

Created with you in mind
CATERING

Food by **FLIK**

2025



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

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Welcome



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.

All pricing is per person.

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

All FLIK catered service provided during normal operating hours will be assessed a \$20.00 delivery fee; this includes full set up and breakdown of your service. after-business hours may require an additional service charge.

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. Bar service is available upon request.

All catering Requires a minimum purchase of \$50.00.



Refreshing BEVERAGES

Full Beverage Service 3.95
Regular and Decaffeinated Coffee, Hot
Tea, Assorted Soft Beverages, Still &
Sparkling Water

Morning Beverages 4.25
Regular and Decaffeinated Coffee
Hot Tea, Freshly Squeezed Orange Juice
Still & Sparkling Water

Coffee Time 2.95
Regular and Decaffeinated Coffee
Hot Tea, Still & Sparkling Water

Soft Beverage Service 1.95
Soft Beverages, Still & Sparkling Water

Additional Beverages

Iced Tea	1.50	Freshly Squeezed Lemonade	1.50
Iced Coffee	1.50		
Hot Chocolate	1.50	Seasonal Aqua Fresca	2.50
Bottled Water	1.95	Seltzer Water	2.25
Bottled Juice	2.25	Lime, Raspberry, Orange	
Apple, Cranberry, Lemonade			
Freshly Squeezed OJ	2.50		

Eye Opening BREAKFAST

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	3.50
Fresh Fruit Platter	4.25
Assorted Yogurt Cups	2.25
Bagels and Cream Cheese	3.50
Freshly Squeezed Orange Juice	2.50
Freshly Brewed Iced Tea	1.50
Freshly Brewed Iced Coffee	1.50

Breakfast Sandwiches 12.50

Selection of breakfast sandwiches to include:

- Egg Whites, Spinach, Turkey Bacon, Swiss Cheese, Flatbread
- Pork Sausage, Egg, American Cheese, Toasted English Muffin
- Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito
- Egg White, Vegetable Frittata on Sandwich Thin

Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Tea, Still & Sparkling Water

Continental Breakfast 12.95

Freshly Baked Mini Muffins, Scones, Bagels, Pastries and Croissants, Butter Preserves, Cream Cheese, Seasonal Sliced Fruit, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee
Hot Tea, Still & Sparkling Water

Healthy Start 13.95

Freshly Baked Mini Muffins, Tea Bread, Yogurt, Granola, Raisins, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Tea, Still & Sparkling Water

Greek Yogurt Bar 12.50

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Raisins Dried Cranberries, Honey, Pure Maple Syrup
Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee
Hot Tea, Still & Sparkling Water

Avocado Toast Bar 10.50

Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs Baby Arugula, Fresh Dill, Cilantro Sprigs, Freshly Squeezed Orange Juice Regular and Decaffeinated Coffee, Hot Tea, Still & Sparkling Water
Add Smoked Salmon for an Additional 3.00

Executive Breakfast Buffet 15.50

French Toast, Pure Maple Syrup, Scrambled Eggs (Egg Whites Available Upon Request), Smoked Bacon, Sausage, Home Fries, Sliced Fresh Fruit Breakfast Pastries, Butter, Preserves, Freshly Squeezed Orange Juice Regular and Decaffeinated Coffee, Hot Tea, Still & Sparkling Water

Hot Cereal Bar 9.50

Oatmeal, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola Brown Sugar, Pure Maple Syrup, Freshly Squeezed Orange Juice Regular and Decaffeinated Coffee, Hot Tea, Still & Sparkling Water

Specialty SANDWICHES

Lunch Additions

Soup of the Day	2.95
House Made Guacamole, Salsa & Tortilla Chips	8.25
Fresh Fruit Platter	4.25



Deli Platter 14.75

Protein: In-House Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

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

Toppings: Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers.

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

Specialty Sandwich Spread 14.75

Assortment of Five Chef Selected Sandwiches Provided

Sample Menu

- House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette
- Smoked Ham, Arugula, Swiss Cheese, Ciabatta
- Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette
- Grilled Chicken, Fresh Mozzarella, Pesto Mayo, Ciabatta
- Roasted Balsamic Vegetables, Hummus, Whole Wheat Wrap

Included with Platters & Specialty Sandwich Spreads:

Mixed Green Salad, Grain Salad, House Made Dressing
FLIK Potato Chips, Freshly Baked Cookies and Brownies
Assorted Soft Beverages, Still & Sparkling Water

Specialty SANDWICHES

Boxed Lunch 16.75



Sandwiches

- Smoked Turkey, Chipotle Mayo, Swiss, Asiago Focaccia
- Roast Beef, Frizzled Onion, Provolone, Horseradish Mayo, Baguette
- Waldorf Chicken Salad, Diced Apple, Celery, Bulkie
- Balsamic Grilled Onions, Goat Cheese, Ciabatta

Side Salad (Pick One)

- Mixed Greens, Italian Dressing
- Caesar Salad
- Roasted Apple, Gorgonzola Salad, Balsamic Dressing

Choice of Side (Pick Two)

- Seasoned FLIK Chips
- Signature FLIK Chocolate Chip Cookie
- Brownie
- Hand Fruit
- Dinner Roll

Includes Bottled Water



Deconstructed

Salads

Harvest Salad

15.75

Crisp Romaine Lettuce, Baby Spinach Tomatoes, Olives, Cucumbers, Mushrooms Broccoli, Carrots, Peppers, Seasonal Grilled Vegetables, Grated Parmesan, Crumbled Feta Cheese, Two House Made Dressings

Grain Salad

15.75

Mixed Baby Greens, Arugula, Quinoa Wheat Berries, Avocado, Cucumbers, Olives Tomatoes, Dried Cranberries, Edamame, Broccoli Cauliflower, Chopped Walnuts, Sunflower Seeds Goat Cheese, Parmesan Cheese, Two House Made Dressings

Cobb Salad

14.75

Iceberg Wedges, Arugula, Tomatoes Roasted Corn, Fresh Avocado, Chopped Egg Red Onion, Cucumber, Crumbled Bacon Crumbled Bleu Cheese, Two House Made Dressings

Add Proteins to any salad choice

- Grilled Marinated Chicken Breast 3.50
- Lemon Pepper Spiced Shrimp 4.50
- Balsamic Grilled Flank Steak 4.50
- Herb Marinated Salmon 4.50

All Prices are Per Person

Included with each spread

Freshly Baked Cookies and Brownies, Assorted Soft Beverages, Still & Sparkling Water



Individual Style

Garden Salad	6.95ea
Caprese Salad	10.95ea
Caesar Salad	10.95ea
Chef Salad	15.95ea
Buffalo Chicken	15.95ea
Italian Style Steak Tip Salad	16.95ea
Grilled Lemon Pepper Shrimp Salad	16.95ea

Add Proteins to any salad choice

• Grilled Marinated Chicken Breast	3.50
• Lemon Pepper Spiced Shrimp	4.50
• Balsamic Grilled Flank Steak	4.50
• Herb Marinated Salmon	4.50

Specialty

LUNCH BUFFETS

All Buffets Require a Minimum of 20 People

American BBQ 18.95
BBQ Beef Brisket, Pulled Pork, Cole Slaw, Maple Molasses Baked Beans
Mixed Green Salad, Ranch Dressing, House Made Vinaigrette, Corn
Bread, Honey Butter

Classic Italian 18.95
Chicken Parmesan, Penne alla Vodka, Roasted Broccoli and Red
Peppers, Caprese Salad, Caesar Salad Garlic Bread

Taqueria 18.95
Chicken Tinga, Pork Carnitas, Black Beans Sofrito, Cilantro Rice
Tortilla Chips, House Made Guacamole, Fire Roasted Tomato Salsa
Mexican Crema, Pickled Red Onions, Cilantro, Limes, Flour Tortillas

Land and Sea 21.50
Lemon Poached Salmon, Balsamic Grilled Chicken, Grilled Seasonal
Vegetable Platter, Tri Color Carrots, German Potato Salad

Southeast Asia 19.50
Sesame Chicken, Hoisin Shrimp, Vegetable Fried Rice, Stir Fry
Vegetables, Crispy Vegetable Spring Rolls, Ginger Glazed
Pineapple, Sweet Chili Sauce

Taste of India 19.50
Chicken Tikka Masala, Mutter Paneer (Vegan Cheese Curry), Chana
Masala (Chickpea Curry), Vegetable Samosas Basmati Rice, Garlic
Naan Bread, Tamarind Chutney, Mint Chutney

Included with each spread
Freshly Baked Cookies and Brownies, Assorted Soft Beverages, Still
& Sparkling Water

Specialty

LUNCH BUFFETS

All Buffets Require a Minimum of 20 People

Korean BBQ (Pick Two Proteins) 21.95

Fire Grilled Gochujang Chicken Thighs, Ginger Soy Scallion Flank Steak
Dubu Jorim (Korean Braised Tofu), Soy Braised Bok Choy and Carrots
Garlic Fried Rice, Sesame Cucumber Salad, Crispy Ramen Salad

Greek Mesimeriano (Pick Two Proteins) 21.95

Chicken Souvlaki, Slow Roasted Lamb Kleftiko, Citrus Charred
Broccoli Spears, Lemon Herb Rice, Tossed Greek Salad, House
Made Vinaigrette, Grilled Pita Bread, Tzatziki Sauce

Hawaiian Luau (Pick Two Proteins) 21.95

Crispy Chicken Katsu, Kalua Pork, Lomi Lomi Salmon, Hawaiian
Macaroni Salad, Tasso Ham Fried Rice, Tropical Fruit Salad

Italian Pizza Crust Sandwich Buffet (Pick Three Sandwiches) 18.50

Italian Provisions, Chicken Parmesan, Meatball Parmesan, Roast
Pork and Broccoli Rabe, Eggplant Parmesan, Caprese
Includes Pesto Pasta Salad, Vegetarian Italian Chopped Salad

Spanish Paella 21.95

Smoky Roasted Paprika Chicken Thighs, Chorizo, Spicy Citrus Grilled
Shrimp, Saffron Jasmine Rice, Green Sweet Peas Roasted Red
Peppers, Onions, Carrots, Roasted Butternut Squash, Confit Cherry
Tomatoes, Spinach, Mashed Plantains, Old Bay Spiced Garlic
Bread

Included with each spread

Freshly Baked Cookies and Brownies, Assorted Soft Beverages, Still
& Sparkling Water

Specialty

LUNCH BUFFETS

All Buffets Require a Minimum of 20 People

Southern Flavor

21.50

Cajun Shrimp, South Carolina BBQ Chicken, Cauliflower "Grits", Gullah Rice, Hoppin John, Choice of Potato or Corn Salad, House Made Biscuits

Thai Noodle Bar

21.95

Pick Two: Rice Noodle, Udon Noodle, Ramen Noodle, Soba Noodle
Pick Two: Chicken, Beef, Shrimp, Tofu
Pick Two: Creamy Sweet Chili Basil Sauce, Satay Sauce, Garlic Pepper Sauce, Oyster Sauce
Served with Assorted Vegetables

Middle Eastern Fattoush Salad

21.95

Pick One: Baked Cod with Tomato and Onion, Chicken Kebabs with Garlic Yogurt Sauce, Kibbeh (Lamb Bulgar Croquettes)
Pick One: Israeli CousCous, Persian Style Rice
Pick One: Spring Vegetables with Sumac and Feta, Roasted Cauliflower with Tahini
Served with Pita Chips, Hummus, Baba Ghannoush

Included with each spread

Freshly Baked Cookies and Brownies, Assorted Soft Beverages, Still & Sparkling Water

Let's Take a BREAK

AM BREAK

Build Your Own Parfait **8.95**
Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits
Toasted Almonds, Granola

Tea and Scones **5.00**
House Made Assorted Scones, Devonshire Cream
Assorted Jams, Hot Tea, Still & Sparkling Water

Pound Cake Break **4.00**
Assorted Miniature Pound Cakes, Whipped Cream
Seasonal Berry Compote

Power Break **7.98**
Dried Fruit, Granola bars, Fresh Fruit, Juice

PM BREAK

Tortilla Chip Bar **8.25**
Corn Tortillas Chips
Fried Plantain Chips, Guacamole
Corn Tomato Salsa, Sour Cream
Jalapeno Cheese Sauce

Cookies and Brownies **1.50**
Signature FLIK Chocolate Chip
Cookies and House Made
Brownies

Chocolate Dipped Fruit **4.50**
Assortment Of Fresh Fruit Dipped
In House Made Chocolate
Sauce

Assorted Cupcakes **3.95**

Assorted Mini Cupcakes **1.95**

Hummus Break **7.25**
Traditional Chickpea Hummus
Roasted Red Pepper Hummus
Assorted Crisps and Pita Chips

Popcorn Break **5.50**
Sweet Caramel Spiced Popcorn
White Cheddar Popcorn
Cinnamon Toast Popcorn

Artisan Cheese **9.95**
A Selection Of Domestic
Imported and Local Cheeses
Dried and Seasonal Fruits, Crisps
Flatbreads and Crostini

Chocolate Lava Cake **8.25**
Warm Chocolate Lava Cakes
Vanilla Ice Cream, Hot Fudge
Whipped Cream, Sprinkles
Macerated Strawberries, Fresh
Blueberries, Candied Walnuts
M&Ms, Chocolate Chips
Butterscotch Chips

Hot or Cold

HORS D'OEUVRES

COLD

Earth

- Goat Cheese Lollipops, Pistachios, Grapes 4.00
- Brie Cheese Crostini, Pickled Peppers 4.00
- Cauliflower Fleurette Provencal, Fennel Radish Micro Salad 4.00
- Celeriac Slaw on Herb Grilled Pita, Apple Chutney 4.00

Sea

- Mini Lobster Roll, Micro Celery
- Smoked Salmon on Rye, Dill Cream Grapefruit Pearls
- Tuna Tartar, Wakame, Sesame Cone
- Beet Salmon Gravlax, Citrus Salad Micro Mint

Market Price

Land

- Curried Chicken Salad, Toasted Almond, Coconut 5.00
- Sliced Sirloin, Tuscan Crisp, Tomato Fondue 6.00
- Prosciutto Crostini, Fig Jam, Mascarpone 6.00
- Shaved Imported Prosciutto, Manchego, Truffle Honey 6.00

HOT

Earth

- Japanese Eggplant, Oven Roasted Tomato Balsamic Glaze 4.00
- Curried Red Lentil Shooter 4.00
- Wild Mushroom Tartlet 4.00
- Mini Grilled Cheese, Tomato Basil Soup Shooter 4.00

Sea

Market Price

- Sesame Crusted Salmon Skewer, Yuzu Dipping Sauce
- Pancetta Wrapped Shrimp, Mango Glaze
- Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
- Maryland Crab Cakes, Pepper Jelly

Land

- Chicken Sesame Scallion Dumplings, Tamari 5.00
- Chorizo Hushpuppy, Smoked Paprika Aioli 5.00
- Mini Croque Monsieur, Smoked Ham Confit Cherry Tomato 5.00
- Masa Harina Crusted Fried Chicken, Tangerine Honey 5.00
- Mini Short Rib Arancini, Truffle Parmesan Cream 6.00
- Indian Spiced Lamb Meatballs, Yogurt Mint Sauce 5.00