

Catering



Food by FLIK

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

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.

Beverages

FULL BEVERAGE SERVICE

Regular, Decaffeinated Coffee, Mighty
Leaf Teas, Assorted Soft Beverages, Bottled
Still & Sparkling Water 10.00

COFFEE SERVICE

Regular, Decaffeinated Coffee, Mighty
Leaf Teas, Bottled Still and Sparkling Water 8.00

SOFT BEVERAGE SERVICE

Assorted Soft Beverages, Pitchers of Water 5.00

WATER SERVICE

Bottled Still and Sparkling Water 4.00

BEVERAGE ADDITIONS – Per Person:

Iced Tea 4.00

Iced Coffee 4.00

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 17.00

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

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 19.00

Bakery Basket

Freshly Baked Miniature Muffins, Danish, Chocolate & Plain Croissants, Bagels, Preserves, Cream Cheese 15.00

Greek Yogurt Bar

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

Assorted Breakfast Sandwiches

Chef's Selection Of Breakfast Sandwiches To Include: 15.00

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

INDIVIDUALS

Mini Fruit Granola Yogurt Parfait **FIT** 5.00

Mini Seasonal Fruit Cup **FIT** 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



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
- 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

23.00

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	4.00
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) For The Group \$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), Add Addtl' Protein, + \$3pp

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 Broccolini

\$28.00



Lunch Buffets (cont.)

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

CHEF'S TABLE BUFFET CHOICE OF (1)

24

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)

28

Seasonal Menu Created Daily That Represents the Freshest Ingredients Available at the Market. Seasonal Composed Salad, Green Salad, 2 House Made Dressings

TAQUERIA

28

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

28

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

CLASSIC ITALIAN

28

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

24

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

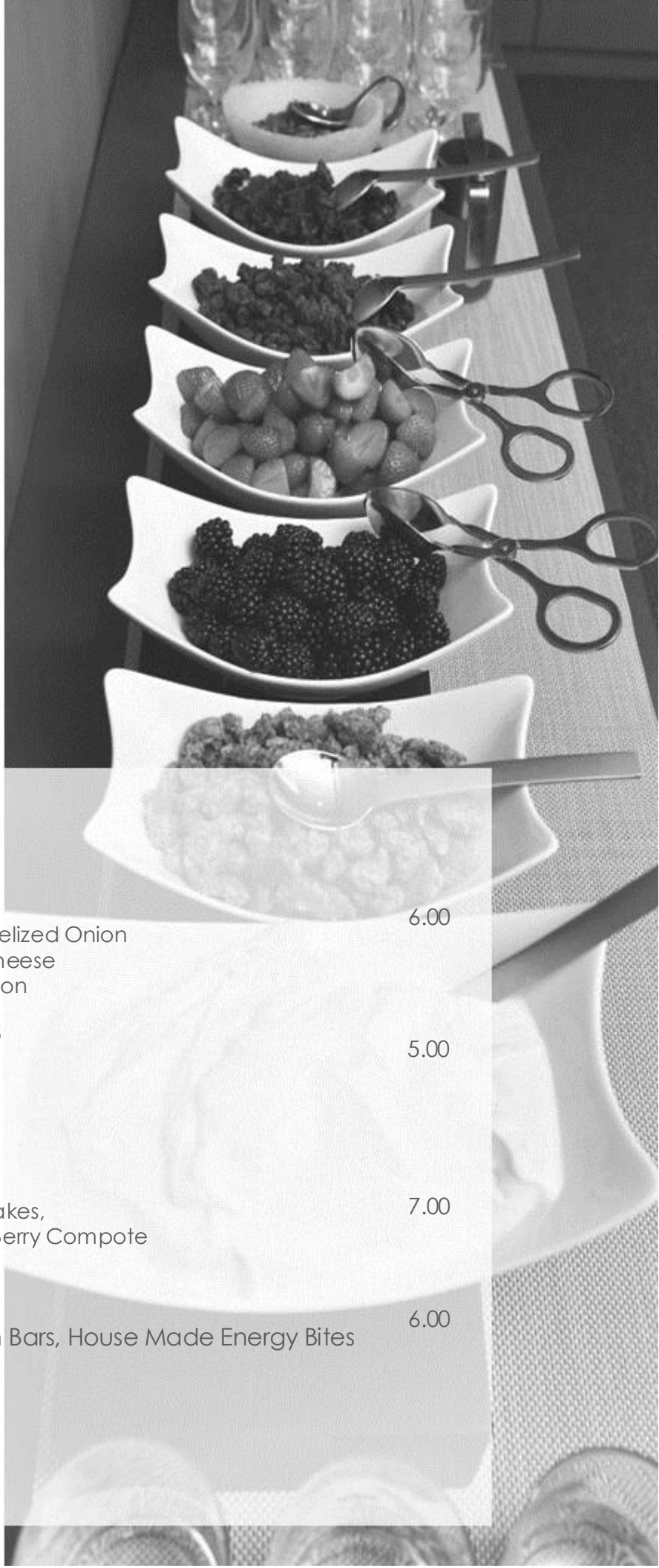
Assorted Miniature Pound Cakes,
Whipped Cream, Seasonal Berry Compote

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, House Selected Dipping
Sauce

TRAIL MIX & BERRY BREAK

House Granola, Banzzini 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
Flik Chocolate Chip Cookie
Wasabi Peas
Banzzini Mixed Nuts
Ice Cream Novelty Bars
Chocolate Dipped Fruit
Mini Cannoli
Brownie Or Lemon Bar
Seasonal Fruit Salad Mini
Specialty Desserts

8.00

10.00

10.00

9.00

7.00

8.00

13.00

2.00

3.00

3.00

3.00

3.00

3.00

5.00

5.00

5.00

MP

Celebrations

Simple

35.00

ARTISAN CHEESES

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

42.00

ARTISAN CHEESES

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

54.00

ARTISAN CHEESES

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)

Hors D'Oeuvres

COLD

EARTH

King Mushroom "Tinga" Mini Taco, Pickled Onion, Lime Crema
Roasted Garlic Hummus Cucumber Cup, Sumac Parsley Lemon Zest
Crisp Japanese Eggplant, Roasted Tomato Ricotta, Basil
Mozzarella Tomato Skewer, Balsamic Glaze, Basil Pesto

SEA

White Wine Poached Shrimp, Chipotle Cocktail Sauce
Tuna Poke Taco, Soy, Micro Cilantro, Sriracha Aioli, Avocado Cream
Mini Tarragon Lobster Roll, Micro Celery, Brioche

LAND

Herb Sliced Sirloin, Crostini, Crispy Onion, Herb Garlic Horseradish
Shaved Imported Prosciutto, Manchego, Truffle Honey, Crisp
Smoked Chicken Waldorf Salad, Endive

HOT

EARTH

Crisp Cacio e Pepe Bite, Roasted Pepper Pesto
Southwestern Chipotle Black Bean, Slider, Pepper Jack, Cilantro Ranch
Artichoke Beignet, Herb Truffle Aioli
Truffle Cheddar, Grilled Cheese Bite

SEA

Blackened Salmon Bites, Plantain Crisp, Yuzu Aioli, Scallion
Coconut Shrimp, Sweet & Spicy Pineapple Dipping Sauce
Lump Jumbo Mini Crab Cake, Charred Onion Aioli
Tempura Shrimp Carrot, Cucumber, Scallion Bao Bun, Spicy
Mayo, Sweet Soy

LAND

Smoked Chicken, Fontina Empanada, Chipotle Aioli
Beef Sliders, Aged NYCheddar, Caramelized Onions, Brioche Bun
Buttermilk Buffalo Fried Chicken Sliders, Blue Cheese
Franks En Croute, Grain Mustard

Display Selection of Any 3 @ \$18, Selection of 6 @ \$30. 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

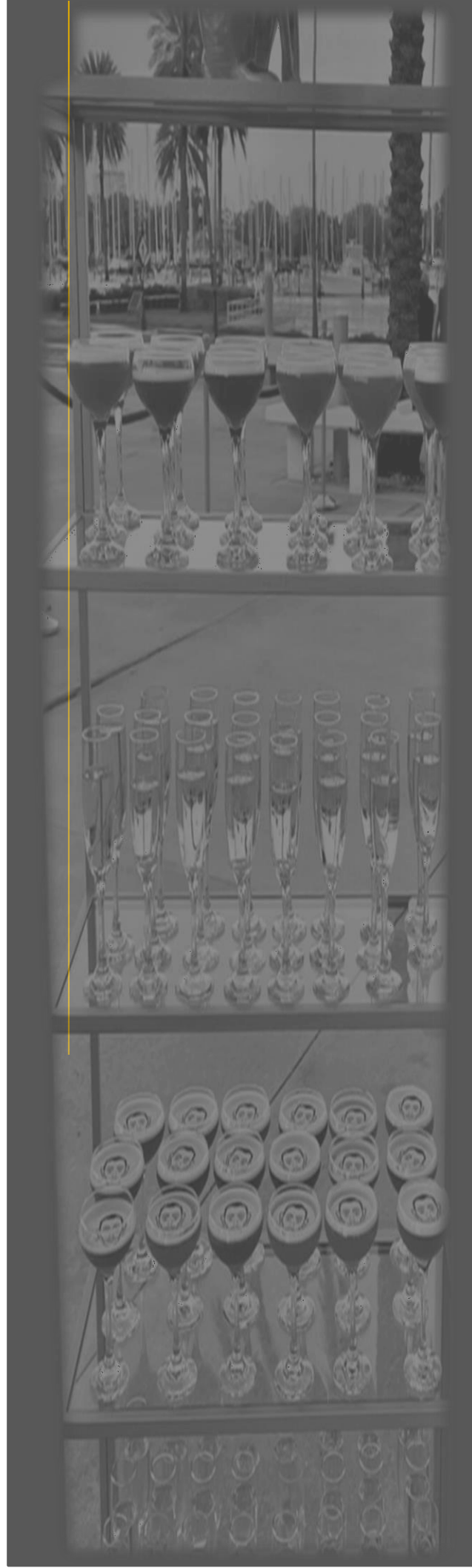
BEER & WINE- (Stationary) 10.00

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	7.00
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 3pm



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, Sauteed 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