and green peppers, red onion, eggplant and zucchini with Mediterranean glaze, served room temperature (serves 10)

\$65
\$6.50/extra person

French Pâtés: A selection of premium pâtés served with condiments/gherkins/crostini/fresh artisanal bread (serves 10)

\$60
\$6/extra person

Bruschetta: Vine ripened tomatoes with Italian spices & extra virgin olive oil served with toasted garlic baguette (serves 10)

\$45.00

Gluten-free crackers available

\$6.00/box

Charcuterie Platter: A variety of locally crafted cured meats. May include Genoa salami/Hungarian salami/Spanish Serrano ham/Canadian prosciutto from Niagara/Canadian maple glazed bacon/smoked duck breast. Served with homemade chutney/gherkins/baguette (serves 15)

\$99
\$9.00/extra person

Cold Cut Platter: Roast beef, smoked turkey breast, sweet capicola, Montreal smoked meat, beef salami, Deli mustard & rye bread (serves 10)

\$90

Smoked Salmon Platter: With pumpernickel bread, capers, red onion and lemon wedges (serves 10)

\$120
\$12/extra person

Fresh Atlantic Salmon Platter: with Russian dill sauce Served room temperature (serves 10)

\$65.00

Roast Beef Platter: Oven-Roasted sirloin of beef (medium rare) with horseradish mayo (serves 10)

\$90
\$9.00/extra person

Chicken Breast Platter: With orange and sweet Thai chili glaze. Served room temperature (serves 10)

\$50

Cold Water Shrimp Platter^{GF}: 100 jumbo shrimp/tangy cocktail sauce lemon wedges (serves 20-25)

\$225

Finger Sandwiches: An assortment of finger and pinwheel sandwiches including salmon, tuna & egg (serves 20)

\$120

Neptune Platter: Lobster rolls, smoked salmon and marinated shrimp, served with pickled red onions, sour gherkins and Raincoasts crisps (serves 10)

\$140
\$14.00/extra person

All Platters are served at room temperature

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Sandwich Packages

Add Soup or Salad for \$4.50

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 \$16

Celery & carrot sticks with ranch style dipping sauce

Cookies

Wrap & Roll Dairy: Tuna, egg and salmon salad in assorted wraps with celery and carrot sticks with ranch dipping sauce & cookie \$16

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 Dills & olives Apple Squares \$18

Conspiracy Classic: includes a selection of Ham & Swiss: Sweet capicola ham/Swiss cheese/lettuce/tomato/honey mustard \$17

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

Crudit : Crunchy celery/carrot sticks/cauliflower/broccoli buds/red peppers/homemade dipping sauce

Cookies: Double chocolate/oatmeal raisin/macadamia nut

Hot Sandwiches

Meatball Sub: 6in meatballs sub in a Marinara sauce with mozzarella cheese served with Italian salad & cookies \$15

Pull Pork Sandwich: Pull Pork on a ciabatta bun served with creamy coleslaw & cookies \$15

Add Chef Soup or Salad for \$4.50

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-peppercorn sauce or room temperature with horseradish mayo	\$30	Chicken Stir Fry: A medley of fresh market veggies tossed with hoisin	\$25
Beef Bourguignon ^{NF DF} : Tender morsels of AAA Canadian beef with mushrooms and onions in a red wine sauce	\$28	Chicken Brochette ^{GF NF DF} : Black peppercorn & balsamic infused chicken with red pepper, onions & cherry tomato	\$26
Top Sirloin Medallion: With sautéed mushrooms and onions in a wine demi-glace	\$26	Maple Glaze Chicken: Oven roasted chicken legs finish with a mild maple glaze	\$26
Grain Fed Breast of Chicken Supreme ^{NF} : With café au lait sauce	\$26	Barbeque Chicken & Ribs: ¼ chicken legs in a maple bbq sauce & ¼ ribs in a 40 creek bbq sauce	\$30
Mediterranean Chicken ^{GF NF DF} : Marinated pan-seared chicken breast stuffed with spinach & mushroom with a hint of Mediterranean spices & a honey tomato glaze	\$26	Oven-Roasted Pork Medallion: In a wild & tame mushroom ragu or served with Dijon Maple Glaze	\$30
Tandoori Chicken ^{NF DF} : Marinated chicken in a dairy-free yogurt with Tandoori spice and cooked in our clay oven	\$26	Wild Pacific Salmon Fillet ^{GF NF} : With sautéed spinach in a beurre blanc sauce with roasted roma tomato salsa	\$30
Chicken Cacciatore ^{GF NF DF} : Breast of chicken in a roasted roma tomato sauce with a medley of onions and bell peppers	\$26	Fresh Atlantic Salmon ^{GF DF} : In a pesto cream sauce	\$30
Chicken Parmigiana: Grain-fed breast of chicken, flattened and coated with Panko bread crumbs and topped with marinara sauce, finished with mozzarella cheese	\$26	Halibut: Grilled Halibut Steak with a red onion, cilantro & bell pepper Salsa with a splash of lime	\$29
Chicken Picatta: Thinly sliced breast of chicken in a lemon Beurre blanc sauce	\$26	Tuna Steak: Tuna steak cook to medium rare with orange & mango chutney with a squeeze of fresh lemon	\$28
		Pickeral: Pan fried Pickeral with a lemon beurre blanc sauce	\$26

Hot Entrées Vegetarian Menu

Thai Coconut Vegetarian Curry ^V ^w ^{GF} ^{NF}: Red Thai curry paste/
coconut milk/ roasted cauliflower/ broccoli/ carrots/ sweet potato/ mini
red & white potatoes/celery root \$25

Lentil Ratatouille: Roasted red bell pepper stuffed with lentils
(2 per person) \$26

Stir-fry: A medley of market fresh vegetables tossed with a
hoisin stir-fry sauce with egg noodles \$25

Vegetarian Lasagna: Our signature lasagna is loaded with cheese,
vegetable & simple basil tomato sauce \$25

Vegetarian Shephard's Pie: made with lves ground round & a
medley of seasonal vegetables \$25

Eggplant Parmigiana: tender slices of eggplant dipped in eggs &
breaded with panko in a roasted roma tomato sauce & topped with
mozzarella \$25

Vegetarian Chili: A Tex Mex style made with veggie ground rounds,
beans, corn & tomatoes \$25

Lunch Buffet (includes dessert)

The Red, White and Green (minimum 20 people) \$25
Italian Salad
Garlic bread
Choice of beef or vegetarian lasagna
Homemade fruit salad

The Middle Eastern (minimum 20 people) \$26
Fatoush Salad
Chicken Souvlaki/Veggie Souvlaki
Lentil rice with crispy onions
Pita
Baklava

The Oriental (minimum 10 people) \$28
Spring rolls (1 per person)
Chicken stir-fry
Oriental rice
Noodle chow mein
Fortune cookies and sliced oranges

The Greek (minimum 10 people) \$28
Greek salad
Chicken brochettes (2 per person)
Mediterranean rice
Baklava

The Indian (minimum 10 people) \$28
Butter Chicken
Rice Palao
Potatoes Baji
Sweet balls in rose water

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

Mini Red Skin Potato^{V vv NF DF}: Mini red & white potatoes tossed with diced onions/ red & yellow peppers/ honey mustard dressing

Greek Quinoa^{V vv NF}: Quinoa tossed with diced tomato/cucumbers/onions/peppers/black olives/sweet Greek vinaigrette

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

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

Mixed Kale Salad: tossed with cranberries, sunflower seeds in a poppy seed dressing

Taco Salad: Salad green, assorted beans, assorted peppers, tri colour nacho cups with avocado dressing

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

Fatouche Salad^{V vv 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, red onion and crispy egg noodles tossed in sweet soy dressing

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

Asian Cucumber Salad: Slice cucumber, bell peppers, rice noodles & red onions in an Asian sesame dressing

Summer Time Salad: Blueberries, broccoli & spinach toss with raspberry dressing

Roasted_Sweet Potatoes Salad: With sliced almond & feta cheese in a Mediterranean dressing

Bow Tie Pasta Salad: made with bow tie noodles, medley of peppers & slivered red onions in an Italian style dressing

Cucumber & Tomato Salad: tossed with red onions in a dill vinaigrette

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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}

Oven Fried Potato Pancakes^{v gf nf vv}

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^{vv}

Lentil

Red Lentils with coconut curry

Vegetable

Grilled Vegetable Medley^{V vv GF NF}: Grilled marinated red
peppers/yellow peppers/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

Oven Roasted Brussel Sprouts^{v gf nf vv} with balsamic reduction

Spaghetti Squash^{gf nf v vv} with a maple glaze

Sweet Corn Casserole^{v vv nf gf} sweet corn & sweet potato with
sautéed onions

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Desserts

Homemade Cookies ^V : Double chocolate/oatmeal raisin/macadamia nut	\$3/pp
Squares & Tartlets ^V : Brownies/apple squares/carrot cake	\$4/pp
Fresh Fruit Platter	\$6/pp
Mini Desserts ^V : Nanaimo/ éclairs/fruit tarts/	\$5/pp
Lemon Curd Tart	\$6/pp
Cheesecake with fresh strawberry compote	\$7/pp
Chocolate cake slice	\$7/pp
Strawberry shortcake slice	\$7/pp
Red Velvet Cake	\$7.50/pp
Crème Brûlée in a sweet tart shell	\$7.50/pp

Beverages

Soft Drinks/Sparkling water/Still water	\$2.50/each
Fruit juices	\$2.50/each
Coffee & Tea	\$2.25/pp
Decaf Coffee	\$17.50/pot

Cool Hors d'Oeuvres \$90 per 3dzn (minimum order per item)

Roasted apple crostini/prosciutto/brie^{NF}

Pear and blue cheese tart^{VNF}

Caprese skewers/mozzarella balls/cherry tomato/fresh basil/balsamic reduction

Jumbo Madras spiced prawn/orange-chili glaze/toasted coconut^{DFNFGF}

Antipasto skewers/prosciutto/provolone/kalamata olive/cherry tomato^{NFGF}

Thai beef/medium spiced beef julienne/cucumber circles^{DFNFGF}

Wild mushroom bruschetta/garlic crostini/Roma tomatoes/wild mushrooms^{vvNF}

Beef tulips/phylo cups/medium rare ribeye beef slices/raspberry horseradish^{NF}

Salmon skewers/oven-baked caramelized salmon fillet/mango salsa^{DFNF}

Smoked salmon rosette/dill and cream cheese mousse/pumpnickel circles

Vietnamese rolls/mango/noodles/cilantro/sweet Thai chili sauce^{VDNFGF}

California chicken crostini/French baguette/apricot chutney/sliced chicken^{DFNF}

Curry chicken tulips/miniature phyllo cups/Tandoori curry chicken^{DFNF}

Oriental Chicken confit rolls/Rice paper /Chinese lettuce/chicken confit/hoisin paste/ hoisin BBQ sauce^{DFNF}

Deville egg with marinated shrimp garnish

Assorted Mini Quiche

Hot Hors d'Oeuvres \$90 per 3dzn (minimum order per item)

Assorted mini quiche^{NF}

Spinach in phyllo beggar's pouch/fresh spinach/oregano/feta^{NFDF}

Beef satay skewers/tender slices of beef/maple plum sauce^{NFGFDF}

Mini crab cakes with seafood dipping sauce

Harrissa chicken skewers/thin chicken fillets/curried coconut & tamarind dip^{NFGFDF}

Cocktail samosa/sweet chili dip

Mini potato latkes/sour cream dip

Oriental pot stickers/rice paper wrap/chopped vegetables/chicken & beef/Thai chili sauce/served on oriental spoons

Hot dog in a blanket/beef hot dog wrapped in pastry/deli mustard

Shrimp tempura/Pico de Gallo mayo

Mini quiche Florentine/red peppers/spinach/egg^{NF}

STATIONS

Montreal smoked meat brisket (minimum 25 people)

Hand carved/served with light & dark cocktail rye bread/Mustard/dill pickles/olives/sweet pimentos

\$15/pp
Carver \$30/hr
(minimum 4 hours)

Oven-roasted top sirloin of beef (minimum 25 people)

Hand carved/served with freshly baked tea buns/
Horseradish/dill pickles/olives

\$19/pp
Carver \$30/hr
(minimum 4 hours)

Smoked BC salmon (lox) (minimum 25 people)

Served with chopped onions/capers/light & dark
bread rolls/creamy horseradish sauce & cream cheese

\$16/pp

Sushi Station^V (minimum 20 people)

Assorted vegetarian sushi on boards/wasabi mustard/
pickled ginger/teriyaki sauce

\$15/pp

Summer BBQ Special

(All disposables included)

Picnic Style

Hot dog/Burger/Chicken Breast/served on sesame buns \$19.95/pp
Potato Salad
Coleslaw
Lettuce leaves/ tomato/onions/dills/condiments
Watermelon

Mediterranean BBQ (select 2 kinds of meat) \$30/pp

Rolls & Butter
Greek Salad/ Italian Salad
Pork Kabob/ Beef Kabob/ Chicken Kabob/ Salmon Kabob/Kafta Kabob
Mediterranean Rice/Lemon Potatoes
Fresh Fruit Platter

Round up BBQ \$32/pp

Rolls & Butter
Coleslaw
Penne Pasta Salad/Potato Salad
¼ Chicken Leg/1/2 Rack Baby Back Ribs
Dirty Rice/Refried Beans/Corn on the Cob
Watermelon

BBQ Rentals \$175

Ultimate BBQ

Artisanal Bread with assorted butters in crocks \$40.00/pp
Caesar Salad/Tomato & Onion Salad/Chopped Kale Salad
12 oz. New York Sirloin with three peppercorn sauce or
Maple Glazed Atlantic Salmon
Garlic Mashed Potatoes
Sautéed Baby Red/Green/Yellow Peppers
Roasted Asparagus
Fresh Fruit Platters

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