



Children's Healthcare of Atlanta

# CATERING



Food by FLIK

# GUIDELINES



## Welcome!

We offer personalized catering services for every event. Daily breakfast, lunch, and snack orders can be ordered online via the catering website:

<https://api.getspoonfed.com/1180/flik-choa>.

## What We're Doing

Your safety is our number one priority. We have implemented various policies and procedures to mitigate the risk of virus spread. You will notice that items are individually wrapped or packaged. We are able to do buffets, but they will be served to mitigate cross contact risk. Our team members will be wearing proper PPE and station set-ups have been modified for social distancing and flow. Please reach out with any questions/concerns.

## Pricing

Pricing is per guest unless otherwise stated. Some menus require a minimum number of guests to order. **We require a 24-hour notice for all catering orders.** Catering receptions require a 48-hour guarantee on the guest count. Should the guest count decrease or the event is cancelled less than 24-hours in advance, the requesting group will be charged for the guaranteed number.

## Service Standard

All events will be set up 15 minutes prior to start time, unless otherwise requested by the client. Events requiring a server or dedicated attendant will be charged \$25 per person with four hour minimum. Additional fees or chef attendance fees may apply.

## After Hours Service

**Any order after 4pm is considered a request and needs to first be confirmed by FLIK.** Additional charges, including staffing, will apply to all events after 4:00pm. There is a \$100 flat rate fee for any after hour order with a minimum of 50 guests.

## Cancellations

Cancellations require 24-hour notice. Any cancellation that is less than the required notice is subject to the event charge.

## Let's Get Started

Please contact Joyce Wahrer at [joyce.wahrer@compass-usa.com](mailto:joyce.wahrer@compass-usa.com) or 404-430-4806 to assist you in planning your upcoming event. We also offer assistance in selecting specialty rental linens, floral centerpieces, serving ware, and bartending services.

# BREAKFAST



## Full Beverage Service | 3.50 pp

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Tea

*\*station set-up will include pc's for all sweeteners and creamers, disinfection wipes, gloves and refuse containers as well as signage to guide guests*

## The Continental | 13.25

Freshly Baked Mini Muffins and Pastries, Sliced Tea Bread, Yogurt Parfaits, Fresh Fruit Cups, Orange Juice, Coffee and Tea Service

## Greek Yogurt Bowls **VEG** | 13.25

Individual bowls of Greek Yogurt topped with House-Made Granola, Seasonal Berries, Raisins, Dried Cranberries, Pure Maple Syrup, Orange Juice, Coffee and Tea Service

## Fresh Fruit & Berry Parfaits **VEG** | 11.50

Individual Freshly Sliced Seasonal Fruits and Berries with Greek Yogurt and Granola, Orange Juice, Coffee and Tea Service

## A la Carte: Something Else

*(all individually packaged)*

Fresh Fruit Granola Yogurt Parfaits **VEG** | 3.50

Fresh Fruit Cups **VEGAN** | 3.75

Individually Wrapped Bagels with Cream Cheese, Jam | 3.25

Assorted Bottled Simply Juices | 2.75

## Hot Breakfast | 4.00

Your Favorite Hot Breakfast Combinations Individually Wrapped

*48 Hour Notice for Hot Food Orders  
minimum (10) guests*

*choose any (3) varieties*

Turkey Bacon, Egg and Cheese English Muffin Sandwich

Breakfast Burrito – Scrambled Eggs, Ham, Cheddar Cheese, Hash browns, Tomato Salsa

Bacon, Egg, Cheese, Flatbread

Vegetable Egg White, Low Fat Swiss Frittata **VEG**

Bacon, Peppers, Cheddar Frittata



# ALLERGY AWARE

**Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.**

**While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered.**

**Need help navigating our choices with allergies and/or intolerances? Ask for our dietitian to guide you through. We also have allergen-friendly and Avoiding Gluten menu options on pages 7 and 9.**

**Looking for more? We’ve got you covered with additional nutrition information through MyFitnessPal on most items, search with keyword, “FLIK”.**



# LUNCH - SANDWICHES



*All Sandwich Lunches include Water Service*

## DELI SANDWICHES

### Design Your Own | 12.50

*choose any (4) sandwiches*

all individually wrapped

### All-American Classics

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Chicken Salad Brioche, Celery, Green Leaf Lettuce, Summer Tomato

### Vegetable

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll VEG

Grilled Vegetable Wrap - Hummus, Tomato, Cucumber **VEGAN**



### Favorites | 12.50

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese, Tomato, Sandwich Thin

Sweet Chili Chicken Bahn Mi, Pickled Vegetables, Cilantro, Sriracha Mayo, French Baguette

### From the Sea | 13.50

Tuna Salad, Cucumber, Tomato, Lettuce, Whole-Grain Roll

Cajun Shrimp Salad Wrap, Shredded Lettuce, Sundried Tomato Wrap

Smoked Salmon, Scallion Cream Cheese, Red Onion, Bagel

### Accompaniments

*choose any (1) item below*

Baby Green Salad **VEGAN**

Tomato, Carrot, Cucumber, Balsamic Dressing

Caesar Salad **VEG**

Romaine Lettuce, Parmesan Cheese, Croutons

Grain Salad **VEGAN**

Grilled Asparagus, Peppers, Balsamic

Pasta Salad - Cucumber, Tomato, Olives **VEG**

Red Bliss Potato Salad **VEG**

Kettle Chips

Seasonal Fruit Cups **VEGAN**

### Dessert

*choose any (2) items below*

Assorted Mini Cookies **VEG**

Mini Brownies & Blondies **VEG**

Assorted Fruit Bars **VEGAN**

Mini Cannoli

# LUNCH - SALADS



*All Salad Lunches include Seasonal Fruit and Water Service*

## Salads

*choose any (3) salads*

*all individually packaged*

### **THE CAESAR | 13.50**

Grilled Chicken, Chopped Romaine, Garlic Croutons, Parmesan

### **STRAWBERRY SPINACH VEG | 12.50**

Baby Spinach, Strawberry, Sunflower Seeds, Goat Cheese, Balsamic Vinaigrette

### **QUINOA GRAIN BOWL VEG | 12.50**

Arugula, Peppers, Tomato, Squash, Zucchini, Avocado, Sunflower Seed, Parmesan, Creamy Garlic Dressing

### **BBQ CHICKEN CHOPPED | 13.50**

Roasted Corn, Tomato, Carrot, Cheddar, Buttermilk Ranch Dressing

### **THE MEDITERRANEAN GREEK | 13.50**

Lemon Pepper Grilled Chicken, Kalamata Olives, Cucumber, Tomato, Oregano, Red Wine Vinaigrette

### **THE CAPRESE VEG | 12.50**

Tomato, Mozzarella, Arugula, Fresh Basil, Balsamic Vinaigrette

### **CLASSIC TUNA | 12.00**

Baby Greens, Hard Boiled Egg, Cucumber, Kalamata Olives, Lemon Thyme Vinaigrette

### **ROASTED SHRIMP | 14.00**

Sunflower Seeds, Strawberries, Feta, Spinach, Strawberry Poppyseed Vinaigrette



## Dessert

*choose any (2) items below*

Assorted Mini Cookies **VEG**

Mini Brownies & Blondies **VEG**

Assorted Fruit Bars **VEGAN**

Mini Cannoli **VEG**

### **A la Carte Additions | 3.25**

Hummus, Vegetable Crudité Cups **VEGAN**

Guacamole and Chip Cups **VEGAN**

# ALLERGY AWARE: AVOIDING GLUTEN?

## **Avoiding Gluten Sandwiches | 12.50**

Tzatziki Chicken Salad Lettuce Wraps,  
Southwest Tuna Salad, Avocado, Udi's Bread  
Portobello, Goat Cheese, Shallot Jam Lettuce Wraps  
Flank Steak, Avocado Salad, Lettuce Wrap  
Grilled Chicken, Avocado, Tomato, Udi's Bread  
Roast Turkey, Avocado, Bacon, Cheddar, Lettuce Wrap

## **Avoiding Gluten Salads | 11.00**

### **THE CAESAR**

Chopped Romaine, Shaved Parmesan, Italian Dressing

### **STRAWBERRY SPINACH**

Baby Spinach, Strawberries, Balsamic Vinaigrette

### **QUINOA GRAIN BOWL**

Dried Cranberries, Apricots, Baby Kale, Arugula, Spinach, Balsamic Vinaigrette

### **THE MEDITERRANEAN GREEK**

Romaine, Kalamata Olives, Cucumber, Tomato, Oregano, Red Wine Vinaigrette

### **NICOISE**

Baby Greens, Hard Boiled Egg, Cucumber, Kalamata Olives, Lemon Parsley  
Vinaigrette

### **THE GARDEN**

Musclun, Tomatoes, Cucumber Carrot

## **Add Protein to Any Salad:**

Grilled Chicken 2.50, Roasted Flank Steak 3.50, Lemon Oregano Shrimp 3.50, Grilled  
Salmon 4.00, Chickpeas 1.50

*Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely "free" of any ingredient.*

# LUNCH – HOT



Individual Containers of Your Favorite Hot Food Combinations  
Choose any (1) Protein, (1) Accompaniment, and (1) Dessert  
*Minimum 10 guests, 48 Hour Notice for Hot Food Orders*

## Poultry | 22.50

Chicken Parmigiano, Linguini, Marinara Sauce, Seasonal Vegetable

Roast Turkey, Mashed Potatoes, Rosemary Gravy, Seasonal Vegetable

Chicken Marsala Portobello Mushrooms, Rice Florentine, Seasonal Vegetable

Chicken Teriyaki, Jasmine Rice, Seasonal Vegetable

## Meat | 22.50

Pan Roasted Filet of Beef, Red Wine Cipollini Onion Sauce, Roasted Fingerling Potatoes

Southwestern Spiced Flank Steak Burrito Bowl – Black Beans, Cilantro Rice, Corn, Queso Fresco, Guacamole, Tomato Salsa, Sour Cream

Rosemary Rubbed Pork Loin, Apple Relish Roasted Red Bliss Potatoes, Seasonal Vegetable

## Seafood | 24.00

Seared Salmon Filet, Corn Relish, Couscous, Seasonal Vegetable

Cajun Blackened Catfish, Red Beans and Rice, Seasonal Vegetable

Shrimp Scampi, Tomatoes, Rice Pilaf, Seasonal Vegetable

## Vegetable | 20.25

Eggplant Parmigiano, Linguini, Marinara Sauce, Roasted Broccoli **VEG**

Vegetable and Chickpea Curry, Basmati Rice **VEGAN**



## Accompaniments

*choose any (1) item below*

Baby Green Salad **VEGAN**

Tomato, Carrot, Cucumber, Balsamic Dressing

Caesar Salad **VEG**

Romaine Lettuce, Parmesan Cheese, Croutons

Grain Salad **VEGAN**

Grilled Asparagus, Peppers, Balsamic

Pasta Salad: Cucumber, Tomato, Olives **VEG**

Red Bliss Potato Salad **VEG**

Seasonal Fruit Cups **VEGAN**

## Dessert

*choose any (1) item below*

Assorted Mini Cookies **VEG**

Reduced Fat Oatmeal Raisin Cookie Sandwich **VEG**

Mini Chocolate Fudge Brownies

Assorted Fruit Bars **VEGAN**

Mini Cannoli **VEG**



# ALLERGY AWARE: HOT LUNCH

## PREPARED WITHOUT THE 8 MAJOR ALLERGENS AND GLUTEN.

*Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.*

### **Latin Themed Allergy Aware Hot Lunch | 22.50**

Grilled Flank Steak or Salsa Verde Jalapeno Cilantro Marinated Chicken Breast, Cilantro Brown Rice, Roasted Zucchini and Yellow Squash

### **American Themed Allergy Aware Hot Lunch | 22.50**

Roasted Turkey Breast with Cranberry Sauce or Balsamic Honey Marinated Flank Steak, Roasted Potatoes with Onions, Roasted Broccoli, Mixed Green Salad, Housemade Balsamic Dressing

### **Mediterranean Themed Allergy Aware Hot Lunch | 22.50**

Honey Rosemary Pork Loin Herb Roasted Chicken Breast Lemon Herb Cauliflower Steak Quinoa Pilaf with Red and Yellow Peppers Roasted Green Beans, Shallots

### **Greens and Grains Bowl Allergy Aware | 22.50**

Quinoa, Grilled Chicken Breast or Roast Flank Steak or Grilled Eggplant, Dried Cranberries, Dried Apricots, Baby Kale, Arugula, Spinach, Housemade Balsamic Vinaigrette

# BREAKS & SWEET TREATS



All items individually wrapped

## Break Time *minimum (6) ea.*

Greek Yogurt Parfaits **VEG** | 3.50  
Greek Yogurt, Seasonal Berries, Low-Fat Granola

Trail Mix **VEGAN** | 6.00  
Individually Packaged Dried Fruit, Nut, and Seed Seasonal Blend

Hummus Crudité Cups **VEGAN** | 6.00  
Classic Hummus with Broccoli Florets, Grape Tomatoes, Carrot, Red Pepper

Artisan Cheese Box **VEG** | 8.00  
Individual Boxes with Local and Imported Cheeses, Dried Fruit, Grapes, Crackers, Crisps

Latin Chips & Guacamole Cups **VEGAN** | 8.00  
Freshly made Guacamole with Tomato Corn Salsa and Tortilla and Yucca Chips

Air Popped Popcorn **VEG** | 3.50  
Individual Popcorn Bags with Sweet Caramel Spiced Popcorn, White Cheddar, and Cinnamon Toast

Snack Bars: Kind Bars, RX Bars | 4.00

Seasonal Fruit Skewers, Yogurt Dipping Sauce **VEG** | 6.00



## Desserts *(per dozen)* *48 hours notice required*

Assorted Mini Cookies **VEG** | 6.00

Mini Fudge Brownies **VEG** | 6.00

Assorted Fruit Bars **VEGAN** | 8.00

Reduced Fat Oatmeal Raisin Cookie Sandwich **VEG** | 8.00

Mini Cannoli **VEG** | 8.00

# RECEPTIONS

All items served by our team  
members and social  
distancing + PPE in place.



## SERVED STATIONARY HORS D'OEUVRES

*Priced per each item, sold by dozen*

### Land | 4.00 each

Curried Chicken Salad, Dried Cranberry, Pita Chip  
Sliced Tenderloin, Ciabatta Crisp, Tomato Basil Relish  
Prosciutto, Fig Jam, Burrata, Focaccia Crisp  
Antipasto Skewer, Salami, Cheddar, Marinated Olive  
Chicken Teriyaki Dumplings, Tamari  
Ricotta Meatballs, Summer Tomato Marinara  
Pulled BBQ Chicken, Pineapple, Cornbread Squares  
Braised Short Rib & Parsnip Puree on Asian Spoon  
Tandoori Chicken Skewers



### Sea | 4.25 each

Mini Lobster Roll  
Smoked Salmon Crostini, Dill Cream  
Tuna Tartar, Sesame Cone, Wakame  
Classic Shrimp Cocktail  
Chimichurri Shrimp, Salsa Verde  
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce  
Maryland Crab Cakes, Remoulade  
Seared Yellowfin Tuna, Wasabi Aioli, Taro Chip  
Southern Grits, Crispy Fried Shrimp

### Earth | 3.25 each

Goat Cheese Lollipops, Grape Tomato, Agave Jalapeno **VEG**  
Heirloom Tomato Avocado Toast **VEGAN**  
Vietnamese Spring Roll, Shitake Mushrooms, Carrot Ginger Sauce **VEG**  
Burrata Crostini, Basil Marinated Local Tomato, Balsamic **VEG**  
Tomato & Melon Gazpacho Shooter **VEGAN**  
Fresh Mozzarella Pearls, Tomato, Basil, Aged Balsamic Pipette **VEG**  
Wild Mushrooms Ragu Tart, Reggiano **VEG**  
Vegetable Samosas, Curried Yogurt **VEG**  
Falafel Bite, Mint Cucumber Raita **VEG**  
Mushroom Arancini, Truffle Parmesan Cream **VEG**  
Chickpea, Quinoa, Vegetable Burger Slider **VEG**

*Events requiring a server or dedicated attendant will be charged \$120 per server, with a four-hour minimum. Additional fees or chef attendance fees may apply. Additional charges, including staffing, will apply to all events after 5:00pm.*