

AstraZeneca



GHP BioHub
Waltham
Catering



Food by FLIK

When placing your order, please inform Flik Cafeteria if a guest in your party has a any dietary restrictions

In order to best serve you and prevent unnecessary waste, please place your catering orders in advance of your event;

24 hours notice for placement of cold food orders
48 hours notice for placement of hot food orders

Cancellation policy

All food orders canceled after 8:00 AM day of event are subject to charge

Menu prices

Menu prices are per person

Includes all service labor charges during normal business hours from 7am to 5pm ET

Additional service labor charges will be applied to events outside normal business hours

Additional charges

All prices are subject to a 7% Massachusetts sales tax

Special event rental charges will be incurred as applicable

All Kosher order must be placed within a minimum of 48 hrs.

Our menu is a guide for some of the services we provide.
For additional selections, ideas or assistance in planning your meeting
or special event, please contact:
john.hubbard2@compass-usa.com

Food by FLIK

Refreshments

Coffee, Tea, Water, Soda and Juice Service

4.95

Freshly Brewed Regular and Decaffeinated Coffee, Tea Service, Assorted Soda, Polar Seltzer, Bottled Juices, and Water

Coffee and Tea Service

3.25

Freshly Brewed Regular and Decaffeinated Coffee, Tea Service and Water

Bottled Juices

2.50

Orange, Cranberry, Apple

Soda

1.95

Coke, Diet Coke, Ginger Ale, Diet Ginger Ale, Polar Seltzer

Bottle Sparkling Water

2.50

Plain, Lemon, Lime, Raspberry

Freshly Brewed Ice Tea

2.25

Tea Service

2.25

Freshly Squeezed Orange Juice

5.50

breakfast packages include coffee, tea, juice, and water
All lunch packages include soda and water



Seasonal Beverages

Seasonal Aqua Fresca 2.95

Lemonade 2.75

Cold Apple Cider 2.75

Hot Apple Cider 2.75

Hot Chocolate 2.75



Note: When placing your order, please inform FLIK Cafeteria if a guest in your party has a food allergy

Breakfast

Note | Minimum 10 guest
Please See Refreshments Page for some Beverages

Healthy Start 11.00

Freshly Baked Low-Fat Mini Muffins, Low-Fat Tea Bread, Low-Fat Yogurt, Granola, Raisins, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Coffee and Tea Service

Classic Hot Breakfast 13.65

French Toast, Pure Maple Syrup, Scrambled Eggs (Egg Whites Available Upon Request), Smoked Bacon, Sausage Patties, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed OJ, Coffee and Tea Service

Continental Breakfast 9.45

Freshly Baked Muffins, Fruit and Cheese Pastries, Homemade Tea Bread, Bagels, Butter, Cream Cheese and Preserves, Served with Freshly Squeezed Orange Juice, Coffee and Tea

Breakfast Sliders 8.40

Selection of Breakfast Sliders to include:

- Smoked Bacon, Egg, Cheddar Cheese, on Artisan Roll
- Egg, Avocado, Tomato, Pepper Jack Cheese, on Artisan Roll
- Turkey, Egg, Spinach, Swiss Cheese, on Artisan Roll

Freshly Squeezed OJ, Coffee and Tea Service

Greek Yogurt Bar 11.00

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

Latin Bowl 11.95

Avocado, Fried Egg, Black Beans,

- Cheddar Cheese
- Pulled Chicken, Fried Egg, Spinach, Rice, Queso Blanco
- Smoked Bacon, Fried Egg, Rice and Beans, Pepper Jack Cheese

Freshly Squeezed OJ, Coffee and Tea Service

Something Else (price per person)

Sliced Fruit Platter with	
Fresh Berries	4.95
Whole Fresh Fruit	1.25
Parfait Yogurt	3.95
Breakfast Smoothies	3.95
Individual Stonyfield Yogurts	2.20
Mini Croissants	3.95
Breakfast Pastries	4.39
English Muffins, Egg	
Breakfast Sandwiches	3.50
Bagels and Cream Cheese	2.65
Home Fries	2.00
Tarter Tots	2.00
Smoked Salmon Platter	12.99



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Morning Snacks

Some items may require 24 hours notice
Minimum 10 guest

Tea Bread Club **5.95**

- Blueberry Tea Bread
- Zucchini Tea Bread
- Banana Tea Bread

Mini Quiches **7.00**

- Meat Lovers; Bacon, Sausage, Ham, Scallions, Pepper jack Cheese
- Smoked Turkey, Pepper, Muenster Cheese
- Broccoli, Cheddar Cheese

Fresh Fruit Kebobs **5.49**

Skewered Fresh Fruit and Berries with Cinnamon Yogurt Dip

Power Break **7.50**

Dried Fruit, M&M's, Fresh Berries, Homemade Granola, Mango-Carrot Juice



Something else – Healthy options

Fruit and Berries Cups	3.75
Assorted Mix Nuts	3.00
Blue Diamond Almond	2.25
Clif-Luna-Kind Bars	3.00
Quest Power Break	3.04
Dry Roasted Edamame	2.25
Hummus Cup	3.75

Coffee Lovers **5.00**

Espresso Brownies, Cinnamon Coffee Cake, Seasonal Scone



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Lunch Sandwiches

Note | Minimum 10 guest

Build Your Own Deli 12.75

To include:

Deli Platter – In-house Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheeses – American, Swiss, Provolone, Jack Cheese

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Breads – Rolls, Ciabatta, Baguette, Wraps

Spreads – Mayo, Mustard, Honey Mustard, No-nut Pesto

Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Soda and Water Service

FLIK Mini Soup and Sandwich Sampler 15.75

Petite Sandwiches On Mini Rolls:

Roast Beef, Arugula, Horseradish Cream,

Grilled Chicken, Cajun Mayo, Smoked Turkey, Brie Cheese, Spinach, Honey Mustard,

Grilled Vegetable Muffaletta, Olive Relish

Tuna Salad

Chef's Soup of the Day

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Baby Green Salad, Two Dressings, Chef's Salad of the Day, Homemade Potato Chips, Freshly Baked Cookies, Soda and Water Service

Lunch Additions

Soup of the Day	3.00
Specialty Chili and Chips	2.95
House-Made BBQ Spiced Chips	1.75
Hummus and Vegetable Crudité	3.75
House-Made Agua Fresca	2.95
Mighty Leaf Freshly Brewed Iced Tea	2.25
Guacamole and Tortilla Chips	5.00
Seasonal Fruit Cups with Berries	3.75



Flatbread and Panini 13.75

A selection of Flatbreads and Paninis to include :

- Chicken, Pesto, Fresh Mozzarella Flatbread
- Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini
- Smoked Ham, Tomato, Arugula, Brie Cheese, Grilled Pita
- Grilled Vegetable, Red Pepper Hummus, Sandwich Thin

Accompaniments include Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers Mixed Green Salad, two dressings, chef's salad of the day, Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Soda and Water Service

Sandwich Buffet 12.75

A selection of pre-made Sandwiches to include:

- Smoked Ham Sandwich,
- Roast Beef Sandwich
- Grilled Chicken Sandwich
- Smoked Turkey Sandwich
- Grilled Vegetable Wrap

Accompaniments include Garden Salad, Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Soda and Water Service

Note | minimum excluded

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Lunch Salad Bars

Note | Minimum 10 guest

Caesar Salad Bar 16.95

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Crisp Romaine Lettuce and Baby Spinach,
Tomatoes, Olives, Cucumbers, Mushrooms,
Broccoli, Carrots
Grilled Balsamic Glazed Tofu
Hand Cut Croutons, Shredded Parmesan
Cheese, Regular and
Low-fat Caesar Dressing
Freshly Baked Focaccia
Freshly Baked Cookies, Signature Bars,
Soda and Water Service



Pre-made Salads Bar 16.50

To include Three Composed Salads:

- Heirloom Tomato Salad, Fresh Buffalo Mozzarella, Fresh Basil, Drizzled with Balsamic Vinaigrette
- Mixed Grain Salad, Carrots, Cucumber, Mint
- Salad of Chopped Romaine and Endive, Green Beans, Shaved Carrots, Creamy Vinaigrette

Assortment of Freshly Baked Breads and Rolls, Freshly Baked Cookies, Signature Bars, Soda and Water Service



Protein Salad Bowl Bar 18.95

Selection to include:
Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Mixed Baby Greens and Arugula
Quinoa, Wheat Berries, Farro, Avocado,
Cucumbers, Olives, Tomatoes, Dried
Cranberries, Edamame, Broccoli and
Cauliflower Florets, Sunflower Seeds,
Goat and Parmesan Cheese
Sesame Ginger Dressing and
Raspberry Vinaigrette
Freshly Baked Cookies, Signature Bars,
Soda and Water Service

Created your Own Salad Bar 17.50

Grilled Marinated Breast of Chicken
Chunk Albacore Tuna
Grilled Portobello Mushrooms
Iceberg Wedges and Arugula
Tomatoes, Roasted Corn, Avocado,
Chopped Egg, Red Onion, Cucumber,
Apple-wood Bacon, Crumbled Bleu Cheese
and Shredded Cheddar Cheese
Ranch and Balsamic Dressings
House-made Cornbread
Freshly Baked Cookies, Signature Bars,
Soda and Water Service

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Lunch Hot Buffets

Note | Minimum 10 guest

Pizza Party

12.95

Assortment of pizzas to include: Cheese, Pepperoni, and Veggie, served with Garden Salad, Freshly Baked Cookies, Signature Bars, Soda and Water Service

Additional toppings are available for an additional 1.25/person: Buffalo Chicken, Cheeseburger, Hawaiian

Classic Italian

17.95

Chicken Parmesan, House Made Marinara Sauce, Penne or Bowtie Pasta
Accompaniments to include; Traditional Caesar Salad, Fresh Mozzarella Salad, Plum Tomatoes, Garlic Bread
Mini Cannoli's, Freshly Baked Cookies, Soda and Water Service

Created your own Taco

21.00

Build your own taco bar includes Shredded Lettuce, Diced Tomatoes, Mexican Rice, Pickled Red Onions, Cilantro, Lime, Refried Black Beans, Salsa, Guacamole and Sour Cream

- Soft Shell Tortillas

Please choose Two:

- Chipotle Beef
- Latin Chicken Tinga
- Pork Carnitas

All tacos selections to include Coconut Rice Pudding, Freshly Baked Cookies, Soda and Water Service, Soda and Water Service,



Comfort Classics

22.00

Choose two entrée's:

- Roasted Turkey Breast, Pan Gravy
- Braised Chicken Thighs Cacciatore
- Turkey Meatloaf, Mushroom Gravy
- Grilled Salmon Filet, Cucumber Relish
- Rosemary Rubbed Pork Loin, Apple Relish
- Chicken Marsala, Portobello Mushrooms

Choose three of the following Sides:

- Smashed Yukon Potatoes
- Brown Rice Pilaf
- Green Beans and Carrots
- Balsamic Roasted Vegetables
- Steamed Broccoli with Lemon Zest

All Comfort classics to include; Soup of the Day or Traditional Caesar Salad
Chef's Seasonal Dessert, Soda and Water Service,



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Taste of Asia

21.00

To include:

Asian Citrus Salad, Vegetable Spring Rolls, Sesame Chicken, Stir Fried Vegetables, Steamed Jasmine Rice, Ginger Glazed Grilled Pineapple, Mango Rice, Full Cold Beverage Service
Freshly Baked Cookies, Signature Bars,
Soda and Water Service



Classic American Mac & Cheese 14.00

To Include:

Choose three from the following selections

- Three Cheese
- Truffle
- Cheeseburger
- Buffalo Chicken

Toppings to include; Bacon, Chives, Shredded Cheese, and Scallions

Accompaniments with all Mac & Cheese Selections;
Freshly Baked Cookies, Signature Bars, Soda and Water Service



Taste of India

18.95

To Include:

Chicken Garam Masala, Shrimp Curry, Roasted Curried Cauliflower, Channa Masala Garbanzo Beans, Steamed Basmati Rice, Mango Chutney, Spiced Tomato Chutney Naan Bread
Kheer, Cold Beverage Service



Bone-in Chicken Wings or Boneless Chicken Tender Bar

15.95

To include Selection of Plain, BBQ and Buffalo Chicken Wings or Tenders
Accompaniments include Blue Cheese Dressing, Honey Mustard, and Low-Fat Ranch Dressing
Crispy Vegetable Spring Rolls
Pineapple Coleslaw
Freshly Baked Cookies, Signature Bars,
Soda and Water Service

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Afternoon Snacks

Note | Minimum 10 guest

Vegetable Crudité **4.95**
Array of Garden Blanched Vegetables,
Roasted Red Pepper Aioli, Low-Fat Ranch
Dip

Pretzel Bites **6.00**
Soft Pretzels Bites
Warm Cheddar Cheese Sauce
Honey Mustard and Spicy Brown Mustard

Hummus Break **6.50**
Traditional Chic Pea, Roasted Pepper, and
Spicy Chipotle Pepper Hummus, Assorted
Crisps and Pita Chips

Artisanal Cheese Selections **7.95**
A selection of Domestic and Imported and
Local Artisan Cheeses, Dried Fruits,
Flatbread and Crostini, Assorted Crackers
and Seasonal Fruits

Chocolate Dipped Fruit **6.49**
Dark Chocolate Covered Strawberries,
Pineapples, Bananas, Melon and Apples

Avocado Toast Bar **12.00**
Toasted 7 Grain Bread, Mashed Ripe
Avocado, Tomatoes, Red Onions,
Cucumbers, Capers, Smoked Salmon,
Chopped Bacon, Hard Boiled Eggs,
Baby Arugula, Fresh Dill, Cilantro Sprigs

Tortilla Chip Bar **6.95**
Tri-Color Tortilla Chips, Traditional Guacamole,
Sour Cream, Jalapeno Cheese Sauce,
Traditional Mild Salsa
Add Limeade **1.50**

Tortilla Chips and Salsa **4.50**
Tri-Color Tortilla Chips and Traditional Mild Salsa

Chip and Dip Break **4.95**
Truffle Sea Salt Chips, Caramelized Onion Dip
Buffalo Spicy Chips, Blue Cheese Dip
Southwestern Spiced Chips, Chipotle Dip

Something else

Fruit Cups	3.75
Fresh Fruit Kebobs, Yogurt Dip	3.95
Seasonal Fruit Platter with Fresh Berries	4.95
Mints and Hard Candy	1.50
Homemade FLIK Potato Chips	1.75
Individual Bags of Chips	2.25
Candy Bar Assortment	2.25
Cupcakes	3.75
Mini Cupcakes	2.50
Mini Whoopie Pies	3.25



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Afternoon Snacks

Note | Minimum 15 guest

Make Your Own Trail Mix 5.95

A selection to include; Dried Fruit, M&M's, Raisins, Homemade Granola, Chocolate Chips, Chocolate Covered Raisins, Nonpareils, Yogurt Covered Pretzels

Cheese Fondue 9.00

Vermont Cheddar Cheese Fondue, Accompanied with Toasted French Baguettes, Broccoli Florets, Cherry Tomatoes, Cauliflower, Asparagus, Kielbasa Sausage

Asian Snack 9.50

Mini Vegetable Spring Roll, Chicken Teriyaki Skewer, Crab Rangoons, Dipping Sauces to included Lemongrass Soy, and Sweet Chili

Homemade Cobbler Bar 8.50

Homemade Apple Cinnamon Cobbler and Mixed Berries Cobbler, Accompaniments to included; Whipped Cream and Vanilla Ice Cream

Antipasti and Cheese Snack 12.00

Prosciutto, Salami, Pepperoni, Roasted Red Pepper Hummus, Assorted Artisanal Cheeses, Served with Toasted Crostini, Baked Focaccia Crips, Assorted Crackers and Seasonal Seedless Grapes

Ice Cream Sundae Bar 6.75

Chocolate, Vanilla, Strawberry Ice Cream (Option to substitute flavor for Sorbet with advanced notice) Served with collection of sweets and fruits including: Fresh Strawberries, M&M's, Sprinkles, Fresh Homemade Whipped Cream, Hot Fudge, and Cherries

Wellness Break 7.95

Chopped Seasonal Fruit Salad, To include Honeydew Melon, Cantaloupe, Pineapple, Watermelon, Fresh Berries, Mint Individual Assorted "Fage" Greek Yogurts, Kind Bars

Something else

Fruit Cups	3.75
Fresh Fruit Kebobs, Yogurt Dip	3.95
Seasonal Fruit Platter with Fresh Berries	4.95
Mints and Hard Candy	1.50
Homemade FLIK Potato Chips	1.75
Individual Bags of Chips	2.19
Candy Bar Assortment	2.19
Cupcakes	3.75
Mini Cupcakes	2.50
Mini Whoopie Pies	3.19



Note: When placing your order, please inform conference services if a guest in your party has a food allergy

Hors d'Oeuvres

price per person 4.00

48 hour notice required (weekends
excluded)
Certain minimums may apply

Sea

- Spicy Shrimp Cocktail
- Bacon Wrapped Sea Scallop
- Grilled BBQ Spiced Shrimp, Mango Mustard
- Mini Crab Cakes, Cajun Remoulade
- Crispy Coconut Shrimp, Spicy Pineapple Mustard
- Seared Yellow Fin Tuna, Wonton Crisp, Wasabi Cream (market price)
- Classic Clam Casino, Pimento, Bacon, Seasoned Panko Crumbs
- Lobster Corn Risotto Cake, Roasted Red Pepper Cream (market price)



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Hors d'Oeuvres

48 hour notice required (weekends excluded)
Certain minimums may apply

price per person 3.75

Land

- Prosciutto Wrapped Melon Shrimp Skewer
- Mango Chicken Salad on Crispy Wonton Chip
- Buffalo Burger Sliders on Brioche Buns
- Baby Lamb Chops, Mint Honey Drizzled
- Mini Beef Wellingtons
- Chipotle Pulled Chicken Quesadilla
- Panko Crusted Chicken, Maple BBQ Dip
- Jerk Chicken on Plantain Chip, Sweet Tomato Chutney
- Chicken, Avocado Salad, Red Jalapeño Jam, Lime, Cilantro on Arepa
- Curried Chicken, Crispy Chickpea, Tzatziki Sauce
- Steak and Cheese Spring Rolls
- Steak, Sweet Potatoes Frites
- Mini Swedish Meatballs



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Hors d'Oeuvres

price per person 3.50

48 hour notice required (weekends
excluded)
Certain minimums may apply

Earth

- Caprese Bites, Tomato, Fresh Mozzarella, Basil Skewers
- Classic Devil Eggs, Hint of Sriracha
- Truffle Mushroom Arancini with Marinara
- Vegetable Samosas, Raisin Tomato Chutney
- Roasted Wild Mushrooms, Truffle Oil, Flatbread
- Mini Potato Skins, Cheddar, Chive
- Spinach, Roasted Red Pepper, Parmesan, Stuffed Mushrooms
- Wild Mushroom, Vermont Cheddar Cheese Tartlet
- Three Cheese Quesadilla, Pico de Gallo
- Potato Pancake, Smoked Salmon, Sherry Cream
- Yukon Gold Potato Latkes, Apple Relish, Crème Fraîche
- Butternut Squash Gnocchi, Sage Cream Sauce, Parmesan Cheese
- Rollatini Eggplant, Ricotta Cheese, Sun Dried Tomato Drizzled



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Special Event Stations

The following stations can be ordered to complement hors d'oeuvres selection
Certain minimums may apply

Mediterranean Table

6.00

To Include:

Olive Tapenade, Red Pepper Hummus and Roasted Eggplant Spread, Cucumber Salad with Feta Cheese, Tabbouleh, Marinated Olives. Served with Pita Chips, Lavash, Crostini and Focaccia

Artisanal Cheese Selections

7.95

To Include:

A Selection Of Domestic, Imported and Local Artisan Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

Guacamole Tasting

8.25

To Include:

Traditional Avocado, Edamame and Asparagus Guacamole, Tortilla Chips, Yucca and Plantain Chips, Charred Tomato Salsa, Diced Onion, Lime Wedges

Asian Dumplings

10.00

A selection to include:

Shrimp Shu Mai, Pork Pot Sticker, Vegetable Dumplings, Chicken Teriyaki Dumpling with Sweet Chili Sauce, Duck Sauce and Soy Sauce

Sushi & Roll Platter

Market Price

A selection to include various options such as:

Tuna Sushi, Grilled Eel Sushi, Cooked Shrimp Sushi, Salmon Avocado Roll, Spicy Tuna Roll, Rainbow Roll, Includes Soy Sauce, Wasabi, Pickled Ginger, and Chopsticks

Note | Minimum 20 Guests

New England Seafood Bar

Market Price

Shrimp Cocktail, Warm Clams Cassino, Crab Claws, Lemon, Tabasco, Horseradish, Cocktail and Classic Mignonette Sauce

Note | Minimum 30 Guests



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Specialty Desserts

Local Berry Short Cake Bar 7

Fresh Buttermilk Biscuit Topped with Local Seasonal Berries and Dollops of Homemade Whipped Cream

Petite Dessert Buffet 10

An Elegant array of Miniature Fresh Pastries Hand Dipped Chocolate Strawberries



Cakes By Konditor Meister

Note | 48 hours notice required for any cake

Please Contact

john.hubbard2@compass-usa.com

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