

Created with you in mind
CATERING

Food by **FLIK**



At FLIK, *every customer* is our priority.

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Welcome

For questions about your order, or to request a meeting with the catering team, call or text 615-490-5621, or email Jennifer Turrill at Jennifer.Turrill@compass-usa.com



To ensure availability and secure delivery times, we encourage you to place catering orders 48 hours in advance. 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.

Delivery and Service Fees/After-Hours Events

There are no service fees for any FLIK catered service provided during normal operating hours; after-business hours require an additional labor charge. Lunch menus served at dinner will have an increased cost.

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 manager 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. Bartender service is available upon request.

Refreshing BEVERAGES

Cold Beverage Service 3.50

Assorted Sodas, Water & Bubly,
Freshly Brewed Sweet & Unsweet
Iced Tea

Coffee Time 3.50

Freshly Brewed Regular Coffee,
Assorted Hot Tea & Individual Decaf
Coffee Packets, Water

Full Beverage Service 5.00

Freshly Brewed Regular Coffee, Assorted Hot
Tea & Individual Decaf Coffee Packets,
Assorted Sodas, Water & Bubly, Freshly
Brewed Sweet & Unsweet Iced Tea

Morning Beverages 4.00

Freshly Brewed Regular Coffee & Individual
Decaf Coffee Packets, Assorted Hot Tea,
Freshly Squeezed Orange Juice, Water

Beverage Refresh 2.50

A Refresh of All Previously Ordered
Beverages



Additional Beverages

Per
Person

Fresh Brewed Sweet &
Unsweet Iced Tea &
Refreshing Lemonade

3.00

Iced Coffee in Dispenser
with Flavored Creamers

2.50

Hot Chocolate with
Toppings

4.00

Infused Water Service:
Flavored with Fresh
Cucumber, Blackberry &
Mint

4.00

Additional Beverages

Each

Seasonal Aqua Fresca

1.75

Assorted Sodas

2.00

Assorted Bubly Seltzer

1.75

Assorted Canned Iced
Coffee

3.00

Bottled Water

1.70

Bottled Juice: Apple,
Cranberry & Orange

3.00

Eye Opening BREAKFAST

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	4.00
Fresh Fruit Platter (per person)	4.75
Seasonal Fresh Whole Fruit	1.00
1 Dozen Assorted Donuts	22.00
French Toast Casserole (serves 20 people)	80.00
Savory Bread Pudding with Meat	90
Without meat	80
(serves 20 people)	
1 Dozen Assorted Mini Quiche	30.00
Scrambled Eggs (serves 20 people)	35.00
1 Dozen Croissants with Whipped Butter & Nashville Jam	22.00
1 Dozen Bagels with Cream Cheese & Everything Seasoning	15.00

Breakfast Sandwiches **8.50**

Selection of Breakfast Sandwiches or Burritos (Chose 2):

- Egg Whites, Spinach, Turkey Bacon, Low Fat Swiss Cheese, Avoiding Gluten Sandwich Thin
- Pork Sausage, Egg, American Cheese, Toasted English Muffin
- Scrambled Eggs, Smoked Ham, Cheddar Cheese, Burrito
- Scrambled Eggs, Peppers & Onions, Burrito
- Bacon, Egg, American Cheese, Biscuit Sour Cream & Salsa (with Burritos)

Continental Breakfast **12.50**

Freshly Baked Mini Muffins, Seasonal Tea Bread and Pastries, Yogurt & Granola and Fresh Fruit Platter. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Healthy Start **14.00**

Roasted Vegetable & Mozzarella Mini Frittata, Cheddar & Egg White Mini Frittata, Turkey Sausage, Sweet Potato Hash, Fresh Fruit Platter. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Yogurt Parfait Bar **12.00**

Vanilla & Strawberry Yogurt, Granola, Dried Fruit, Chocolate Chips, Seasonal Tea Bread. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Avocado Toast Bar **14.00**

Multi Grain Bread, Mashed Avocado, Pickled Red Onions, Chopped Bacon, Hard Boiled Eggs, Baby Arugula & Goat Cheese. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Hotel Breakfast Buffet **17.50**

Pancakes, Pure Maple Syrup, Scrambled Eggs (Egg Whites Available Upon Request), Smoked Bacon, Turkey Sausage Patties, Roasted Red Potatoes & Fresh Fruit Platter. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Shakshouka **14.00**

Poached Eggs in a Spicy Tomato Sauce with Cilantro & Crumbled Feta, Toasted Baguette & Fresh Fruit Platter. Served with Regular Coffee, Hot Tea & Individual Decaf Coffee Packets, Fresh Squeezed Orange Juice & Water

Delicious SANDWICHES



Sandwich & Salad Menu Additions

Soup of the Day	3.50
House Made Guacamole & Tortilla Chips	5.25
Fresh Cut Fruit	4.75
1 Dozen Rice Crispy Treats	24.00
1 Dozen Fudge Brownies	18.00
1 Dozen Assorted Fresh Baked Cookies	18.00
1 Dozen French Almond Macaroons	35.00
1 Dozen Cannoli's	35.00

Deli Platter (Build Your Own Sandwich) 18.00

Protein: In-House Roasted Beef, Roasted Turkey, Smoked Ham, Grilled Chicken Breast

Cheese: American, Swiss, Provolone, Pepper Jack Cheese.

Toppings: Leaf Lettuce, Tomatoes, Pickles, Banana Peppers, Onions

Spreads: Mayo, Mustard, Honey Mustard, No-Nut Pesto, Assorted Rolls, Artisanal Breads, Wraps

Specialty Sandwich Platters

85/125/185

Small-up to 6, Medium-up to 10, Large-up to 15

Assortment of Three Chef-Selected Specialty Sandwiches

Included with Deli Platter & Specialty Sandwich Platters:

Mixed Green Salad, Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soda, Still & Sparkling Water

Bagged Sandwich/Salad Lunch

17.50

Perfect for Small Spaces or Lunch on the Run. Select a Variety of Three Meal Options. All Bagged Lunches Include Bottled Water, FLIK Potato Chips & Fresh Baked Cookie.

Sandwich & Salad List on Page 5

Salad & Sandwich

SELECTIONS

Romaine Caesar, Grilled Chicken, Garlic Croutons, Grape Tomatoes, Parmesan

Texas Salad, Grilled Chicken, Mixed Greens, Roasted Corn, Black Beans, Pico de Gallo, Buttermilk Ranch Dressing

Crispy Nashville Hot Chicken Salad, Cornbread Croutons, Tomato, Carrot, Cheddar, Buttermilk Ranch Dressing

Quinoa Grain Bowl, Dried Cranberries, Apricots, Arugula, Spinach, Balsamic Vinaigrette

Roasted Turkey & Brie, Nashville Jam, Leaf Lettuce

Smoked Ham, Arugula, Provolone, Honey Mustard

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Buffalo Chicken Wrap, Tomato, Shredded Romaine, Bleu Cheese

Pesto Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese, Leaf Lettuce, Tomato

Shaved Prosciutto, Ham & Havarti Cheese, Spinach, Grain Mustard

Chimichurri Steak, Roasted Peppers & Balsamic Glaze

Caprese Wrap, Fresh Mozzarella, Tomato, No-Nut Pesto, Spinach, Balsamic Glaze

Crispy Chickpeas, Whole Wheat Wrap, Roasted Red Peppers, Arugula, Kalamata Olives, Feta, Tzatziki



Build Your Own SALADS

Choose 1 Salad:

22.00

Harvest Salad Buffet

Baby Spinach, Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots, Peppers, Crumbled Feta Cheese, Garlic Croutons, Two House Made Dressings

Grain Salad Buffet

Mixed Baby Greens, Quinoa, Farro, Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Broccoli, Sunflower Seeds, Goat Cheese, Two House Made Dressings

Cobb Salad Buffet

Romaine, 2 Dressings, Tomatoes, Roasted Corn, Fresh Avocado, Chopped Egg, Red Onion, Cucumber, Crumbled Bacon, Crumbled Bleu Cheese, Two House Made Dressings

Add (2) Hot Proteins to Salad Choice

- Grilled Marinated Chicken Breast
- Lemon Pepper Spiced Shrimp
- Balsamic Grilled Flank Steak
- Herb Marinated Salmon (based on availability)

Included with Build Your Own Salad:

FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soda, Sweet & Unsweet Iced Tea, Still & Sparkling Water

Flavorful

LUNCH BUFFETS

Chef's Table Buffet 24.00

Choose 2 Meals, Minimum 16 Guests

Amounts of each Meal will Serve all Guests

Poultry

- Chicken Parmigiano, Penne, Marinara Sauce, Roasted Zucchini & Yellow Squash
- Oven Roasted Chicken, Mashed Potatoes, Rosemary Gravy, Glazed Carrots
- Chicken Teriyaki, Stir-Fry Vegetables, Rice

Meat

- Chimichurri Flank Steak, Roasted Fingerling Potatoes, Roasted Asparagus
- Sundried Tomato, Spinach, Mozzarella Stuffed Pork, Roasted Red Bliss Potatoes, Haricot Vert
- Seared Beef Tenderloin, Demi Glace, Shallot Butter Broccoli, Mashed Potatoes

Seafood

- Seared Salmon Filet, Corn Relish, Cous Cous, Roasted Seasonal Vegetable
- Shrimp Scampi, Orzo Pilaf, Peas & Mushrooms

Pasta

- Goat Cheese Ravioli, Garlic Butter, Sundried Tomato & Asparagus Tips
- Pasta with Bolognese & Seasonal Vegetables

Vegetarian/ Plant Based

- Eggplant Parmigiano, Marinara Sauce, Penne Pasta, Sautéed Spinach
- Penne Pasta and Beyond Sausage with Chickpea, Peppers & Onions

Included with Your Selection

Choice of Salad with House Made Dressing,
Choice of Dessert, Assorted Sodas, Sweet &
Unsweet Iced Tea, Water & Bubly

American BBQ 21.00

BBQ Beef Brisket, Grilled BBQ Chicken Thighs, Smokehouse Baked Beans, Garlic Green Beans, Potato Salad, Corn Bread, Banana Trifle.

Argentinian Flare 23.00

Quinoa Grain Salad with Chili-Lime Vinaigrette, Herb Chicken with Mustard Sauce, Chimichurri Steak, Grilled Vegetable Medley, Herb Roasted Fingerling Potatoes & Apple Cinnamon Empanada.

Spirit of India 19.00

Farro Paneer Salad, Chicken Tikka Masala, Chana Masala, Aloo Gobi, Basmati, Rice, Garlic Naan Bread, Oatmeal Raisin Chai Cookies.

Taqueria 23.00

Flour Tortillas & Tortilla Chips, Chicken Tinga & Carne Asada, Braised Black Beans, Spanish Rice, Guacamole, Red Salsa, Sour Cream, Queso, Esquites & Churros.

Italian 22.00

Romaine Salad with Cherry Tomatoes, Croutons, Goat Cheese, Pickled Onions, Citrus Herb Vinaigrette, Ricotta Pasta Bake, Beef & Pork Meatballs with Pomodoro Sauce, Chicken Saltimbocca, Roasted Butternut Squash & Fennel & Cannoli's.

Greek 23.00

Cucumber & Tomato Salad, Grilled Pita & Yellow Rice, Sautéed Shrimp, Roasted Chicken, Grilled Vegetables, Hummus, Tzatziki & Baklava.

Taste of Nashville 19.50

Roasted Brussels Sprout Salad, Crispy Buttermilk Chicken & Nashville Hot Seasoning on the Side, Pickle Chips, Roasted Red Potatoes, Garlic Green Beans, Buttermilk Biscuits & Whipped Butter & Seasonal Cobbler.

Mardi Gras Menu 23.00

Cajun Panzanella Salad, Red Beans & Rice, Blackened Salmon, Grilled Andouille Sausage, Stewed Tomatoes & Okra, Fried Plantains with Caramel Sauce.

Let's Take a BREAK

Per Person

Sliced Fruit Platter	4.75
Crudité and Ranch Dip	4.25
Chips, Guacamole	4.25
Soft Pretzels, Whole Grain Mustard	3.25
House-Made Chips	2.50
Deluxe Mixed Nuts	3.75

Each

Assorted Candy Bars	2.00
Assorted Novelty Ice Cream Bars	
(Served in Portable Freezer)	3.00
Whole Fruit	1.00
Assorted Fruit/Nut, Energy Bars	3.00

By the Dozen

Fresh Baked Cookies	18.00
Fudge Brownies	18.00
French Almond Macaroons	35.00
Mini Cannoli's	35.00
Rice Crispy Treats	24.00

Fiesta Break 7.50

Tortilla Chips & Dips: Queso, Guacamole & Fresh Made Salsa

Individual Caprese Cups 5.00

Mozzarella, Grape Tomatoes, No-Nut Pesto, Aged Balsamic

Chef's Charcuterie Board 10.00

Selection of Artisanal Cheeses & Cured Meats, Pickles, Fresh & Dried Fruits, Crackers & Crisps, Seasonal Spreads & Bacon-Wrapped Dates

Ice Cream Social 9.50

Chocolate & Vanilla Ice Cream Cups, Sprinkles, Walnuts, Toasted Coconut, Crushed Oreo, Maraschino Cherries, Whipped Cream, Chocolate & Caramel Sauce

Pound Cake Break 7.50

Assorted Pound Cakes, Whipped Cream, Seasonal Berry Compote, Iced Coffee with Flavored Creamer & Bubly

Hummus Crudité Break 6.50

Traditional Chickpea Hummus, Roasted Red Pepper Hummus, Pita Chips and Raw Vegetables, Assorted Soda & Bubly

Popcorn Break 4.00

Fresh Popped Popcorn, FLIK Signature Seasonings: Sweet Caramel, White Cheddar & Cinnamon Toast, Lemonade

Build Your Own Trail Mix 5.50

Mixed Nuts, Chocolate, Seeds & Dried Fruit

Italian Inspired Trio 120.00

Traditional Tomato Bruschetta, Caprese & Olive Tapenade, Toast Points, Assorted Soda & Bubly. Serves 20 Guests

Simple • Premium • Supreme

CELEBRATIONS

Choose 3 19.00

Choose 4 22.00

Choose 6 26.00

Will include Fresh Vegetable Crudite with Hummus and Ranch Dipping Sauce; Assorted Soda, Water & Bubly
Minimum 15 Guests

Mini Stuffed Potatoes
Mushroom Puffs with Creamy Onion Sauce
Mac & Cheese Bites
Asiago Wrapped Asparagus
Stuffed Peppadew Peppers
Goat Cheese Phyllos
Truffle Parmesan Tater Tots

Chicken Quesadilla Rolls with Lime Cilantro Crema
Chicken Tenders with Ranch & Honey Mustard
Buffalo Chicken Egg Rolls with Ranch Dressing
Chicken Potstickers with Sweet Chili Sauce
Brisket Empanada with Chipotle Crema
Beef Wellington with Red Onion Marmalade
Combo: Cheeseburger Sliders with Bistro Sauce & Chicken Teriyaki & Swiss Sliders

Lobster Rolls
Shrimp & Grits Bites with Remoulade
Mini Jumbo Lump Crab Cakes with Remoulade

Reception Additions to the Chose 3 , 4 & 6 Packages:

Build Your Own Shrimp & Grits Bar	13.00
Individual Salads: Caprese, Caesar & Quinoa	4.00

Gourmet Sweets by the Dozen

Chocolate Covered Strawberries	28.00
Cupcakes	27.00
French Almond Macaroons	35.00
Mini Cannoli's	35.00
Mini Cheesecake Bites	14.00

HAVE SOMETHING ELSE IN MIND? WE'D LOVE TO CREATE A CUSTOMIIZED QUOTE.

NEED TO CATER OFF-SITE? WE ARE HAPPY TO DISCUSS THE OPTIONS!

Jennifer Turrill, Catering Manager

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Kori Brunsvold, Executive Chef

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