

# 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, email conference services at [NYConference@arnoldporter.com](mailto:NYConference@arnoldporter.com)

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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.

## 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 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 to assure we can accommodate.

# Beverages

## **FULL BEVERAGE SERVICE**

Regular, Decaffeinated Coffee, Mighty Leaf Teas, Assorted Soft Beverages, Bottled Still & Sparkling Water 9.00

## **COFFEE SERVICE**

Regular, Decaffeinated Coffee, Mighty Leaf Teas, Bottled Still and Sparkling Water 7.00

## **SOFT BEVERAGE SERVICE**

Assorted Soft Beverages, Pitchers of Water 4.00

## **WATER SERVICE**

Bottled Still and Sparkling Water 3.00

## **BEVERAGE ADDITIONS – Per Person:**

Iced Tea 3.00

Iced Coffee 3.00

Bottled Juice: Apple, Grapefruit, Cranberry 3.00

Freshly Squeezed OJ 3.00

Freshly Squeezed Lemonade 3.00

Seasonal Aqua Fresca 3.00

Strawberry Banana Fruit 9oz Smoothie 5.00

Mixed Berry 9oz Smoothie 5.00

# Breakfast

**Classic Continental Breakfast** 16.00  
Freshly Baked Mini Muffins, Pastries, Croissants, Bagels, Butter, Preserves, Cream Cheese, Seasonal Fruit Salad

**Chef's Hot Breakfast Buffet** 21.00  
Scrambled Eggs, Crispy Bacon, Home Fries, Silver Dollar Pancakes, Maple Syrup, Seasonal Fruit Salad, Croissants, Butter, Preserves, Cream Cheese  
\*\* Egg Whites FIT **+2.00pp** **French Toast Available on Request**

**Avocado Toast Bar** 19.00  
Local Smoked Salmon, Grilled Thick-Cut Seven Grain Bread, Mashed Seasoned Avocado, Grape Tomato, Bacon, Red Onion, Hard Boiled Eggs, Baby Arugula, Toasted Spiced Pumpkin Seeds, Cilantro, EVOO, Limes

**Bakery Basket** 12.00  
Freshly Baked Miniature Muffins, Danish, Chocolate & Plain Croissants, Bagels, Preserves, Cream Cheese

**Greek Yogurt Bar** 13.00  
Greek Yogurt, Granola, Seasonal Berries, Dried Cranberries, Flax/Sunflower/Chia Seeds, Raisins, Honey, Pure Maple Syrup

**Assorted Breakfast Sandwiches** 14.00  
Chef's Selection Of Breakfast Sandwiches To Include:  
Egg And Cheese, Buttery Croissant  
Sausage OR Bacon, Scrambled Egg, American Cheese, English Muffin  
Egg White, Spinach, Feta, Sandwich Thin  
Breakfast Burrito: Scrambled Eggs, Cheddar Cheese, Smoked Ham, Applewood Smoked Bacon, Hash Brown

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## INDIVIDUALS

Mini Fruit Granola Yogurt Parfait <b>FIT</b>	4.00
Mini Seasonal Fruit Cup <b>FIT</b>	5.00
Assorted Yogurt Cups	4.00
Bagel, Cream Cheese	4.00
Bacon or Sausage (Pork or Turkey)	3.00

## All Breakfast Meals Include

Assorted Bottled Juices  
Regular, Decaffeinated Coffee  
Mighty Leaf Teas

\*Additional Beverage Packages  
& Add-ons Available

# Deli

## ALL AMERICAN FAVORITES

### Assortment of Four Chef Selected Sandwiches Provided

- Grilled Chicken, Parmesan Herb Spread, Mixed Greens, Bacon, Tomato, Avocado, Grilled Wrap
- Italian Combo, Ham, Salami, Pepperoni, Provolone, Roasted Peppers, Ciabatta
- Grilled Chicken Caesar Grilled Wrap, Parmesan, Shredded Romaine
- Grilled Chicken, Parmesan Herb Spread, Mixed Greens, Bacon, Tomato, Avocado, Grilled Wrap
- Mediterranean Tuna Salad, Greens, Cucumber, Olive Spread, Grilled Pita
- Roast Beef, Cheddar Cheese, Caramelized Onions, Horseradish Aioli, Sour Dough
- Shrimp Salad, Greens, Lemon Herb Aioli, Brioche
- Roasted Turkey, Brie, Mustard, Baguette
- Burrata, Basil Spread, Balsamic Glace, Ciabatta

22.00

### Included A&P Favorites and Sandwich Spreads:

Mixed Green Salad, Grain Salad,  
Two House Dressings, FLIK Potato Chips,  
Freshly Baked Cookies, Assorted Soft Beverages



# Sandwiches & More

## All Sandwich Selections Include

Mixed Green Salad, Grain Salad, Two House Dressings,  
FLIK Potato Chips, Freshly Baked Cookies,  
Assorted Soft Beverages

## Hot Panini Sandwiches

Grilled Chicken, Fresh Mozzarella, Basil Pesto,  
Roasted Red Pepper, Arugula, Pressed Ciabatta

Marinated Portobello, Mozzarella, Parmesan,  
Roasted Tomato, Basil Aioli, Pressed Ciabatta

Seasoned Steak, Peppers, Onions, Provolone,  
Roasted Turkey, Swiss, Grain Mustard Aioli, Pickles,  
Pressed Ciabatta

\$22.00

## Mini Club Sandwiches

Roasted Turkey, Slaw, Thousand Island, Petite Roll,  
BLTA (Bacon, Lettuce, Tomato, Avocado), Herb Mayo,  
Tomato, Fresh Mozzarella, Basil Pesto, Petite Roll,  
Ham, Swiss, Lettuce, Tomato, Dijonnaise, Petite Roll

\$20.00

## ADD-ON

Chef's Soup of the Day	3.00
Side Garden or Caesar Salad	3.00
Fresh Fruit Salad	5.00
House Made Guacamole & Tortilla Chips	5.00
Specialty Dessert	MP

# BYO Salad Bowl

## **Choose Your Grain Salad (1) \$20.00**

Quinoa, Roasted Sweet Peppers, Pickled Onion, Spiced Corn, Crispy Tortillas, Romain Lettuce, Black Beans, Jalapeno, Cilantro, Garlic Dressing

Brown Rice, Soy Marinated Roasted Shitake Mushroom, Shaved Carrots, Baby Spinach, Red Cabbage, Edamame, Grilled Scallion, Ginger Sesame Dressing

Farro Grain, Spiced Chickpeas, Grape Tomato, Cucumber, Feta Cheese, Grilled Asparagus, Marinated Artichoke, Arugula, Fresh Cut Herbs, Lemon Herb Vinaigrette

## **Choose Your Protein (1)**

Grilled Marinated Chicken  
Roasted Herb Shrimp  
Grilled Marinated Steak  
Lemon Pepper Marinated Tofu

To Accommodate Your Personal Preference,  
All Lettuce, Protein, Dressings Will Be Served  
On The Side

**ALL INCLUDE: FLIK Potato Chips, Seasonal Fruit Salad,  
Seasonal Agua Fresca**



# Lunch Buffets



**ALL INCLUDE:** Mixed Green Salad, Vegetarian Composed Salad, 2 House-Made Dressings, Seasonal Fruit Salad, Baked Rolls, Butter, Freshly Baked Cookies, Assorted Soft Beverages

## CHEF'S ROOM TEMPERATURE BUFFET ENTREES

Pan Seared Steak, Winter Pesto  
Olive Oil Poached Salmon,  
Herb Roasted Root Vegetables,  
Baby Kale, Sherry Vinaigrette, Toasted Orzo Salad

Chicken Fricassee with Forest Mushrooms  
White Wine Herb Shrimp  
Farro, Butternut Squash, Shaved Brussels Sprouts,  
Dried Cranberries, Thyme Vinaigrette  
Baby Spinach, Roasted Apple, Toasted Pumpkin Seeds,  
Crumbled Goat Cheese

## VEGETARIAN/ PLANT-BASED

Cauliflower Parmesan (Vegan if Requested)  
Smothered Plant Based Grilled Sausage  
Spaghetti Squash, Basil Vinaigrette  
Roasted Broccoli

\$26.00

# Lunch Buffets (cont.)

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**ALL INCLUDE:** Seasonal Fresh Fruit Salad, Assorted Soft Beverages,  
Freshly Baked Cookies – Unless a Specified Dessert is Noted

**CHEF'S TABLE BUFFET CHOICE OF (1)** 23  
Seasonal Menu Created Daily That Represents the Freshest Ingredients Available at the Market. Seasonal Composed Salad, Green Salad, 2 House Made Dressings

**CHEF'S TABLE BUFFET CHOICE OF (2)** 26  
Seasonal Menu Created Daily That Represents the Freshest Ingredients Available at the Market. Seasonal Composed Salad, Green Salad, 2 House Made Dressings

**TAQUERIA** 26  
Chicken Tinga, Adobo Spiced Shrimp with Fajita Vegetables, Cilantro Rice, Black Beans Sofrito, Warm Flour Tortillas & Chips, House-made Guacamole, Pico De Gallo, Lime Crema, Pickled Red Onions, Shredded Cheddar, Limes

**SOUTHEAST ASIA** 26  
Grilled Teriyaki Chicken, Scallion Ginger Shrimp, Jasmine Rice, Stir Fry Vegetables, Sweet Chili Tofu, Edamame Salad, Sesame Ginger Dressing

**CLASSIC ITALIAN** 27  
Chicken Piccata, Pesto Roasted Shrimp with Tomato Olive Tapenade, Herbed Pasta, Roasted Broccoli Spears, Caprese Salad with Balsamic Syrup, Traditional Caesar Salad

**VEGETARIAN / PLANT-BASED** 23  
Crispy Vegan Portobello, Yellow Pepper Coulis, Warm Beet Salad, Winter Farro Risotto, Rustic Potato Hash, Roasted Baby Eggplant

# AM Breaks



## MORNING

### MINI BUTTERMILK BISCUIT

- Smoked Ham and Caramelized Onion
- Sausage and Cheddar Cheese
- Egg White and Turkey Bacon

6.00

### MINI SMOOTHIE SHOOTERS

- Strawberry Banana
- Golden Pineapple Ginger
- Mixed Berry

5.00

### POUND CAKE BREAK

Assorted Miniature Pound Cakes,  
Whipped Cream, Seasonal Berry Compote

7.00

### POWER ENERGY BREAK

Assorted Kind Bars, Protein Bars, House Made Energy Bites

6.00



# PM Breaks

## CHIP & DIP BAR

### CHIPS: Choose 4

Corn Tortilla, Plantain Chips, Herb Crostini, Grilled Flat Bread, House Made Plain or BBQ Chips, Whole Wheat or Spiced Pita

### DIPS: Choose 2

Onion Sour Cream, Guacamole, Pico De Gallo, Hummus, Cheddar Jalapeno, Tomato Corn Salsa, Spinach Dill Yogurt, Lemon Rosemary White Bean, Roasted Eggplant, Marinated Artichoke

## PUB PRETZEL BITES

Pretzel Bites, Bratwurst Bites, Sauerkraut, Grain Mustard, House Fried Chips, Warm Ale Cheese Sauce, Agua Fresca

## CRUDITES

Grilled Squash, Asparagus, Raw Carrots, Bell Peppers, Cucumber, Grape Tomato

## TRAIL MIX & BERRY BREAK

House Granola, Banzini Nuts, Dried Fruits, Rhubarb Bar, Fresh Seasonal Berries, Whipped Cream

## DESSERT BREAK

Chef's Selection of Cookies, Brownies, Macaroons

## POPCORN & MORE

Sweet Spiced Caramel, White Cheddar, Traditional Butter, Spiced Chickpeas, Wasabi Peas

## ARTISAN CHEESE

A Selection Of Local Cheese, Dried and Seasonal Fruits, Crisps, Flatbreads, Crostini  
Add Italian Meats + \$4pp

## ADDITIONAL BREAK SELECTIONS

WHOLE HAND FRUIT	2.00
FLIK CHOCOLATE CHIP COOKIE	3.00
WASABI PEAS	3.00
BANZZINI MIXED NUTS	3.00
ICE CREAM NOVELTY BARS	3.00
CHOCOLATE DIPPED FRUIT	3.00
MINI CANNOLI	5.00
BROWNIE OR LEMON BAR	5.00
SEASONAL FRUIT SALAD	5.00
MINI SPECIALTY DESSERTS	MP

8.00

10.00

10.00

9.00

7.00

8.00

13.00

2.00

3.00

3.00

3.00

3.00

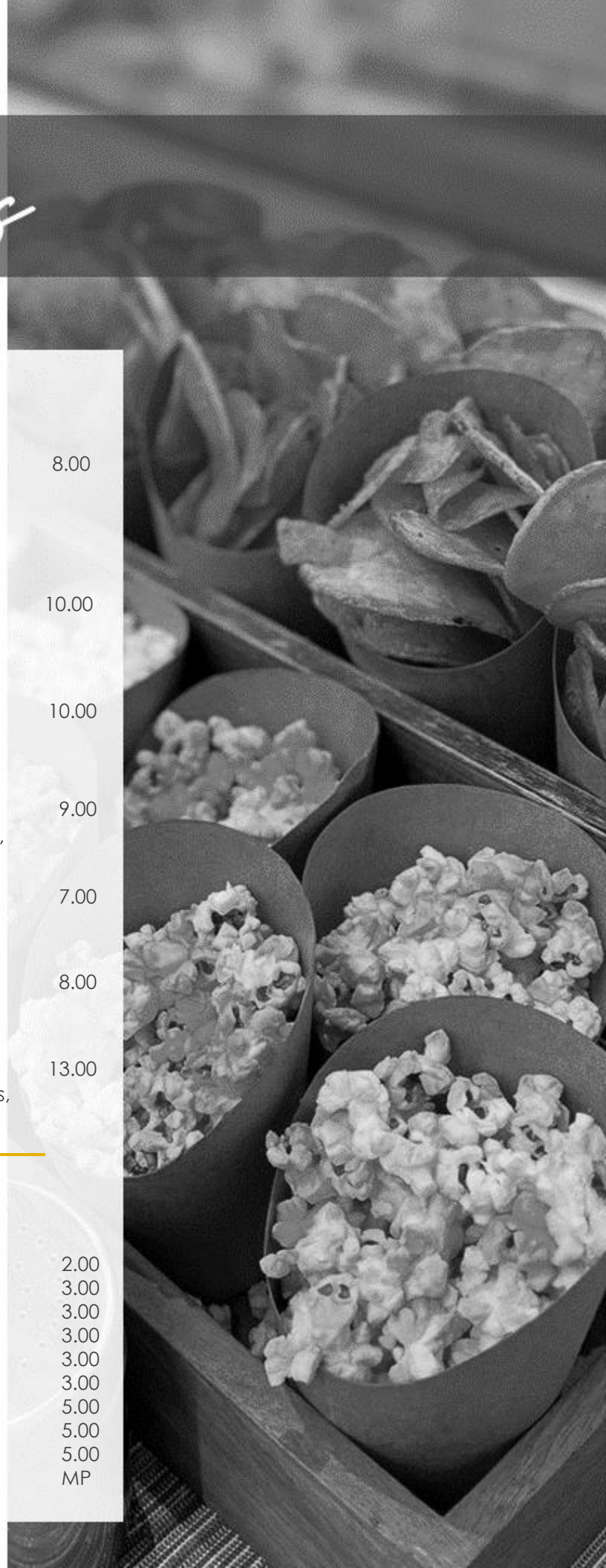
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MP



# Celebrations

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## Simple

### ARTISAN CHEESES

35.00

A Selection of Domestic Local Cheeses, Dried Fruits, Seasonal Fresh Fruits, Crisps, Flatbreads, Artisanal Crackers.

### CUISINE UNDER THE SUN

Baba Ganoush, Hummus, Roasted Red Pepper Hummus, Tabbouleh, Marinated Olives, Artichoke, Grilled Pita Chips.

### Hors D' Oeuvres

Selection Of Three gourmet Hors D' Oeuvres.

## Premium

### ARTISAN CHEESES

42.00

A Selection of Domestic Local Cheeses, Dried Fruits, Seasonal Fresh Fruits, Crisps, Flatbreads, Artisanal Crackers.

### ANTIPASTO

Imported Prosciutto ,Hard Salami, Black Forest Ham, Marinated Artichoke, Kalamata Olives.

### ASIAN DUMPLINGS

Pork Gyoza, Vegetable Dumplings, Mini Vegetarian Spring Rolls. Teriyaki, Sweet Thai Red Chili Sauce.

### Hors D' Oeuvres

Selection Of Three gourmet Hors D' Oeuvres.



# Celebrations

(Cont....)

## Supreme

### ARTISAN CHEESES

54.00

A Selection of Domestic Local Cheeses, Dried Fruits, Seasonal Fresh Fruits, Crisps, Flatbreads, Artisanal Crackers.

### RISOTTO BAR, CHEF ATTENDED (INCLUDED +GUESTS)

Creamy Arborio Rice, Roasted Shallots, Asparagus Tips, Roasted Tomato, Wild Mushroom Medley, Marinated Artichoke, Seasonal Fresh Herbs, Asiago Cheese.

### CARVING BOARD (Choose 1)

Steakhouse Marinated NY Sirloin Loin, Horseradish Roast Breast of Turkey, Pan Gravy  
Whole Herb Roasted Salmon Filet, Citrus Aioli, Mini Rolls, Crostini's.

### STATIONARY HORS D' OEUVRES

Selection Of Three gourmet Hors D' Oeuvres.

### DESSERT

Seasonal Chef's Choice Dessert.

## ALL PACKAGES INCLUDE

2-Hours Of Service

Assorted Soft Beverages, Still & Sparkling Waters

Bar Quenchers Are Available As An Add-On ( See Page 16 )

# Hong D'Oeuvres

## **COLD**

### **EARTH**

King Mushroom "Tinga" Mini Taco, Pickled Onion, Crema Beet Tartar, Labneh, Crisp Capers, Whole Grain Toast  
Kung Pao Brussels Sprouts, Toasted Spiced Pumpkin Seeds  
Mini Cauliflower Banh Mi, Pickled Vegetables, Sriracha Aioli

### **SEA**

Rock Shrimp Ceviche, Coconut Milk, Serrano, Micro Cilantro  
Tuna Tataki, Lotus Chip, Wakame, Wasabi Cream  
Salmon Gravlax, Everything Spiced Crisp, Dill, Crème Fraiche  
Fluke Crudo, Chili Crisp, Yuzu, Scallion

### **LAND**

Curried Chicken Salad, Toasted Almond, Coconut  
Sliced Sirloin, Tuscan Crisp, Tomato Fondue  
Smoked Breast of Chicken, Ciabatta Crisp, Peppadew Aioli  
Shaved Imported Prosciutto, Manchego, Truffle Honey

## **HOT**

### **EARTH**

Crisp Japanese Eggplant, Roasted Tomato, Burrata  
Quinoa Samosa Cake, Tomato Chutney  
Caramelized Black Mission Fig, Local Bleu Cheese, Truffle Honey  
Mini Grilled Cheese, Tomato Basil Soup Shooter

### **SEA**

Mini Shrimp Arepa, Avocado Cream  
Pancetta Wrapped Shrimp, Mango Glaze  
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce  
Mini Maryland Lump Crab Cakes, Remoulade

### **LAND**

Chicken Sesame Scallion Dumplings, Tamari  
Chorizo Hushpuppy, Smoked Paprika Aioli  
Everything Crusted Chicken Apple Sausage, Horseradish Mustard  
Masa Harina Crusted Fried Chicken, Orange Horseradish Dip  
Lamb Kofta, Pomegranate, Mint Yogurt

Display Selection of Any 3 @ \$16, Selection of 6 @ \$28, A La Carte Selections @ \$5 Each Per Person. Butler Service Available At Additional Costs. All Orders are Based on a 2 Hour Service Interval.

# Bar Quenchers

## **FULL BAR- 2 Hours (Bartender Required)**

15.00

A Selection Of Alcoholic And Non-Alcoholic Beverage, Curated Wines, Seasonal And Craft IPA'S, Light Beers, Hard Seltzers, Assorted Soft Drinks, Still & Sparkling Water

## **BEER & WINE- (Stationary)**

10.00

A Variety of Red & White Blends Wines, Seasonal And Craft IPA, Light Beers, Assorted Soft Drinks, Still & Sparkling Water

## **ADDITIONAL Services - Per Person:**

Bar Snack – (1) Wasabi Peas, Etc.... 3.00

House Sparkling Bubbles 6.00

French Champagne ASK

Bartender-Per 50 Persons 200.00

Mocktail Bar ASK

All Bar Services Are Priced Per person And Will Include Labor Charges As Applicable After 4pm

