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AT THE ROOT
BY FLIK

Tuesday, January 23

Kimchi Pancakes

Soup's On

Creamy Tomato, Basil **FIT**

Turkey Noodle

2.65/3.45

From The Hearth:

CHICKEN CACCIATORE FIT – 8.60

TOFU, VEGETABLE CACCIATORE – 8.60

Buttered Egg Noodles **FIT**

Cucumber Salad **FIT** – 1.70

Deli

Roast Beef, Brie, Onion Marmalade, Ciabatta

- 6.45

Fire It Up

Sundried Tomato Chicken Burger **FIT** – 6.45

Of The Season

Wheatberry, Tomato, Artichoke **FIT** - .49/oz

Finale

Assorted Flik Cookie - .65

FIT

DEFINED

WHAT MAKES SOMETHING FIT?

Items marked as FIT meet the following criteria, which was developed to be consistent with current dietary recommendations. All FIT items use recipes which are reviewed by FLIK Registered Dietitians.



FULL MEAL OR COMBO

Calories: ≤600
Sat Fat (g): ≤5
Sodium (mg): ≤600



MAIN ENTREE

Calories: ≤400
Sat Fat (g): ≤5
Sodium (mg): ≤600



SIDE DISH

Calories: ≤250
Sat Fat (g): ≤2
Sodium (mg): ≤250



8/12 OZ SOUP

Sat Fat (g): ≤2/3
Sodium (mg): ≤500/750



BREAKFAST MEAL

Calories: ≤400
Sat Fat (g): ≤5
Sodium (mg): ≤600



BREAKFAST SIDE

Calories: ≤250
Sodium (mg): ≤250
Sugar (g): ≤15



BEVERAGES

Per Container
Milk: ≤150 calories
Juice: ≤150 calories
Water: 0 calories, no artificial sweetener



SNACKS

Calories: ≤250
Fat (g): ≤10
Sat Fat (g): ≤3
Sodium (mg): ≤230
Sugar (g): ≤20

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