

Catering



Food by FLIK

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

ICONS



V+ = Vegan. Contains absolutely no ingredients from animals or animal byproducts such as milk, eggs, honey, gelatin, whey, casein, rennet.



V = Vegetarian. Does not contain meat, fish or poultry but may contain milk or eggs.



B = Items that meet specific criteria and are moderate in calories, fat and sodium.

Ordering Info



All orders can be digitally placed using our site specific Catertrax account, or through this link <https://flikbayerwhippany.catertrax.com>

To ensure availability and secure delivery times, we encourage you to place catering orders 72 hours prior. 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 depending on our vendors availability. Advanced notice required.

Delivery and Service Fees

There are no service fees for any FLIK catered service provided during normal operating hours; 7-3 after-business hours require a service charges based on selections.

Cancellation Policy

Standard orders cancelled with at least 48 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 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.

FLIK Management Team

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Beverages

FULL BEVERAGE SERVICE

Regular and Decaffeinated Coffee, Dammann Freres Teas, Assorted Soft Drinks, Iced Teas, Still & Sparkling Water, 4.50

MORNING BEVERAGES

Regular and Decaffeinated Coffee, Dammann Freres Teas, Freshly Squeezed Orange Juice, Still & Sparkling Water 4.50

COFFEE TIME

Regular and Decaffeinated Coffee, Dammann Freres Teas, Still & Sparkling Water 3.50

TEA SERVICE

Dammann Freres Teas, Still & Sparkling Water 3.00

SOFT BEVERAGE SERVICE

Soft Drinks, Still & Sparkling Water 3.50

WATER SERVICE

Still & Sparkling Water, House Made Fruit Infused Water 2.00

BEVERAGE REFRESH

Refresh of Previously Purchased Full Beverage Package 3.00

INDIVIDUAL BEVERAGE ADDITIONS:

Bottled Water 1.49

Bottled Soft Drinks 1.95

Bottled Iced Teas 1.95

Seasonal Aqua Fresca 2.00

Bottled Juice / Vitamin Water 3.05

Freshly Squeezed OJ 2.50

Breakfast

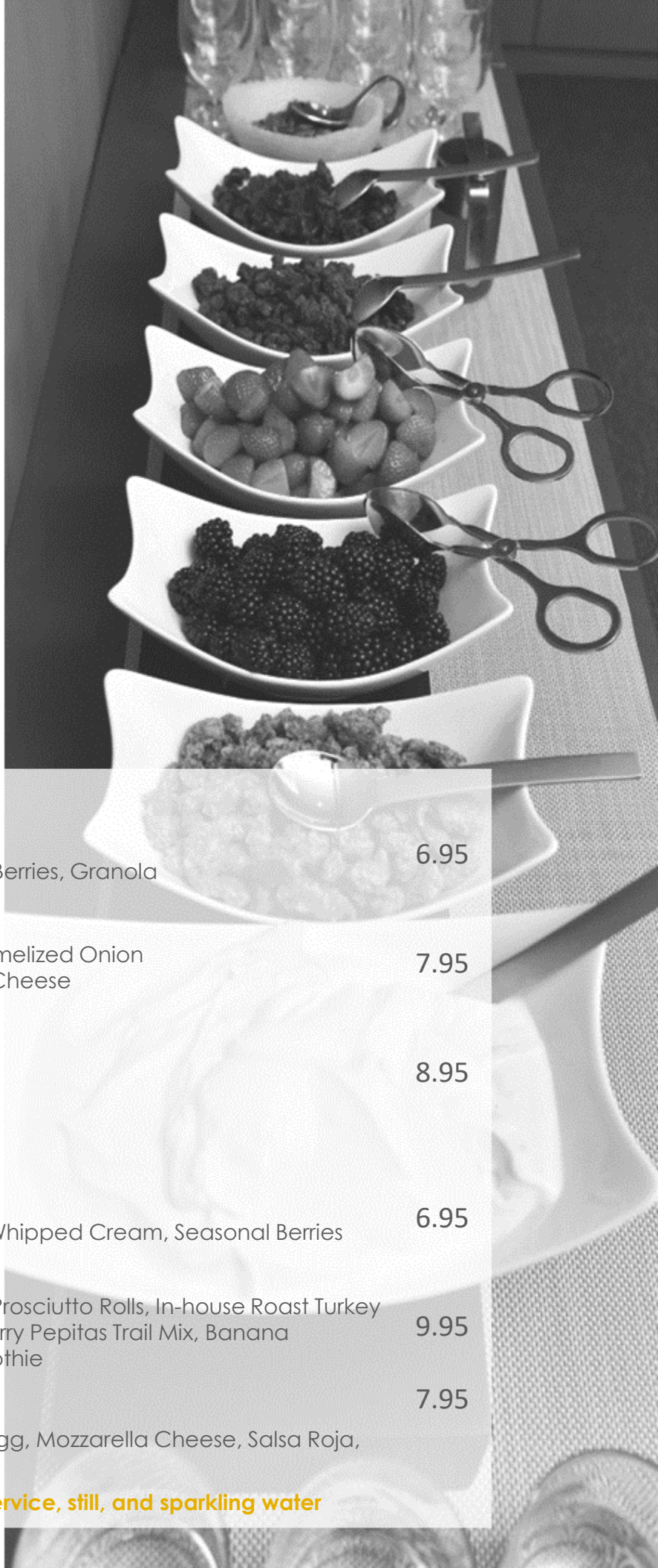
CONTINENTAL BREAKFAST	11.95
Mini Croissants, Mini Muffins, Mini Danish, Mini Bagels, Butter, Cream Cheese, Jam, Cage Free Hard-Boiled Egg, Seasonal Sliced Fruit 	
AVOCADO TOAST BAR	15.45
Thick-cut Seven Grain Bread, Avocado, Tomatoes, Pickled Red Onions, Cucumbers, Capers, Hard Cooked Eggs	
+ Add smoked salmon or applewood bacon	5.50
GREEK YOGURT BAR	12.95
Vanilla and Plain Greek Yogurt, Granola, Seasonal Fruit, Mixed Berries, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup	
HOT BREAKFAST	15.95
French Toast, Pure Maple Syrup, Scrambled Eggs, Bacon, Turkey Sausage, Breakfast Potatoes, Sliced Fresh Fruit 	
*Egg Whites Available Upon Request	
BREAKFAST SANDWICHES	13.95
Selection of breakfast sandwiches to include:	
<ul style="list-style-type: none">• Bacon, Egg, Cheddar Cheese, Brioche Bun• Scrambled Egg, Sausage, Pepper Jack, Salsa, Burrito, White Tortilla Wrap• Egg, American Cheese, Whole Wheat English Muffin 	

ALL ABOVE INCLUDES: coffee and hot tea service, fresh squeezed orange juice, still and sparkling water

INDIVIDUAL / ADD ONS

Mini Greek Yogurt Granola Parfait 	3.25
Seasonal Overnight Oats	3.00
Seasonal Sliced Fruit 	3.50
Assorted Fruit Cups 	3.00
Chobani Yogurt Cups	2.95
Individual Egg Frittatas	3.45
Mini Bagels, Cream Cheese, Butter, Jam	2.25
Smoked Salmon Platter, Pickled Onion, Capers, Dill, Bagel Chips	7.25
Steel Cut Oats w/ Toppings	2.50
Assorted Mini Muffins	1.95
Seasonal Yogurt Loaf	2.00
Whole Fruit 	1.50
Packaged Breakfast Bars (Natures Bakery, Kind, Cliff)	3.85

AM Breaks



MORNING

MINI YOGURT PARFAITS

Greek Vanilla Yogurt, Seasonal Berries, Granola

6.95

MINI STUFFED BISCUITS

- Egg, Smoked Ham and Caramelized Onion
- Egg, Sausage and Cheddar Cheese
- Egg White and Turkey Bacon

7.95

ASSORTED MINI SMOOTHIES

- Strawberry Banana
- Pina Colada
- Orange Creamsicle
- Greens Ginger Apple

8.95

TEA BREAD BREAK

Assorted Seasonal Tea Breads, Whipped Cream, Seasonal Berries

6.95

PROTEIN POWER BREAK

Cage Free Hard Cooked Eggs, Prosciutto Rolls, In-house Roast Turkey Rolls, Sharp Cheddar, Dried Cherry Pepitas Trail Mix, Banana Strawberry Protein Powder Smoothie

9.95

MINI BREAKFAST EMPANADA

Crispy Empanada, Scrambled Egg, Mozzarella Cheese, Salsa Roja, Avocado Crema

7.95

ALL INCLUDE: coffee and tea service, still, and sparkling water

Deli

FLIK SIGNATURE SANDWICHES 16.95



- Smoked Turkey, Avocado, Swiss Cheese, Tomato, Bibb Lettuce, Chipotle Mayo, Ciabatta Roll
- Grilled Chicken, Provolone, Roasted Red Pepper, Tomato, Bibb Lettuce, Lemon Caper Mayo, Hero
- Ham, Brie, Apricot Jam, Spinach, Tomato, Focaccia
- Grilled Eggplant, Portobello, Zucchini, Yellow Squash, Roasted Red Pepper, Hummus, Multigrain Roll
- Mediterranean Tuna Salad, Romaine, Spinach Wrap 

ARTISAN MINI SANDWICHES 19.95

- Crispy Nashville Hot Chicken, Sweet Pickle Chips, Coleslaw, Brioche Roll
- Ham, Gruyere, Arugula, Dijon Mayonnaise, Croissant
- Beef Tenderloin, Caramelized Onion, Cheddar, Horseradish Crema, French Bread
- Crispy Eggplant, Fresh Mozzarella, Marinara, Rustic Roll
- Capicola, Salami, Ham, Prosciutto, Provolone, Olive, Arugula, Tomato, Seeded Italian Roll

TOASTED FLATBREAD AND PANINIS 17.95


- Seasonal Flatbread
- Grilled Chicken, Smoked Cheddar, Caramelized Onion, BBQ Sauce, Spinach, Roasted Tomato Panini
- Slow Roasted Pork, Sliced Ham, Pickles, Swiss Cheese, Mustard Panini

ALL INCLUDE: Mixed Green and Grain Salad , Flik Potato Chips, Hand Fruit , Cookies and Brownies, Assorted Soft Beverages, Iced Teas, Still & Sparkling Water

Sandwiches & More

STUFFED AVOCADO

18.95

- Grilled Buffalo Chicken, Blue Cheese Dressing
- Shrimp Salad, Lemon Aioli
- Tomato Fresh Mozzarella Basil Balsamic Glaze 

Mixed Green and Grain Salad  , Flik Potato Chips, Hand Fruit ,
Cookies and Brownies, Assorted Soft Beverages, Iced Teas, Still
& Sparkling Water

BOX LUNCHES

14.95

Assorted Traditional Sandwiches, Side Salad, Flik Potato Chips,
Hand Fruit, Chocolate Chip Cookie, and Bottled Water

ADDITIONS, priced per person

Soup of the Day	3.95
Mixed Green Salad	2.75
Potato Salad	2.00
Pasta Salad	2.00
Seasonal Sliced Fruit 	3.50

BYO Salad Bowl

CAESAR SALAD

Crisp Baby Hearts of Romaine, Roasted Tomato, Avocado, Lemon Thyme Croutons, Shaved Parmesan, Caesar Dressing 22.95

GRAIN SALAD

Mixed Greens, Shredded Kale, Quinoa, Farro, Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Cauliflower, Pepitas, Goat Cheese, Parmesan, Green Goddess Dressing 23.95

COBB SALAD

Iceberg Wedges, Baby Arugula, Tomatoes, Roasted Corn, Avocado, Hard Boiled Egg, Red Onion, Cucumber, Bacon, Bleu Cheese, Ranch 23.95

Add to your salad:

Seared Salmon	3.00
Grilled Shrimp	2.00
Cilantro-lime Flank Steak	3.00
Falafel	2.00

ALL INCLUDE: grilled marinated chicken breast, grilled marinated tofu, cookies, brownies, assorted rolls/butter, assorted soft drinks, iced tea, still & sparkling water.

Lunch Buffets

ALL INCLUDE: freshly baked cookies, brownies, assorted soft drinks, still & sparkling water

MEDITERRANEAN

27.95

Chicken Shawarma, Lamb Kofta Meatballs, Falafel, Brown Rice Lentil Pilaf, Tomato Feta Salad, Grilled Asparagus, Hummus, Tzatziki, Olives, Warm Grilled Pita

SPIRIT OF INDIA

28.95

Chicken Tikka Masala, Coconut Curry Shrimp, Chana Masala Chickpeas, Basmati Rice, Cauliflower Potato Korma, Tomato Chutney, Cucumber Raita, Naan Bread, Mixed Green Salad

MEXICAN TAQUERIA

26.95

Chicken Tinga, Pork al Pastor, Soft Flour Tortillas, Mexican Red Rice, Chili Spiced Black Beans, Tortilla Chips, Shredded Lettuce, Cotija Cheese, Sliced Jalapeno, Guacamole, Sliced Red Onion, Lime Wedges, Fire Roasted Salsa, Romaine Salad

CHINESE FAIRE

28.95

Orange Chicken, Miso Glazed Salmon, General Tso's Tofu, Jasmine Rice, Coconut Curry Vegetables, Vegetable Spring Rolls, Edamame Scallion Salad, Carrot Ginger Dressing

CLASSIC ITALIAN

28.95

Chicken Parmesan, Shrimp Fra Diavolo, Penne Primavera, Roasted Broccoli Rabe, Caprese Salad, Caesar Salad, Garlic Bread

AMERICAN BBQ

26.95

BBQ Spice Rubbed Beef Brisket, Bourbon Mustard Pulled Pork, BBQ Roasted Cauliflower, Cole Slaw, Molasses Baked Beans, Jalapeno Cheddar Corn Bread, Butter, Mixed Green Salad

PIZZA

14.95

Assortment of Cheese, Meat, and Vegetable, Caesar Salad, Mini Cannoli's, Still and Sparkling Water, Assorted Soft Beverages, and Iced Tea

A La Carte Pizza Available

A La Carte Lunch Buffets

Priced by Size | small 15 people / large 30 people

Sm / Lg

ENTRÉE

Southern Fried Chicken Strips Celery & Carrot Sticks, Hot Sauce, Bleu Cheese, Ranch	55 / 110
Chicken Parmesan	70 / 140
Chicken Marsala	70 / 140
General Tso's Chicken	65 / 130
Warm Roasted Turkey Breast, Pan Gravy, Mini Rolls	80 / 160
Griddle Seared Franks, Rolls, Toppings	60 / 120

SIDES

Potato and Cheese Pierogi, Sauteed Onions	50 / 100
New Potatoes, Garlic Dill Butter	25 / 50
Steamed Broccoli, Parmesan Cheese	40 / 80
Baked Mac N Cheese	50 / 100
Steamed Jasmine Rice	35 / 70
Stir Fried Vegetables	40 / 80

PASTA

Penne A La Vodka	55 / 110
Cavatelli, Broccoli, Roasted Garlic, Parmesan	65 / 130
Vegetable Lo Mein	55 / 110
Chicken Lo Mein	65 / 130

SALADS

Potato Salad	25 / 50
Macaroni Salad	25 / 50
Garden Salad	40 / 80
Caesar Salad	45 / 90
Korean Cucumber Salad	35 / 70

SANDWICHES

Grilled Chicken Caesar Wrap, Crispy Buffalo Chicken and Blue Cheese Wrap	95 / 190
Ham, Salami, and Provolone Wrap	

BEVERAGES

1.5 Liter Smartwater Bottle	3.00 pp
Seasonal Aqua Fresca Tower	2.00 pp

PM Breaks

TORTILLA CHIP BAR

Crispy Corn Tortillas, Plantain Chips, Apple Jalapeno Guacamole, Black Bean Salsa, Pico de Gallo , Chipotle Roasted Salsa

10.95

HUMMUS BREAK WITH VEGETABLES

Raw, Grilled Vegetables , Traditional Hummus, Seasonal Hummus, Whole Wheat Pita Chips

10.95

BRUSCHETTA BREAK

Assorted Crisps, Crostini, Tomato Basil, Olive Tapenade, Diced Marinated Beets

9.95

COOKIE BREAK

FLIK Chocolate Chip Cookies, Oatmeal Raisin Cookies, White Chocolate Chip Cherry

6.95

BAVARIAN WARM PRETZEL BITES

Spicy Mustard

8.95

ARTISAN CHEESE

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


11.95

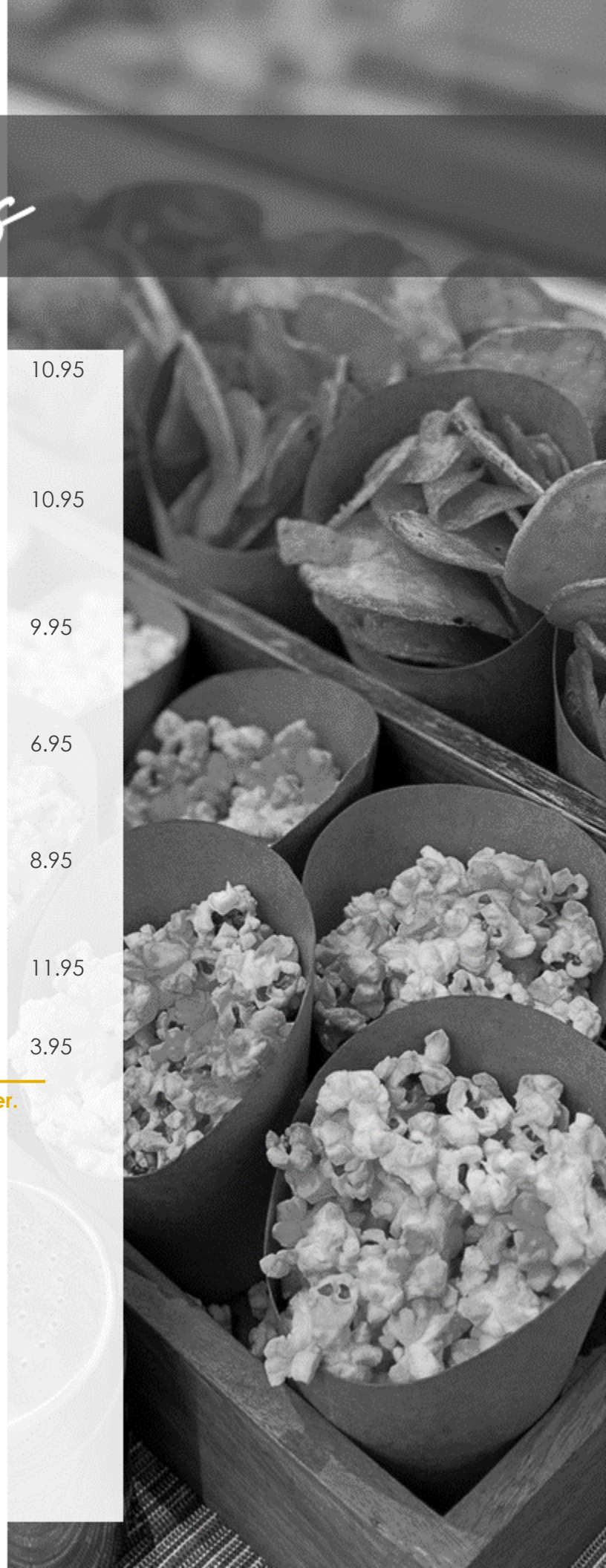
- Add Cured Meat Selection

3.95

PM breaks include assorted soft drinks, still & sparkling water.

OTHER BREAK SELECTIONS

Seasonal Sliced Fruit 	3.50
Crudité and Ranch Dip	3.40
Hummus and Pita	4.25
Fresh Baked Cookies	2.65
Chips and Pretzels	2.65
Whole Fruit 	1.50
Full Candy Bar	2.70
Popcorn	3.00
Mini Cupcakes	2.90
Healthy Packaged Bars (Kind, Think,...)	3.85
Mini Specialty Desserts	3.70
Assorted Candy Cups	3.70
Assorted Trail Mix Cups	3.70



Celebrations

MEZZE

Baba Ganoush, Hummus, Grilled Vegetables, Pomegranate, Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini and Flatbread

CHARCUTERIE

Imported Prosciutto, Soppressata, Capicola, Assorted Cheeses, Grapes, Strawberries, House Pickles, Olives, Mustards, Jams, Flatbreads, Artisan Breads

DUMPLING BAR

Shrimp Shu Mai, Pork Gyoza, Vegetable Dumplings, Vegetable Spring Rolls. Hoisin BBQ, Sweet Thai Chili, and Ponzu Dipping Sauce

SEAFOOD BAR

Classic Shrimp Cocktail, Lobster Tails, East & West Coast Oyster, Jonah Crab Claws, Lemon, Tabasco, Horseradish, Mignonette & Cocktail Sauce, Assorted Sushi & Sashimi, Wasabi, Soy, Pickled Ginger

ACROSS ASIA TABLE

Butter Chicken Lollipops, General Tso's Shrimp, Vegetable Samosa, Vegetable Lumpia, Makhani Dip, Naan, Scallion Pancake

EUROPEAN SELECTIONS

Paella Canape, Piri Piri Chicken Skewer, Margherita Flatbread, Gougeres, Crepes, Fresh Berries, Chantilly Cream

AMERICAN TABLE

Sliders: Beef Burger, Cheddar, Crispy Onion, Mini Lobster Roll, Black Bean Burger, Lettuce, Plum Tomato, Broccoli Cheddar Potato Skins, Mac N' Cheese Bites, Coleslaw, Seasonal Cobbler

2 Stations	24.95
3 Stations	28.95
4 Stations	32.95
Seafood Station Upcharge	13.95

Hong D'Oeuvres

COLD

EARTH

King Mushroom "Tinga" Mini Taco, Pickled Onion, Crema
Crispy Brussels, Balsamic Reduction, Pomegranate
Mini Cauliflower Banh Mi, Pickled Vegetables, Sriracha Aioli

SEA

Shrimp Aguachile, Cilantro, Lime Juice, Jalapeno, Serrano
Tuna Tartar, Sesame Lotus Chip, Wakame, Wasabi Cream
Old Bay Popcorn Monk Fish, Cajun Remoulade, Sweet Corn Relish

LAND

Sliced Sirloin, Tuscan Crisp, Fontina, Smoked Bleu Cheese Fonduta
Smoked Chicken Breast, Ciabatta Crisp, Roasted Tomato, Caper Aioli
Shaved Imported Prosciutto, Castelvetro Tapenade, Grana
Padano, Honeycrisp Apple Wedge

HOT

EARTH

Crisp Local Eggplant, Roasted Tomato, Burrata
Artichoke Dip Rolls, Everything Seasoning, Golden Puff Pastry
Tomato Basil Soup Shooter, Mini Grilled Gruyère Cheese

SEA

Mini Adobo Shrimp Tostada, Chipotle Pico de Gallo
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
Mini Maryland Lump Crab Cakes, Lemon, Basil, Caper Remoulade

LAND

Chicken Sesame Scallion Dumplings Ginger Sweet Soy
Chorizo Hushpuppy, Honey, Chipotle, Avocado Crema
Lamb Kofta, Pomegranate, Mint Yogurt

3 Individual Selections

17.95

4 Individual Selections

21.95

5 Individual Selections

25.95

Desserts

CANDY LAND BAR 8.95

Assortment of Candy Bars and Other Packaged Treats, Gummy Candy and Hard Candy Cups

SUNDAE BAR 7.25

Assorted Scooped Ice Creams and Toppings

BITE SIZED SELECTIONS 13.00

French Macarons, Cheesecake Bites, Mini Lemon Bars, and Mini Linzer Cookies

PERSONALIZED CAKES

Quarter Sheet (Serves 15-20 People)	50.00
Half Sheet (Serves 30-40 People)	90.00
Full Sheet (Serves 60-75 People)	180.00
Cupcake Cake (Half Sheet)	110.00

Choose from the Following Cake Flavors:

Yellow, Chocolate, Red Velvet

Fillings:

Strawberries, Chocolate, Cannoli, Vanilla Cream

Frosting:

Cream Cheese, Whipped Cream, Butter Cream, Chocolate Mousse

Specialty Cakes

Carrot, Triple Chocolate Layer, German Chocolate, Strawberry Shortcake, Tres Leches