

Created with you in mind
CATERING

Food by **FLIK**

2023



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At FLIK, *every customer* is our priority.

Welcome

For all orders please visit:
cateringbd-flks.catertrax.com
For questions on how to order, please email
Jhumer.Delossantos@compass-usa.com



To ensure availability and secure delivery times, we encourage you to place catering orders by 12:00 PM for the following day. 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. 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; after-business hours may require a 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, the service will be charged.

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.



Refreshing BEVERAGES

Full Beverage Service 4.50
Regular and Decaffeinated Coffee,
Tazo Tea, Assorted Soft Beverages,
Still & Sparkling Water

Morning Beverages 4.50
Regular and Decaffeinated Coffee,
Tazo Tea, Freshly Squeezed Orange
Juice, Still & Sparkling Water

Coffee Time
Regular and Decaffeinated
Coffee, Tazo Teas 3.50

Soft Beverage Service
Soft Beverages, Still & Sparkling
Water 3.50

Water Service
Still & Sparkling Water 2.25

Additional Beverages

Iced Tea	2.25	Freshly Squeezed Lemonade	2.25
Iced Coffee	2.99	Seasonal Aqua Fresca	3.99
Hot Chocolate	2.99	Fruit Smoothie Strawberry, Pineapple, Mixed Berry	3.99
Individual Water Bottle	2.25	Seltzer Water	2.25
Bottled Juice	3.25	Lime, Raspberry, Orange	
Apple, Cranberry, Lemonade			
Freshly Squeezed OJ	3.99		

Eye Opening BREAKFAST

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	3.25
Berry Acai, Coconut, Chia Parfait	3.50
Fresh Fruit Platter	4.50
Assorted Yogurt Cups	2.99
Bagels and Cream Cheese	4.99
Hard Boiled Egg	.99
Freshly Brewed Iced Tea	2.25
Freshly Brewed Iced Coffee	2.99

Breakfast Sandwiches 15.99

Selection of breakfast sandwiches to include:

- Casper Baby Kale, Tomato, Goat Cheese, Egg Whites, White Wrap
- Apple Smoked Bacon, Chive Scrambled Egg, Cheddar, Brioche Roll
- Wild Mushroom, Scrambled Egg, Arugula Flatbread
- Home Fries, Seasonal Sliced Fruit

Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Continental Breakfast 12.99

Locally Baked Mini Breakfast Pastries, Local Mini Fruit Danishes, Mini Bagels, Assorted Breakfast Breads, Butter, Preserves, Cream Cheese, Seasonal Hand Fruit Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Healthy Start 14.99

Assorted Berry Parfaits, Freshly Baked Mini Muffins, Seasonal Yogurt Loaf, Mini Cranberry Scones, Seasonal Sliced Fruit, Butter, Preserves, Cream Cheese, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Greek Yogurt Bar 9.99

Greek Plain Yogurt, Vanilla Greek Yogurt, House Made Quinoa Granola, Berries, Seasonal Fruit, Golden Raisins, Dried Cranberries, Honey, Chia Seeds, Pure Maple Syrup, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Avocado Toast Bar 15.99

Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Executive Breakfast Buffet 19.99

French Toast, Pure Maple Syrup, Scrambled Eggs, (Egg Whites Available Upon Request), Smoked Bacon, Sausage Patties, Home Fries, Sliced Fresh Fruit, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

New York Bagel Buffet 12.99

Assorted Bagels, Regular & Chive Whipped Cream Cheese, Smoked Salmon, Roasted Tomato, French Breakfast Radish, Capers, Red Onion, Fresh Dill, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Mighty Leaf Teas, Still & Sparkling Water

Specialty SANDWICHES



Lunch Additions

Soup of the Day	2.99
Sliced Fruit Platter	4.50
Hummus, Vegetable Crudite	5.99
Freshly Baked FLIK Cookies	1.99
Freshly Baked Brownies	2.99

FLIK Mini Sampler 16.99

A sample of slider sandwiches on locally baked rolls
Includes two sandwiches per person

Flatbreads and Paninis 17.99

Variety of Chef Selected Paninis and Flatbreads Delivered Hot and Meant To Be Enjoyed Right Away

Half Mini Sandwich, Half Cobb Salad 17.99

A mixture of Chef Selected Mini Sandwiches Served Alongside a Deconstructed Cobb Salad

On the Go Boxed Lunch 13.99

Boxes Will Include A Variety of Sandwiches & Wraps, Hand Fruit, Chips, Fresh Baked Cookie, Bottled Water

Specialty Sandwich Spread 15.99

Assortment of Five Chef Selected Sandwiches Provided

Sample Menu

- Grilled Chicken Breast, Pineapple Poblano Salsa, Pickled Red Onions, Arugula, Cilantro Aioli
- Rare Roasted Beef, Caramelized Shallots, Baby Kale, Fire Roasted Peppers
- Smoked Turkey Breast, Pepper Jack, Grilled Avocado, Garden Herb Aioli, Satur Farm Baby Spinach
- Ham, Brie, Apple Smoked Bacon, Shaved Fennel, Dijonaise
- Tuna Salad, Avocado, Lettuce, Tomato

Included with All Sandwich Menus: Mixed Green Salad, House Made Dressing, Potato Chips, Assorted Soft Beverages, Still & Sparkling Water



Build Your Own SALADS

Mediterranean Shwarma Salad **15.99**
 Romaine Lettuce & Satur Farm Spring Mix, Israeli Cous Cous, Roasted Garlic Hummus, Cucumbers, Heirloom Cherry Tomatoes, Red Onions, Kalamata Olives, Feta Cheese, Pepperoncini, Soft Pita, Grilled Za'atar Chicken Breast, Organic Citrus Vinaigrette & Green Goddess Dressing

Grain Salad **15.99**
 Satur Farm Baby Kale, Aztec Grain Blend, Red Quinoa, Curried Roasted Butternut Squash, Red Beets, Shaved Fennel, Charred Romanesco, Seasonal Fruit, Goat Cheese Crumbles, Candied Pepitas, Grilled, Marinated Chicken Breast, Blood Orange, White Wine Vinaigrette & Honey Balsamic Vinaigrette

Cobb Salad **17.99**
 Romaine, Tomatoes, Roasted Corn, Avocado, Chopped Egg, Red Onion, Cucumber, Crumbled Bacon, Crumbled Bleu Cheese, House Made Balsamic Dressing, Ranch Dressing

Southwest Salad **15.99**
 Romaine Lettuce, Baby Spinach, Cherry Tomatoes, Roasted Corn & Peppers, Black Beans, Pickled Onions, Diced Avocado, Shredded Cheddar, Crispy Tortilla Strips, Grilled Marinated Cumin Lime Chicken Breast, Chipotle Ranch, Agave Lime Vinaigrette

Add a Protein to Any Salad

Grilled Balsamic Marinated Strip Steak	6.99
Grilled Lemon Thyme Shrimp	6.99
Roasted Dill Salmon	6.99
Crispy Chickpea Falafel	5.99

Specialty

LUNCH BUFFETS

Chef's Table Buffet

Choice of 2 Entrees **25.99**

Poultry

- Feta, Sundried Tomato, Arugula Stuffed Airline Chicken Breast, Roasted Pepper Coulis
- Grilled Chicken, Artichoke & Leek Relish, Meyer Lemon

Meat

+4.00/person

- Peppercorn Seared Strip Steak, Demi Glace
- Grilled Pork Chop, Cippolini Onions, Thyme Jus

Seafood

+4.00/person

- Seared Salmon, Pea & Mint Puree
- Garlic, Basil Marinated Shrimp, White Wine, Tomato

Vegetarian/ Plant Based

- Grilled Eggplant Rollatini, Goat Cheese, BD Garden Herbs
- Seared Trumpet Mushroom, Heirloom Cherry Tomatoes, Arugula Pesto

Included with your selection

Chef's Selection Sides, Mixed Green Salad, House Made Dressing, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

Classic Italian

18.99

Crispy Breaded Chicken Breast, Cherry Tomato, Perline Mozzarella, Arugula Salad, Orecchiette, Roasted Mushrooms, Spinach, Pesto, Grilled Zucchini, Roasted Peppers, Garlic, Herb Baguette

Taqueria

17.99

Choice of 1 Protein

Pasilla Pepper Smoked Chicken Thighs
Carne Asada Flank Steak, Chimichurri

+4.00/person

Latin Spiced Fajita Style Vegetables

Soft Flour Tortillas, Saffron Rice, Black Bean Sofrito, Fire Roasted Tomato Salsa, House-made Guacamole, Cilantro Lime Crema

Southeast Asia

18.99

Choice of 1 Protein

Crispy Orange Szechuan Shrimp

+4.00/person

Grilled Sesame, Gochujang Glazed Chicken Breast
Lemongrass, Teriyaki Tofu

Ginger & Scallion Jasmine Rice, Charred Miso Broccoli, Yuzu

Spirit of India

17.99

Chicken Tikka Masala, Chana Masala, Steamed Basmati Rice,
Roasted Cauliflower, Tomato Chutney, Naan Bread

Pizza Party

14.99

Assortment of Freshly Baked Pizza includes 2 slices per person
a variety of cheese, pepperoni, white, and vegetable pies

Toppings added on for additional price per person

Italian Sausage	2.99
Grilled Buffalo Chicken	2.99
Penne ala Vodka	1.99
Crispy Eggplant	1.99
Arugula, Prosciutto, Pecorino	2.99

Included with each spread

Mixed Green Salad, House Made Dressing, Specialty Dessert,
Assorted Soft Beverages, Still & Sparkling Water

Let's Take a BREAK

AM BREAK

Build Your Playa Bowl 6.99

Acai, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Chia Seeds, Granola
Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Mini Biscuits 9.99

Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese, Egg White and Turkey Bacon,
Regular and Decaffeinated Coffee, Tazo Teas, Still & Sparkling Water

Smoothie Shooters 7.99

Strawberry Banana, Golden Pineapple Ginger,
Creamsicle, Home Made Flax Seed Granolas Bars
Morning Trail Mix

Tea and Scones 4.99

House Made Assorted Scones, Devonshire Cream,
Assorted Jams, Tazo Teas, Still & Sparkling Water

Pound Cake Break 5.99

Assorted Miniature Pound Cakes, Whipped Cream,
Seasonal Berry Compote, Regular and Decaffeinated
Coffee, Tazo Teas, Still & Sparkling Water

PM BREAK

Tortilla Chip Bar 8.99

House-Fried Corn Tortilla Chips,
Fire Roasted Salsa, Grilled
Pineapple Poblano Salsa, Assorted
Soft Beverages, Still & Sparkling
Water

Pretzel Cart 8.99

Soft Baked Pretzels, Honey
Mustard, Horseradish
Mustard, Spicy Mustard,
Queso Dip, Assorted Soft
Beverages, Still & Sparkling
Water

Grilled and Raw Vegetables 9.99

Grilled Eggplant, Zucchini, Summer
Squash, Asparagus, Raw Carrots,
Red Peppers, Radishes, Red
Pepper Hummus, Baked Whole
Wheat Pita Chips, Assorted Soft
Beverages, Still & Sparkling Water

Bruschetta Break 6.99

Assorted Crisps and Flatbreads
Tomato Basil, Kalamata Olive,
Strawberry Mint, Assorted Soft
Beverages, Still & Sparkling Water

Hummus Break 7.99

Roasted Garlic, Everything
Seasoning Hummus, Roasted
Sweet Potato Hummus,
Seasoned Grilled Pita Chips,
Assorted Soft Beverages, Still &
Sparkling Water

Power Break 9.99

FIT Kale, Chili Pepita Energy
Bites, Bazzini Cashews, Salted
Almonds, Trail Mix, Seasonal Fruit
Platter, Assorted Soft Beverages,
Still & Sparkling Water

Sweet Treats 8.99

Freshly Baked FLIK Cookies,
House Baked Brownies, Assorted
Dessert Bars, Assorted Soft
Beverages, Still & Sparkling
Water

Artisan Charcuterie 16.99

Imported, Domestic, Cheese,
Dried Cured Meats, Crisps,
Flatbreads, Peppadew Peppers,
Dried Fruits, Local Honeycomb,
Fig Jam, Sour Cherry Spread,
Assorted Soft Beverages, Still &
Sparkling Water

OTHER BREAK SELECTIONS

Sliced Fruit Platter	4.50	Mini Cupcakes	3.99
Crudite with Dip	3.99	Chocolate Dipped Fruit	3.99
Hummus and Pita	3.99	Health Bars	3.50
Freshly Baked Cookies	1.99	Cheese and Flatbreads	7.99
Brownie Bars	2.99	Mini Specialty Desserts	3.99
Tortilla Chips, Guacamole	4.50	Assorted Candy Bars	2.50
Whole Fruit	1.99	Chips and Pretzel	2.99
Mixed Nuts	3.25		