



2021 - 2022 FALL & WINTER MENUS

Culinary Conspiracy is Ottawa's Premier Gourmet
Catering & Beverage Company ~ Celebrating 19 Years !

As Ottawa's Full-Service Caterer, We Offer a Complete Range of Services from Beginning to End !
We Handle All of Your Catering & Event Needs from Supplies, Décor
Linens, Furnishings, Bar Service and More !

Our Passion for Perfection, Exquisite Cuisine & Service Excellence will Make Your Event Truly Memorable !

We Specialize in Providing You and Your Guests with Customized Menus
from a Major Event to a Private Party in Your Home. Our Catering Consultants will Work with You
to Create a Menu to Suit Your Taste, Theme & Budget

Trendsetting & Innovative Practices has Firmly Established Our Reputation as the
Caterer of Choice for Corporate, Social & Special Events in Ottawa

“WE'RE THE MISSING INGREDIENT !”

ALLERGENS

Our Dishes are Tailored to Meet Specific Dietary Requirements or Food Related Allergies
We do our Utmost to Accommodate Dietary Restrictions

DELIVERY | RENTALS | HST

Delivery Service & Rentals are Not Included
Rental Dishes are Available
Prices Do Not Include HST



BREAKFAST

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Continental Breakfast ^{V/NF} Assorted Danishes, Muffins, Croissants, Butter & Jams, Orange & Apple Juices, Coffee & Tea	\$12.00/pp
Bagels & Lox ^{NF} Assorted Bagels with Smoked Salmon, Sliced Tomatoes, Thinly Sliced Red Onions & Cream Cheese	\$11.00/pp
Fresh Parfait Breakfast Combo ^{V/NF} Yogurt Parfait, Berry Compote, Granola with Assorted Pastries, Scones, Muffins, Butter & Jams	\$9.00/pp
Fresh Fruit Breakfast Combo ^{V/NF} Fresh Fruit Salad with Assorted Pastries, Scones, Muffins, Butter & Jams	\$8.00/pp
Mushroom & Bacon Quiche ^{NF} Eggs, Bacon, Sautéed Mushrooms & Caramelized Onions	\$9.00/pp
Spanish Frittata ^{NF/GF/DF} European Style Egg Omelet with Thinly Sliced Sautéed Potatoes Chorizo, Onions, Baby Spinach, Sundried Tomatoes & Smoked Paprika	\$14.00/pp
Veggie Frittata ^{NF/GF/DF} Eggs, Spinach & Sautéed Onions with Potato Crust	\$13.00/pp
Scrambled Eggs Benedict ^{DF/NF} Toasted English Muffin, Back Bacon, Hollandaise Sauce & Home Fries	\$16.00/pp
Scrambled Eggs Combo ^{DF/NF} With Bacon, Sausage & Home Fries	\$15.00/PP
Gluten Free Scrambled Eggs Combo ^{DF/NF} Turkey Bacon, Chicken Sausage & Home Fries	\$16.00/pp
Culinary Breakfast Burrito ^{NF/V} Scrambled Eggs, Diced Bell Peppers & Pepper Jack Cheese (2/pp)	\$10.50/pp
Culinary Breakfast Sandwich ^{NF} Toasted English Muffin, Egg, Back Bacon, Canadian Cheese & Home Fries	\$14.00/pp
French Toast ^{NF} With Bacon, Sausage, Maple Syrup & Butter	\$13.00/pp
Belgian Waffle ^{NF} With Bacon, Sausage, Maple Syrup, Butter, Strawberry Compote & Whipped Cream	\$15.00/pp

Icons: DF-No Dairy | GF-Gluten Free | NF-Nut Free | V-Vegetarian | vv-Vegan

3-1460 Cyrville Road | Ottawa, ON | K1B 3L9 | 613.241.3126 | catering@culinaryconspiracy.ca



BREAKS

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Mini Pastries^V	\$6.00/pp
Selection of French Butter Croissant, Butter Chocolatine & Fruit Danish (2 pcs/person)	
Pastries^V	\$5.50/pp
Selection of French Butter Croissant, Butter Chocolatine & Fruit Danish	
Scones & Muffins^{V/NF}	\$5.50/pp
Sweet & Savoury Scones, Oat & Bran Muffins	
Sweet Loaves^{V/NF}	\$12.00/loaf
Lemon-Cranberry or Triple Chocolate or Morning Glory (serves 10)	
Fresh Fruit Parfait^{V/GF/NF}	\$5.00/pp
Vanilla Infused Yogurt, Fresh Berry Compote, Housemade Granola	
Fresh Fruit Salad^{V/vw/GF/NF/DF}	\$4.50/pp
Seasonal Fresh Fruits	
Fresh Fruit Kabob^{NF/V/GF}	\$5.50/pp
Seasonal Fresh Fruits (2/person)	
Fresh Whole Fruit of the Day^{V/vw/GF/NF/DF}	\$1.50/ea
Biscotti^V	\$3.50/ea
Selection of Homemade Cookies	\$3.00/ea
Double Chocolate, Oatmeal Raisin, Macadamia Nut	
Homemade Granola Bars^{NF/GF/vw/V}	\$3.00/ea
Gluten Free & Vegan Granola Bars^{vw/V/DF/GF}	\$4.00/ea
Gluten Free & Vegan Cookies^{vw/V/DF/GF/NF}	\$3.50/ea
Tortilla Chips & Salsa^V	\$14.50/platter
(Serves 10-12 ppl) <i>Gluten Free Quinoa Chips add \$2.00/platter</i>	
Popcorn	\$4.50/pp
Varieties Upon Request	
Sweet Selections	\$5.50/pp
Assortment of Brownies, Apple Squares, Carrot Cake Chocolate Chip Cookies, Oatmeal Raisin Cookies	

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SANDWICH PACKAGES

Minimum Order 10 per Selection

Add Soup or Salad of the Day for \$4.50 per person

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

The Express^{DF/NF} \$14.00
Medley of Tuna Salad, Egg Salad, Chicken Salad, Roasted Vegetables
On Freshly Baked Tea Buns - White & Whole Wheat (2/pp)
Celery & Carrot Sticks with Dijon Honey Mustard Dipping Sauce
Cookies

Deli Quick & Light^{DF/NF} \$16.00
Assorted Deli Meats ~ Montreal Smoked Meat, Seasoned Roast Beef
Smoked Chicken Breast, Honey Maple Ham
Celery & Carrot Sticks with Dijon Honey Mustard Dipping Sauce
Cookies
(Vegetarian Sandwiches Available Upon Request)

Wrap & Roll^{DF/NF} \$16.00
Assorted Flavoured Wraps with Meat & Vegetarian Fillings
Celery & Carrot Sticks with Dijon Honey Mustard Dipping Sauce
Cookies

Wrap & Roll ~ Dairy^{DF/NF} \$16.00
Assorted Flavoured Wraps with Tuna Salad, Egg Salad & Salmon Salad
Celery & Carrot Sticks with Dijon Honey Mustard Dipping Sauce
Cookies

Manhattan Sandwich Platter^{DF/NF} \$18.00
Assorted Large Deli Sandwiches on Freshly Baked Rye Bread (1.5 pp)
Montreal Smoked Meat, Seasoned Roast Beef, Smoked Chicken Breast, Honey Maple Ham
Dills & Olives
Apple Squares
(Vegetarian Sandwiches Available Upon Request)

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SANDWICH PACKAGES - CONT'D

Minimum Order 10 per Selection

Add Soup or Salad of the Day for \$4.50 per person

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Conspiracy Classic ^{NF} - On Freshly Baked Bun	\$17.00
Ham & Swiss	
Sweet Capicola, Swiss Cheese, Lettuce, Tomato, Honey Mustard	
Traditional Roast Beef	
Tomato, Pickled Red Onion, Lettuce, Havarti, Horseradish Mayo	
Classic Grilled Chicken	
Lemon & Herb Seasoned, Tomato, Lettuce, Orange Cheddar, Sundried Tomato Aioli	
Roasted Vegetables	
With Basil Pesto Spread (3/pp)	
Smoked Turkey Club Wrap	
Tomato, Red Onion, Romaine Lettuce, Bacon, Pesto Spread	
Crudités	
Celery & Carrot Sticks, Cauliflower & Broccoli Buds, Red Peppers with Housemade Dip	
Cookies	
Double Chocolate, Oatmeal Raisin, Macadamia Nut	

HOT SANDWICHES

Meatball Sub ^{NF}	\$15.00
6" Sub with Marinara Sauce & Mozzarella Cheese, Served with Italian Salad & Cookies	
Pulled Pork Sandwich ^{NF}	\$15.00
On Ciabatta Bun, Served with Creamy Coleslaw & Cookies	

Gluten Free & Vegan Sandwiches Available Upon Request
Add \$2 Extra per person



SALADS

à La Carte \$4.50 per person

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Horiatiki ^{V/GF/NF}

Plum Tomatoes, Sweet Peppers, Sweet Red Onions, Cucumber
Kalamata Olives, Tears of Romaine Hearts, Crumbled Feta, Lemon-Oregano & Olive Oil Vinaigrette

Italian ^{V/vv/GF/NF/DF}

Lettuce, Tomatoes, Cucumber, Onions, Pepperoncini, Oregano Oil & Vinegar Dressing

Baby Arugula ^{V/vv/DF}

Topped with Cherry Tomatoes, Strawberries, Pralines & Raspberry Vinaigrette

Mixed Kale ^{V/GF/NF}

Tossed with Cranberries, Sunflower Seeds & Poppy Seed Dressing

Heritage Lettuce ^{V/vv/GF/NF/DF}

Tomatoes, Cucumbers, Tossed in Aged Balsamic Vinaigrette

Strawberry Fields ^{V/GF}

Arugula Topped with Sliced Fresh Strawberries, Crumbled Goat Cheese, Candied Walnuts
Raspberry Vinaigrette

Campagna ^{V/GF/NF}

Baby Spinach & Radicchio, Sundried Cranberries, Pickled Red Onions, Shaved Asiago Cheese
Buttermilk-Poppy Seed Vinaigrette

Cucumber & Tomato ^{V/vv/GF/NF/DF}

Tossed with Red Onions in a Dill Vinaigrette

Tomato & Onion ^{V/vv/GF/NF/DF}

Tossed with a Tangy Balsamic Vinaigrette

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SALADS – CONT'D

à La Carte \$4.50 per person

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Taco ^{V/vw/DF/NF}

Green Salad, Assorted Beans & Peppers, Tri-Colour Nacho Chips & Avocado Dressing

Sonora ^{V/vw/DF/NF}

Kidney Beans, Roasted Corn & Red Peppers in a Sweet Vinaigrette

Quinoa ^{V/vw/NF}

Tossed with Rainbow of Sweet Peppers & Mediterranean Dressing

Fattoush ^{V/vw/NF/DF}

Tossed Iceberg, Tomatoes, Cucumbers, Carrots, Sweet Peppers
Baked Pita Chips with Sumac Dressing

Roasted Sweet Potatoes ^{V/GF}

With Sliced Almonds & Feta in a Mediterranean Dressing

Mini Reds Potato ^{V/vw/NF/DF}

Tossed with Diced Onions, Red & Yellow Peppers with Honey Mustard Dressing

Bowtie Pasta ^{V/NF/DF}

Medley of Bell Peppers, Red Onions in an Italian Style Dressing

Oriental Noodle ^{V/DF/NF}

Medley of Bell Peppers, Red Onions & Crispy Egg Noodles in Sweet Soy Dressing

Orzo Pasta ^{V/NF}

With Sweet Peppers, Red Onions in a Oregano Feta Dressing

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PLATTERS

All Serves 10

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Sliced Seasonal Fresh Fruit ^{V/GF/NF} Selection of Assorted Fruits & Berries	\$55.00 \$5.50/extra person
Garden to Table Vegetables ^{V/GF/DF/NF/vv} Selection of Fresh Garden Vegetable Crudités with Housemade Dipping Sauce	\$50.00 \$5.00/extra person
Roasted Vegetables ^{V/GF/DF/NF/vv} Red, Yellow & Green Peppers, Red Onion, Eggplant, Zucchini, Served with Housemade Hummus Room Temperature	\$65.00 \$6.50/extra person
Culinary Cheeses ^{V/NF} Domestic & Imported Selections with Grape Clusters, Strawberries, Biscuits & Crackers	\$70.00 \$7.00/extra person
Lactose Free Cheeses ^{V/DF/NF/DF/LC} Domestic Selections with Grape Clusters, Strawberries, Biscuits & Crackers	\$90.00 \$9.00/extra person
Bruschetta ^{V/DF/NF} Vine Ripened Tomatoes with Italian Spices & EVOO on Toasted Garlic Baguette Rounds <i>Gluten Free Rice Crackers available \$1.50/person</i>	\$45.00
Triple Dips & Crisps ^{V/DF/NF/vv} Baba Ghanoush, Hummus & Roasted Red Pepper Dips With Crostinis & Pita Crisps	\$50.00 \$5.00/extra person
Charcuterie ^{DF/NF} Variety of Locally Crafted Cured Meats, may include, Genoa Salami Hungarian Salami, Prosciutto, Maple Glazed Sausage & Smoked Duck Breast With Housemade Chutney, Gherkins & Fresh Artisanal Sliced Baguettes	\$99.00 \$9.00/extra person
French Pâtés Premium Selection with Condiments, Gherkins, Crostinis & Fresh Artisanal Sliced Baguettes	\$70.00 \$7.00/extra person

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PLATTERS – CONT'D

All Serves 10

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Cold Cuts ^{DF/NF} Roast Beef, Smoked Turkey Breast, Sweet Capicola, Montreal Smoked Meat Beef Salami with Deli Mustard & Rye Bread	\$90.00
Roast Beef Sirloin ^{GF/DF/NF} Medium Rare, Sliced with Horseradish Mayo. Room Temperature	\$90.00 \$9.00/extra person
Grain-Fed Chicken Breast ^{GF/DF/NF} Orange & Sweet Thai Chili Glaze, Sliced. Room Temperature	\$65.00
BC Smoked Salmon ^{DF/NF} Capers, Diced Red Onions, Lemon Wedges, Served with Cocktail Pumpernickel	\$120.00 \$12.00/extra person
Fresh Atlantic Salmon ^{GF/DF/NF} Fillet Pieces with Russian Dill Sauce. Room Temperature	\$90.00
Cold Water Shrimp ^{GF/NF} 100 Jumbo Shrimp, Tangy Cocktail Sauce, Lemon Wedges (Can be Divided into 25 Mini Platters - 4 Shrimp, Sauce & Lemon Wedge, Upon Request)	\$225.00
Neptune Platter ^{DF/NF} Lobster Rolls, Smoked Salmon, Marinated Shrimp With Pickled Red Onions & Sour Gherkins Not Available Individually	\$140.00 \$14.00/extra person
Finger Sandwiches Assortment of Salmon Salad, Tuna Salad & Egg Salad (serves 20) (Meat Selections Available Upon Request)	\$120.00

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BOUNTIFUL LUNCH BUFFET

Minimum Order 10 per Selection
(Includes Dessert)

The Red, White & Green (minimum 20 people) \$25.00

Italian Salad ^{V/vv/GF/NF/DF}
Choice of Beef or Vegetarian Lasagna ^{V/NF}
Garlic Bread ^{V/NF}
Homemade Fruit Salad ^{V/vv/GF/NF/DF}

The Middle Eastern \$26.00

Fattoush Salad ^{V/vv/GF/NF/DF}
Chicken Souvlaki ^{GF/NF/DF}
Lentil Rice with Crispy Onions ^{V/vv/GF/NF/DF}
Pita ^{NF}
Baklava

The Stir-Fry \$28.00

Spring Roll (1 per person)
Chicken Stir-Fry
Noodle Chow Mien
Oriental Rice
Fortune Cookies

The Greek \$28.00

Greek Salad ^{V/vv/GF/NF/DF}
Chicken Brochettes (2 per person) ^{NF/GF/DF}
Mediterranean Rice ^{V/vv/GF/NF/DF}
Pita ^{NF}
Baklava

The Indian \$28.00

Butter Chicken ^{GF/NF/DF}
Palao Rice ^{GF/NF/DF/V}
Aloo Peas ^{V/GF/NF/DF}
Naan Bread ^{NF}
Sweet Balls in Rose Water

The Seaferer \$28.00

Italian Salad ^{V/vv/GF/NF/DF}
Shrimp & Salmon Kabobs
Mediterranean Rice ^{V/vv/GF/NF/DF}
Carrot Cake

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ENTRÉES

Includes Selection of 2 Sides

Fresh Artisan Breads & Creamery Butter

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

POULTRY

Tandoori Chicken ^{GF/NF/DF} Marinated with Tandoori Spice, Cooked in a Clay Oven	\$26.00
Chicken Cacciatore ^{GF/NF/DF} Chicken Morsels in a Roasted Roma Tomato Sauce with Medley of Onions & Bell Peppers	\$26.00
Grain-Fed Chicken Breast Mediterranean ^{GF/NF/DF} Marinated Pan-Seared, Stuffed with Spinach & Mushrooms with a Hint of Mediterranean Spice & Limoncello Glaze	\$26.00
Grain-Fed Chicken Breast Parmigiana ^{NF} Scallopini with Panko Breadcrumbs, Topped with Marinara Sauce & Mozzarella	\$26.00
Grain-Fed Chicken Breast Piccata ^{GF/NF/DF} Thinly Sliced in a Lemon Caper Sauce	\$26.00
Grain-Fed Chicken Breast Supreme ^{NF} With Café au Lait Sauce	\$26.00
Grain-Fed Chicken Breast Stir Fry ^{GF/NF/DF} With a Medley of Fresh Market Vegetables, Tossed with Sesame Oil	\$25.00
Grain-Fed Chicken Breast Brochette ^{GF/NF/DF} Black Peppercorn & Balsamic Infused with Red Peppers, Onions & Cherry Tomatoes (2/person)	\$26.00
Maple Glaze Chicken Legs ^{GF/NF/DF} Roasted & Finished with a Mild Maple Glaze	\$26.00
Barbeque Chicken & Ribs ^{GF/NF/DF} ¼ Chicken Legs in a Maple BBQ Sauce & ¼ Ribs in a Forty Creek BBQ Sauce	\$32.00

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ENTRÉES – CONT'D

Includes Selection of 2 Sides

Fresh Artisan Breads & Creamery Butter

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FISH

Fresh Atlantic Salmon Fillet ^{GF/NF/DF} Grilled & Oven Finished in a Pesto Sauce	\$30.00
Halibut Steak ^{GF/NF/DF} Grilled, Accompanied with Red Onions, Cilantro & Bell Pepper Salsa with Splash of Lime	\$30.00
Tuna Steak ^{GF/NF/DF} Grilled Medium Rare with Orange & Mango Chutney with Squeeze of Lemon	\$30.00
Classic Louisiana Shrimp Étouffée ^{NF/DF} Quick Stew, Shrimp, Onion, Celery & Green Peppers, Thickened with Simple Brown Roux	\$29.00

BEEF

Roast New York Sirloin ^{GF/NF/DF} Served Hot with a Three-Peppercorn Sauce or Room Temperature with Horseradish Mayo	\$30.00
Bourguignon ^{GF/NF/DF} Tender Morsels of AAA Canadian Beef, Mushrooms & Pearl Onions in a Red Wine Sauce	\$28.00
Stroganoff ^{GF/NF/DF} Tender Morsels of AAA Canadian Beef & Onions in a Cream Mushroom Sauce With Buttered Egg Noodles	\$28.00
Traditional Shepherd's Pie ^{GF/NF/DF} Seasoned Ground Beef, Onions & Corn, Topped with Buttery Mashed Potatoes	\$23.00

PORK

Roasted Pork Loin Medallions ^{GF/NF/DF} In a Wild & Tame Mushroom Ragu or Served with Dijon Maple Glaze	\$30.00
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VEGETARIAN ENTRÉES

Includes Selection of 2 Sides

Fresh Artisan Breads & Creamery Butter

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

Thai Coconut Curry ^{V/vv/GF/NF} Roasted Cauliflower, Broccoli, Carrots, Sweet Potato, Mini Red & White Potatoes, Celery Root In a Red Thai Curry Paste & Coconut Milk	\$25.00
Lentil Ratatouille ^{V/vv/GF/NF/DF} Roasted Bell Pepper Stuffed with Lentils, Eggplant, Zucchini, Medley of Bell Peppers in a Garlic Herb Tomato Sauce (2/person)	\$26.00
Stir-Fry ^{V/vv/GF/NF/DF} Medley of Garden Fresh Vegetables, Tossed in Sesame Oil with Rice Noodles	\$25.00
Lasagna ^{V/NF} Loaded with Vegetables, Cheese & Simple Basil Tomato Sauce	\$25.00
Shepherd's Pie ^{V/vv/GF/NF/DF} Veggie Ground Round & Seasonal Vegetables, Topped with Mashed Potatoes	\$25.00
Eggplant Parmigiana ^{V/NF} Tender Slices of Eggplant, Dipped in Egg & Panko Breadcrumbs, Topped with Roasted Roma Tomato Sauce & Mozzarella	\$25.00
Chili ^{V/vv/GF/NF/DF} Tex Mex Style with Veggie Ground Round, Beans, Corn & Tomatoes	\$25.00

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SIDES

Select Two Sides with Your Hot Entrée or à La Carte \$4.50/per person

(CAN BE INDIVIDUALLY WRAPPED UPON REQUEST)

POTATOES ^{V/vv/GF/NF/DF}

Yukon Gold Wedges | Yukon Gold Mashed | Potato Pancakes
Red Skin Mashed | Roasted Mini Reds

GRAINS

Middle Eastern Couscous ^{V/vv/GF/NF/DF}
With Medley of Bell Peppers, Golden Raisins & Cinnamon

Mediterranean Rice ^{V/vv/GF/NF/DF}
With Medley of Bell Peppers & Onions

Palao Rice ^{V/vv/GF/NF/DF}
With Sweet Garden Peas & Herbs

Oriental Rice ^{V/NF/DF}
With Onions, Celery, Medley of Bell Peppers & Light Soy Sauce

LENTILS

Red Lentils ^{V/vv/GF/NF/DF}
With Coconut Curry

VEGETABLES

Grilled Vegetable Medley ^{V/vv/GF/NF/DF}
Marinated Red, Yellow & Green Peppers, Zucchini, Eggplant & Spanish Onions, Served Room Temperature or Hot

Roasted Root Vegetables ^{V/vv/GF/NF/DF}
Carrots, Parsnips, Sweet Potatoes, Celery Root & Turnips

Panache of Fresh Vegetables ^{V/vv/GF/NF/DF}
Turnips, Carrots, Cauliflower, Red, Yellow & Green Peppers in a Buttery Glaze

Roasted Brussel Sprouts ^{V/vv/GF/NF/DF}
With Balsamic Reduction

Spaghetti Squash ^{V/vv/GF/NF/DF}
With a Maple Glaze

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DESSERTS

Per Person

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Flourless Chocolate Torte ^{V/GF}	\$9.00
Crème Brûlée In a Sweet Tart Shell	\$8.00
Cheesecake With Fresh Strawberry Compote	\$7.50
Chocolate Cake	\$7.50
Strawberry Shortcake	\$7.50
Lemon Curd Tart	\$6.00
Seasonal Fresh Sliced Fruit Platter	\$6.00
Selection of Mini Desserts Nanaimo, Éclairs, Fruit Tarts	\$5.00
Selection of Squares & Tartlets Brownies, Apple Squares, Carrot Cake	\$4.00

BEVERAGES

Soft Drinks, Sparkling Water & Still Water	\$2.50 ea
Fruit Juices Apple & Orange	\$2.50 ea
Coffee & Tea	\$2.50 ea
Decaf Coffee	\$17.50/pot

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