

Catering



Food by FLIK

Ordering Info

For all orders, call 202-942-5090, or email conference services at DCConference@arnoldporter.com.

To ensure availability and secure delivery times, we encourage you to place catering orders by 2:00 PM for the following day. Menus are subject to change based on market availability.

Food Allergies and Dietary Preferences

We want to ensure that we have optionality for all our guests.

Our Allergy Aware Menu features items **prepared without gluten and the 9 major allergens: milk, fish, shellfish, egg, soy, tree nuts, peanuts, sesame, wheat.**

To reduce the risk of cross-contact, the entire meal selection offered must be ordered from the Allergy Aware menu, which will be labeled accordingly on the menu display. Please inform us of any food allergies or dietary preferences when placing your order.

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 general 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.

Candice Lee, General Manager 202.942.6212
Anthony Strom, Executive Chef 202.942.6160

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 and see our "Allergy Aware" menu on page 13.

Allergy Aware

**PREPARED WITHOUT GLUTEN AND THE 9 MAJOR ALLERGENS:
MILK, FISH, SHELLFISH, EGG, SOY, TREE NUTS, PEANUTS, SESAME, AND WHEAT.**

Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely "free" of any ingredient.

To avoid guest confusion and reduce the risk of cross-contact, the entire meal selection offered must be ordered from the Allergy Aware menu, which will be labeled accordingly on the menu display.

All Allergy Aware orders require 48 hours notice.

BREAKFAST

Includes Starbucks Full Beverage Service

CHIA PUDDING BOWLS

8

Oat Milk Chia Pudding, Fresh Berries, Pumpkin Seeds, Honey Drizzle

HARVEST BREAKFAST BOWL

10

Potato Hash, Sautéed Spinach, Mushrooms, Caramelized Onions, Chopped Bacon, Avocado

SALADS

19

Served with Fresh Fruit

STRAWBERRY SPINACH

Baby Spinach, Strawberries,
Sunflower Seeds, Balsamic Vinaigrette

THE MEDITERRANEAN GREEK

Romaine, Kalamata Olives, Cucumber,
Tomato, Chickpeas, Red Wine Vinaigrette

THE GARDEN

Mesclun, Tomatoes, Cucumber, Carrot,
Balsamic Vinaigrette

***Add protein to any salad:**

Grilled Chicken, Seared Flank Steak,
Crispy Chickpeas

BREAKS

CHILI LIME FRUIT STICKS

7

Watermelon, Strawberry, Pineapple, Cantaloupe

SMOOTHIE SHOOTERS

8

Pina Colada, Berry Banana Kale,
Spinach Avocado Apple Green Tea Honey

GUACAMOLE & CRUDITE

House Guacamole, Assorted Vegetable Crudité

BOWLS

21

Served with Fresh Fruit

THE TEX MEX

Cilantro Lime Flank Steak, **or** Green Chili
Chicken Tinga, Cilantro Brown Rice,
Corn, Black Beans, Shredded Cabbage,
Guacamole, Tomato Salsa

QUINOA GRAIN BOWL

Baby Arugula, Baby Kale, Quinoa, Grilled
Chicken, Grilled Eggplant, Dried
Cranberries, Apricots, Crispy Chickpeas,
Balsamic Vinaigrette