

Catering



Food by FLIK

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ICONS



V+ = Vegan. Contains absolutely no ingredients from animals or animal byproducts such as milk, eggs, honey, gelatin, whey, casein, rennet.



V = Vegetarian. Does not contain meat, fish or poultry but may contain milk or eggs.



FIT. Items that meet specific criteria and are moderate in calories, fat and sodium.

At **FLIK**, **every customer** is our priority.

Ordering Info

For all orders, call 978-930-334-, or email

General Manager: kyle.corkery@compass-usa.com &

Catering Supervisor: stephanie.montalvomartinez@compass-usa.com

To ensure availability and secure delivery times, we encourage you to place catering orders 24 Hours prior for the following day. Menus are subject to change based on market availability.

Allergy and Dietary Preferences

We want to ensure that we have optionality for all our guests. Please advise if you have any allergy or dietary preferences with your catering orders. Kosher meals are available upon request.

Delivery and Service Fees

There are no service fees for any FLIK catered service provided during normal operating hours; after-business hours may require a service charge.

Cancellation Policy

Standard orders cancelled with at least 24 hours' notice will not be charged. If less than 24 hours' notice is given, and the items have not already been prepared, no charges will be incurred. If some or all of the order has been prepared, a cancellation fee will be assessed.

Special Events

Our catering manager will be happy to assist you with your next special function. We offer wait staff, equipment rentals, and a variety of other non-food services. Bar service is available upon request.

Looking for a better choice, but don't want to sacrifice flavor or cost? FIT has you covered!

Choose from 100% **FIT** menus or add-on a **FIT** beverage or side to your menu, it's up to you!

Have a dietary restriction? Please be sure to talk with our manager to assure we can accommodate.

Beverages

AM FULL BEVERAGE SERVICE

Regular and Decaffeinated Coffee,	5.50
Dammann Freres Teas, Still & Sparkling	
Water	
Upgrade to Starbucks	1.00

PM FULL COFFEE SERVICE

Regular and Decaffeinated Coffee,	5.50
Dammann Freres Teas, Still & Sparkling	
Water, Assorted Soda	
Upgrade to Starbucks	1.00

SOFT BEVERAGE SERVICE

Soft Drinks, Still & Sparkling Water	3.00
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WATER SERVICE

Still & Sparkling water	3.00
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INDIVIDUAL BEVERAGE ADDITIONS:

Iced Tea	3.00
Bottled water	3.00
Assorted Bottled Juice	3.00
Freshly Squeezed OJ	2.50
Seasonal Aqua Fresca	2.00
Strawberry Banana Fruit Smoothie	3.50
Mixed Berry Smoothie	3.50

Breakfast

MORNING START

8.95

Mini Greek Yogurt Parfait, Petite Fresh Fruit Cups
Choice of Two Morning Pastries Coffee, Tea Service

- Mini Pastries
- Tea Bread; Whipped Butter
- Mini Muffins
- Mini Bagels; Cream Cheese, Jams, Jellies

AVOCADO TOAST BAR

6.50

Thick-cut Seven Grain Bread, Ripe Avocado, Blistered
Basil Tomato, Cucumbers, Hard Cooked Eggs
Coffee, Tea Service

+ Add Smoked Salmon

1.50

+ Add Applewood Bacon

1.00

TEATIME

8.50

Seasonal Scones, Devonshire Cream
Assorted Jam, Jellies. Coffee, Tea Service

Upgrade to Starbucks on any Breakfast

1.00

Add Bottled Water to any Event

3.00

Add Fresh Squeezed Orange Juice

1.25

INDIVIDUALS

Mini Greek Yogurt, Fresh Berries, Granola Parfait FIT

3.25

Petite Fresh Fruit Cup FIT

2.75

Mini Bagels, Cream Cheese/ Jams

4.00

Breakfast

HOT BREAKFAST

11.50

Scrambled Eggs, *Egg Whites Available Upon Request
Bacon, Apple Chicken Sausage, Breakfast Potato
Petite Fresh Fruit Cups **FIT**, Mini Pastries, Coffee, Tea, Service

PETITE HOT BREAKFAST

9.95

Petite Breakfast Quiche, Petite Fresh Fruit Cups **FIT**
Mini Pastries, Coffee, Tea, Service

- Bacon Cheddar Cheese
- Vegetable Feta Cheese
- Pork Sausage, Mozzarella Cheese

BREAKFAST SANDWICHES

7.50

Selection of Breakfast Sandwiches to include:

- Bacon, Egg, Cheddar Cheese Bagel
- Scrambled Eggs, Sausage, Pepper Jack, Salsa Burrito
- Egg, American Cheese, English Muffin **FIT**
- Egg White, Spinach, Roasted Red Bell Pepper, Swiss Cheese, Wheat Thin
Coffee, Tea, Service

MINI BISCUITS (6 person minimum)

9.95

Mini Biscuits to Include:

- Smoked Ham, Caramelized Onion
 - Sausage, Cheddar Cheese
 - Egg White, Apple Chicken Sausage, Swiss Cheese
- Coffee, Tea, Service

Upgrade to Starbucks on any Breakfast

1.00

Add Bottled Water to any Event

3.00

Add Fresh Squeezed Orange Juice

1.25

AM Breaks

MORNING BREAK

PETITE GREEK YOGURT PARFAIT

Greek Yogurt, Seasonal Berries, Granola

4.00

SMOOTHIE SHOOTERS

- Strawberry Banana
- Golden Pineapple Ginger
- Orange Creamsicle
- House-made Granolas Bars

4.50

TEA BREAD BREAK

Assorted Seasonal Tea Breads, Devonshire, Seasonal Berries

5.95

PROTEIN POWER BREAK

Cage Free Hard Cooked Eggs, Sea Salt, Cracked Black Pepper
Dried Cherry Pumpkin Seeds Trail Mix, Banana Strawberry Protein
Powder Smoothie

6.95



Deli

Sandwich Platters

16.95

FAVORITES

- Grilled Buffalo Chicken Wrap, Lettuce, Bleu Cheese
- Turkey Club, Bacon, Lettuce, Tomato, Pretzel Roll
- House Roasted Turkey, Cheddar, Honey Mustard Local Greens, Ciabatta Roll
- Roast Beef, Frizzled Onion, Horseradish Mayo Baguette
- Tuna Salad, Cucumber, Crisp Lettuce, Tomato
- Southwest Grilled Chicken, Spinach, Avocado, Cheddar Cheese, Roasted Red Bell Pepper, Chipotle Mayo Ciabatta
- Buffalo Cauliflower, Cilantro Lime Slaw Wrap

ITALIAN

- Italian Combo, Ham, Prosciutto, Pepperoni Roasted Bell Peppers, Provolone, Pepperoncini, Arugula, Tomato Baguette
- Grilled Chicken Caesar Wrap, Shredded Romaine Parmesan
- Grilled Pesto Chicken, Fresh Mozzarella Cheese, Crisp Romaine, Tomato, Pesto Mayo Focaccia
- Garden Caprese – Fresh Mozzarella, Tomato, Fresh Basil Arugula, Balsamic Glaze, Cracked Black Pepper Ciabatta Roll
- Mediterranean Vegetable Wrap, Local Greens, Feta Cheese, Roasted Red Bell Pepper, Cucumber, Tomato, Hummus

SIDES

Baby Green Salad, 2 Dressings
Caesar Salad
Balsamic Roasted Vegetable
FLIK Potato Chips
Fruit Salad

ALL INCLUDE: choose up five sandwiches, one side cookies, brownies, assorted cold beverages.

Additional side 1.50

Sandwiches & More

IT'S A WRAP

13.50

Chicken Pesto, Fresh Mozzarella, Tomato, Crisp Romaine
Tomato, Pesto Mayo White Wrap

House Turkey, Fresh Apples, Crisp Lettuce, Brie Cheese
Tomato Wrap

Garden Tuna, Lettuce, Tomato Spinach Wrap

Balsamic Vegetables, Spinach, Humus Whole Wheat Wrap

SIDES (Choose One) Additional Side 1.50

Baby Green Salad, 2 Dressings

Caesar Salad

Balsamic Roasted Vegetable

FLIK Potato Chips

Fruit Salad

ALL INCLUDE: cookies, brownies, soft drinks, and water

MINI SOUP, SANDWICH

15.50

Petite Sandwiches to include:

Grilled Chicken, Pesto Mayo, Roasted Red Bell Pepper
Spinach

Grilled Vegetable Muffaletta, Olive Relish

Tuna Salad, Crisp Lettuce, Tomato, 7-Grain Roll

Smoked Turkey, Pepperjack Cheese, Spinach, Honey
Mustard

Chef's Soup of the Day

**Includes FLIK Chips, Freshly Baked Cookies, Full Cold
Beverage Service.**

Add an Additional Side for 1.50

ADD-ON

Chef's Soup of the Day

4.00

FIT Grain Salad

3.50

Vegetable Crudit , Hummus **FIT**

4.00

BYO Salad Bowl

CAESAR SALAD

Crisp Romaine, Baby Spinach, Tomato, Olive, Cucumber
Carrot, Parmesan, Avocado, Caesar Dressing, Balsamic
Vinaigrette, Parmesan Crostini 15.50

GRAIN SALAD

Mixed Greens, Baby Arugula, Quinoa, Avocado,
Cucumbers, Olives, Tomato, Dried Cranberry, Edamame
Roasted Cauliflower, Pepitas, Feta Cheese Parmesan.
Citrus Dressing 14.50

COBB SALAD

Crisp Romaine, Baby Arugula, Tomato Avocado, Hard Boiled
Egg, Cucumber, Crispy Applewood Bacon, Bleu Cheese, Pickled
Red Onion, Ranch Dressing, Balsamic Vinaigrette 14.50

APPLE SALAD

Local Greens, Grape Tomato, Cucumber, Celery, Grapes, Feta
Cheese, Apple Chips, Dried Cranberries, Toasted Pepita, Apple
Cider Vinaigrette 14.50

SOUTHWEST RANCH SALAD

Crisp Romaine, Local Greens, Avocado, Roasted Corn, Blistered
Tomato, Black Beans, Bell Pepper, Corn Tortilla Strips, Chipotle
Ranch Dressing, Cilantro Vinaigrette 15.50

Add Your Protein:

Seared Salmon	2.50
Grilled Shrimp	2.50
Cilantro-Lime Flank Steak	2.50
Grilled Chicken	1.50
Grilled Marinated Tofu	1.50

ALL INCLUDE: cookies, brownies, assorted soft drinks, still & sparkling water.

Add Mini Petite Sandwiches

Grilled Chicken, Pesto Mayo, Roasted Red Bell Pepper Spinach Grilled Vegetable Muffaletta, Olive Relish	4.00
Tuna Salad, Crisp Lettuce, Tomato, 7-Grain Roll Smoked Turkey, Pepperjack Cheese, Spinach, Honey Mustard	

Lunch Buffets

ALL INCLUDE: choice of two proteins, mixed green salad house-made dressing, artisan rolls, butter, freshly baked cookies, brownies, assorted soft drinks, still & sparkling water

CHEF'S TABLE BUILD YOUR OWN 24.95

POULTRY

- Chicken Marsala
- Oven Roasted Turkey; Rosemary Pan Gravy **FIT**
- Chicken Parmesan

MEAT

- Pepper Crusted Beef Tenderloin, Demi Glace
- Roast Pork Tenderloin, Rosemary Shallot Demi-Glace
- Grilled Flank Steak, Chimichurri

SEAFOOD

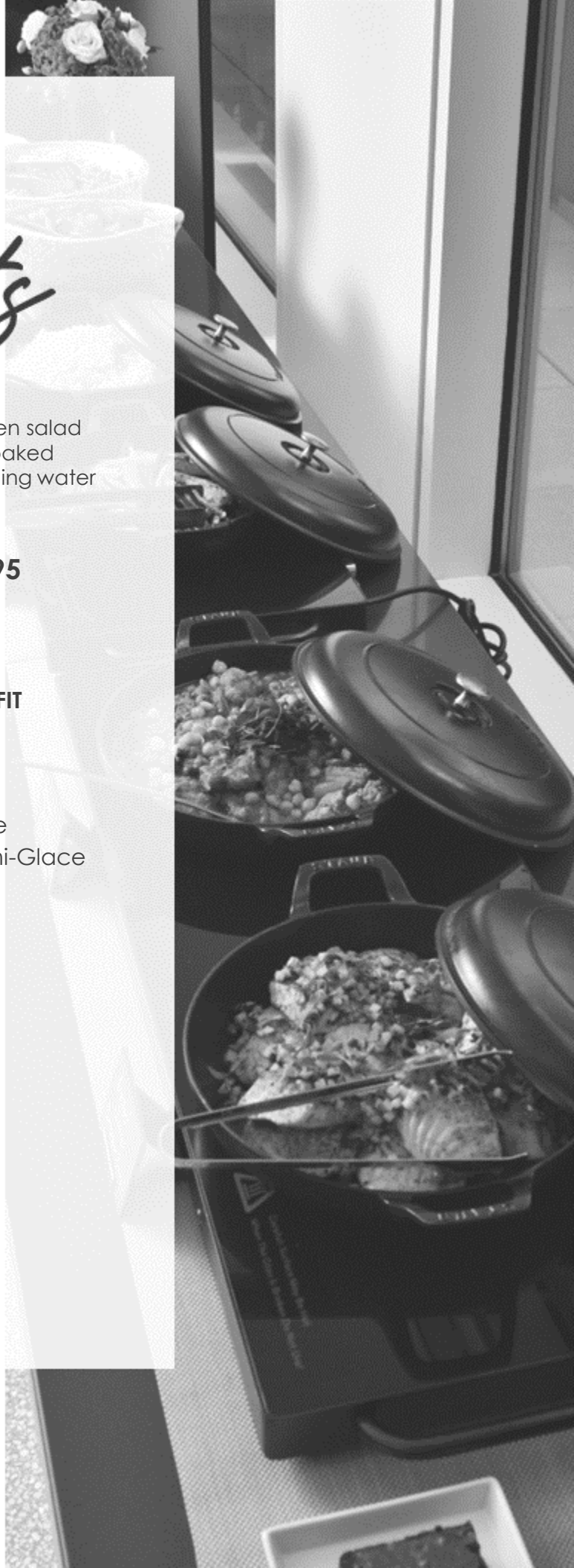
- Grilled Salmon, Cucumber Relish
- Roasted Cod, Cherry Tomato Vinaigrette **FIT**
- Shrimp Scampi

VEGETARIAN/ PLANT-BASED

- Baked Eggplant Parmesan **FIT**
- Penne Pasta, Garden Vegetables, Pesto

Choose 2 of the following:

Garlic Roasted Potato
Brown Rice Pilaf
Green Beans and Carrots
Balsamic Roasted Vegetables
Seamed Broccoli with Lemon Zest
Caesar Salad



Lunch Buffets (cont.)

ALL INCLUDE: freshly baked cookies, brownies, assorted soft drinks, still & sparkling water

MEDITERRANEAN HUMMUS

21.95

Arugula, Hummus, Roasted Eggplant, Carrots, Cucumber, Tomato, Crispy Chic Peas, Feta Cheese, Kalamata Olives, Tzatziki Sauce, Grilled Flatbread

Choose Two: Lemon Garlic Shrimp, Lemon Oregano Chicken or Falafel

BURRITO BOWL FIT

21.95

Quinoa, Brown Rice, Black Beans, Queso Fresca, Roasted Corn, Jalapeno Lettuce, Tomato, Pico de Gallo, Lime Crema.

Choose Two: Southwest Chicken, Cilantro Lime Flank Steak or Adobo Spiced Tofu

ASIAN NOODLE

22.95

Teriyaki Glazed Beef Tenderloin, Sesame Rice Noodle Salad, Seaweed Edamame Salad, Mizuna, Daikon, Carrot, Cucumber
Carrot Ginger Dressing

AHI TUNA NIÇOISE BENTO (48hrs Notice)

Market

Grilled Marinated Ahi Tuna, Green Bean and Tomato Salad, Sherry Dijon Creamer Potatoes, Organic Greens, Olives, Capers, Shallot Vinaigrette

SOUTHEAST ASIA

19.95

Vietnamese Lacquered Chicken, Lemongrass Ginger Shrimp, Sweet Chili Tofu Jasmine Rice, Coconut Curry Vegetables, Edamame Scallion Salad, Carrot Ginger Dressing

CLASSIC ITALIAN

19.95

Meatballs Marinara, Shrimp Fra Diavolo, Penne Primavera, Roasted Broccoli Rabe, Caprese Salad, Caesar Salad, Garlic Bread

PIZZA PARTY (2 Slices per Person)

16.95

Choice of Pepperoni, Cheese, Meatlovers, Buffalo Chicken, Vegetable Caesar Salad

PM Breaks

TORTILLA CHIP BAR

Regular and Baked Corn Tortillas, Plantain Chips, Guacamole, Black Bean Salsa, Pico de Gallo.

7.00

BRUSCHETTA BREAK (6 Person Minimum)

Assorted Crisps, Flatbreads, Tomato Basil, Olive Tapenade, Cranberry Pear

7.00

HUMMUS BREAK (6 Person Minimum)

Traditional Hummus, Roasted Red Pepper Hummus, Pita Chips

7.00

POPCORN BREAK

Fresh Popped Corn: Plain , Butter

4.50

ARTISAN CHEESE

A selection of Local and Imported Cheeses
Dried Fruits, Crostini's, Flatbreads

8.00

SWEET N' SALTY

Yogurt Pretzels, Assorted Sahale Nuts
Seasonal Dessert Bar

7.50

FLIK SPICED CHIPS

2.50

PETITE FRESH FRUIT CUP

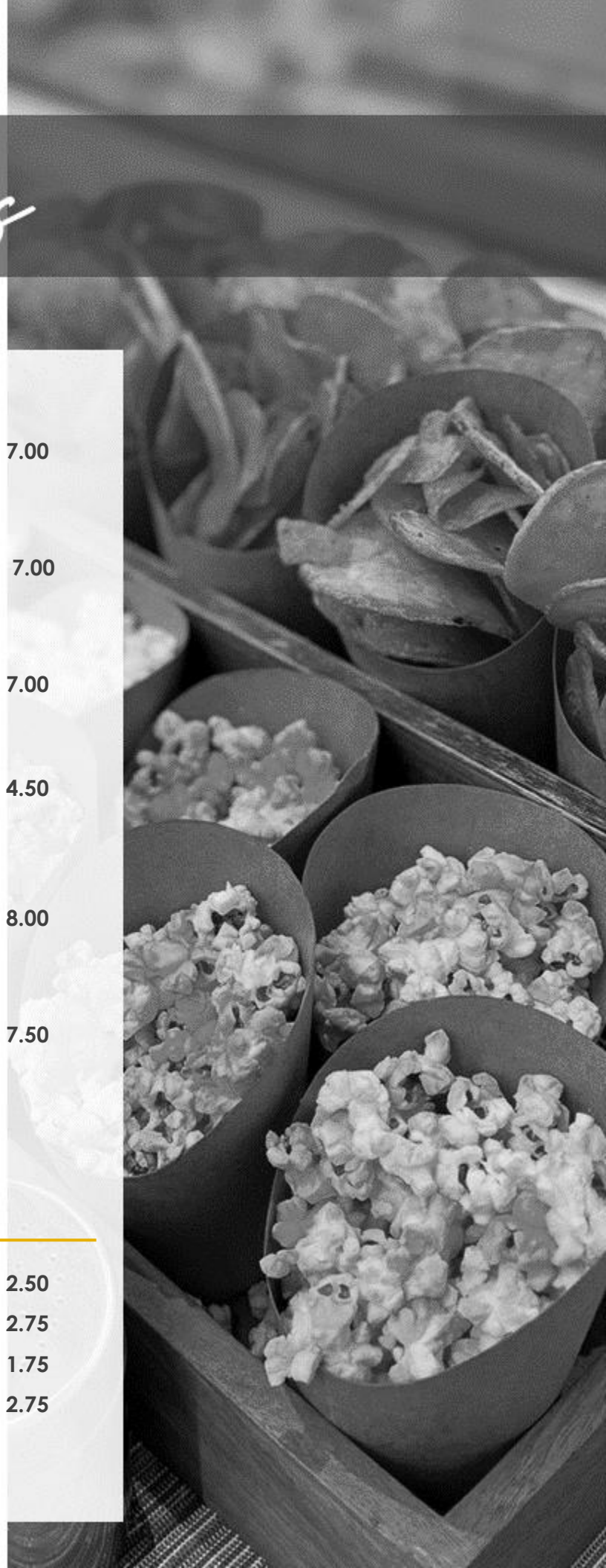
2.75

COOKIES

1.75

BROWNIES

2.75



Desserts

DESSERT BAR

3.50

A Seasonal Selection of Bars, Cakes, Cookies.

ICE CREAM SOCIAL

6.50

Assorted Ice Creams and Toppings.

PERSONALIZED CAKES/CUPCAKES

1 Dozen Cupcakes 29.95

10" Round (Serves 15-20 People) 29.95

Half Sheet (Serves 30-40 People) 59.95

Full Sheet (Serves 60-75 People) 89.95

Choose from the Following Cake Flavors:

Yellow, Chocolate, Marble

Fillings:

10.00

Strawberries, Cannoli

Frosting:

Cream Cheese, Whipped Cream, Butter Cream

Customer Writing