

Catering



Food by FLIK

Ordering Info

For all orders, email conference services at NYConference@arnoldporter.com

All Catering food orders are designed for groups of 8 people or more. Smaller groups will incur a \$5.00 per person surcharge or individual meals may be offered from the options available through the THRIVE app.

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 outside of the specified minimums. Smaller groups and after-business hours (3:30PM) will incur a service charge and or late delivery fee.

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 team 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 and see our "Allergy Aware" menu on page 17.

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

CHIA PUDDING BOWLS

5.00

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

HARVEST BREAKFAST BOWL

10.00

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

SALADS

15.00

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 (each) to any salad: + \$3.00**

Grilled Chicken, Seared Flank Steak, Crispy Chickpeas

BOWLS

20.00

Served with fresh fruit

THE TEX MEX

Southwestern 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

HOT ENTREES

choose 2

28.00

All entrees served with choice of steamed rice or roasted potatoes, roasted seasonal vegetables, garden salad and fresh fruit platter.

Honey Rosemary Chicken, Roasted Tomato Salsa

Roasted Turkey, Orange Glaze

Grilled Flank Steak, Chimichurri

Garlic Herb Pork Tenderloin, Caramelized Onions

Vegetable Paella

Falafel Patties, Cucumber Tomato Salad

BREAKS

CHILI LIME FRUIT STICKS

5.00

Watermelon, Strawberry, Pineapple, Cantaloupe

GUACAMOLE & CRUDITE

5.00

House Guacamole, Assorted Vegetable Crudité

SMOOTHIE SHOOTERS 9oz

6.00

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