

Disney Catering Guide



Food by FLIK

breakfast

Full Beverage Service

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Tea **5**

Breakfast bakery

Freshly baked mini Danish, muffins, scones, chocolate croissants, and bagels. Served with butter, jams, cream cheese. Freshly squeezed orange juice, coffee, & tea service, water carafes

9.75

Add fruit platter **11**

American Breakfast Buffet

10 guests minimum

Choice of:

- Egg Whites or Scrambled Eggs
- Pork Sausage or Turkey Sausage
- Turkey Bacon or Pork Bacon
- Mini Bagels or Mini Croissants

Breakfast Potatoes, Freshly Squeezed OJ, Coffee and Tea Service **14**

FIT Hot Breakfast

- Roasted Vegetable, Mozzarella Mini Frittata
 - Cheddar, Egg White Mini Frittata
- Turkey Sausage, Sweet Potato Hash, Whole Wheat Pancakes, Seasonal Berries, Sliced Fresh Fruit
Freshly Squeezed O.J.,
Coffee and Tea Service **15**

Greek Yogurt Bar

Greek Yogurt, Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service **13**

Avocado Toast Bar

Thick-cut 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Arugula, Dill, Cilantro, Freshly Squeezed OJ, Coffee and Tea Service **14**

Hot Cereal Bar

Oatmeal **FIT**, Cream of Wheat **FIT**, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

11

Healthy Start

Freshly Baked Mini Muffins, Tea Bread, Whole Grain Bread, Low-Fat Yogurt, Granola, Raisins, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Coffee and Tea Service **13**

Something Else

- Fresh Fruit Granola Yogurt Parfait **FIT** **3**
- Fresh Fruit Platter **FIT** **4**
- Overnight Oat Cups **FIT** **3**
- Bagels and Cream Cheese **4**
- Hard Boiled Eggs **1**
- Freshly Squeezed O.J. **3**
- Freshly Brewed Iced Tea **2**
- Assorted Bottled Juices & Water **4**
- Regular and Decaf Coffee **4**
- Assorted Canned Soda **2.5**
- Bottled Water **3**



lunch - sandwiches

DELI SANDWICHES

Design Your Own

choose up to **5** sandwiches

All American Favorites

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

Turkey Club Sandwich on a Roll, Bacon, Lettuce, Tomato

All White Meat, Chicken Salad, Grapes on Ciabatta **FIT**

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste.

Add one to your catering order today.



Italian

Italian Combo, Ham, Salami, Pepperoni, Roasted Peppers, Provolone, Ciabatta

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Asian / Bahn Mi

With pickled vegetables, cilantro, Sriracha mayo

Grilled Sweet Chili Glazed Chicken

Grilled Hoisin Flank Steak, Wheat Wrap **FIT**

Vegetable

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

Grilled Portobello Mushroom, Goat Cheese, Nut Free Pesto, Ciabatta **FIT**

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

From the Sea

Mediterranean Tuna, Cucumber, Ciabatta **FIT**

Cajun Shrimp Salad, Sourdough Roll (+ 1.00)

Salads

 choose any 2 items below

Baby Green Salad, 2 Dressings

Caesar Salad

Balsamic Roasted Vegetables **FIT**

FIT Grain Salad of the Day

Red Bliss Potato Salad

BBQ Spiced Potato Chips

All sandwich lunches include cookies, brownies, and low-fat oatmeal raisin cookies, full cold beverage service

Design Your Own KIKBOX

How it works:

Option 1: Feeds up to 10 people \$95

Choose two sandwiches and one add on

Option 2: Feeds up to 25 people \$195

Choose three sandwiches and two add ons

Option 3: Feeds up to 35 people \$260

Choose four sandwiches, two add ons

sandwich choices

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Grilled Buffalo Chicken, Shredded Lettuce and Bleu Cheese, Ciabatta

Chicken, Pesto Mayo, Fresh Mozzarella Cheese

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

Grilled Portobello Mushroom, Goat Cheese, Pesto Ciabatta **FIT**

Mediterranean Tuna, Cucumber, Ciabatta **FIT**

side items

Baby Green Salad, 2 Dressings

Caesar Salad

Cole Slaw

BBQ Spiced Potato Chips



lunch - sandwiches

Deli Platter Lunch

To include:

Deli Platter – In-house Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheese – American, Swiss, Provolone, Jack Cheese

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Breads – Rolls, Ciabatta, Baguette, Wraps, Lettuce Wrap

Spreads – Mayo, Mustard, Honey Mustard, No-nut Pesto

Homemade Potato Chips, Freshly Baked Cookies, Brownies, Low-Fat Oatmeal Cookies, Full Cold Beverage Service

18

FLIK Mini Sandwich and Soup

Sandwiches On Mini Rolls:
Roast Beef, Arugula, Horseradish Cream, Mini Roll

Smoked Turkey, Brie Cheese, Honey Mustard, Mini Ciabatta

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

Tuna Salad, Mini Whole Wheat Roll
Chef's Soup of the Day

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Baby Green Salad, Two Dressings, Chef's Salad of the Day, FLIK Potato Chips, Freshly Baked Cookies, Signature Bars, Full Cold Beverage Service

17

FIT Sandwich Lunch

Chicken, Avocado, Tomato Wrap or Ciabatta

Turkey Chipotle Light Mayonnaise Wrap

Southwest Tuna Avocado Wrap

Balsamic Vegetable Goat Cheese Ciabatta

FIT Green or Grain Salad

FIT Low-Fat Oatmeal Raisin Cookies
Full cold beverage service

16

Lunch Additions

Soup of the Day (Regular or **FIT**) **4**

FLIK BBQ Spiced Chips **2.5**

FIT Hummus & Vegetable Crudit e **4**

Garden Salad **3**

Guacamole, Tortilla Chips **4**

House-Made Agua Fresca or

FIT Infused Water **2.5**

Freshly Brewed Iced Tea **2**

Barn Box Lunch

Sandwich, Fruit, Chips, Cookie, Water, boxed to go **12**

Lunch Vouchers **12**



lunch – salads & sushi

Caesar Salad Buffet

Crisp Romaine Lettuce and Baby Spinach

Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Grilled Hoisin Glazed Tofu

Hand Cut Croutons, Shredded Parmesan Cheese, Caesar Dressing, Balsamic Dressing

Freshly Baked Rolls

Freshly Baked Cookies and Apricot Oatmeal Bars **FIT**

Full cold beverage service
18

FIT Grain Salad Bowl

Mixed Baby Greens and Arugula
Quinoa, Wheat Berries

Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Broccoli and Cauliflower Florets, Chopped Walnuts, Sunflower Seeds, Goat and Parmesan Cheese

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp

Green Goddess Dressing and Low Fat Raspberry Dressing
Apricot Oatmeal Bars **FIT**,
Seasonal Fruit Platter
Full Cold Beverage Service
18

De-Constructed Cobb Salad Lunch

Iceberg Wedges and Arugula
Tomatoes, Roasted Corn, Avocado, Chopped Egg, Red Onion, Cucumber, Bacon, Crumbled Bleu Cheese and Shredded Cheddar

Grilled Marinated Breast of Chicken
Chunk Albacore Tuna
Grilled Portobello Mushrooms

Ranch and Balsamic Dressings
Freshly Baked Cookies
Oatmeal Raisin Cookie Sandwiches **FIT**
Full Cold Beverage Service **19**

Steakhouse Wedge Salad

Choice of Protein: Warm Grilled Sirloin Steak **or** Roasted Salmon

Iceberg Wedges, Crumbled Bleu Cheese, Chopped Bacon, Shredded Asiago, Grape Tomatoes, Caramelized Balsamic Onions, Cucumbers, Light Ranch, Balsamic Dressing, Parmesan Focaccia
Freshly Baked Cookies, Full Beverage Service **20**

Hand Rolled Sushi

Assorted sushi to include California rolls, seafood rolls, Nigiri rolls, and edamame.
15

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste.
Add one to your catering order today.



lunch - buffets

Classic Italian

Chicken Parmesan, Penne ala Vodka with Peas,
Traditional Caesar Salad, Tomato Fresh Mozzarella Salad, Roasted Broccoli and Red Peppers **FIT**, Garlic Bread
Lemon Mint Agua Fresca, Mini Cannoli's,
Freshly Baked Cookies,
Full Cold Beverage Service

24

Authentic Mexican Taqueria

Chicken Tinga **FIT**, Pork Carnitas, Soft Flour Tortillas, Arroz Verde **FIT**, Black Bean Sofrito Tortilla Chips, House-made Guacamole, Fire Roasted Tomato Salsa, Mexican Crema, Pickled Red Onions, Cilantro, Limes, Pineapple Lime Agua Fresca, Mexican Wedding Cookies, Freshly Baked Cookies,
Full Cold Beverage Service

26

Southeast Asian Flavors

Thai Lacquered Chicken Thighs, Sriracha Glazed Shrimp **FIT**, Jasmine Rice **FIT**, Green Curry Coconut Vegetables, Crisp Vegetable Spring Rolls, Sweet Chili Sauce, Ginger Mint Agua Fresca,
Fortune Cookies, Freshly Baked Cookies,
Full Cold Beverage Service

27



FIT Burrito Bowl

Brown Rice & Quinoa
Southwest Spiced Chicken, Cilantro Lime Flank Steak, Cuban Black Beans, Pico De Gallo, Sliced Jalapeno, Scallions, Shredded Lettuce, Diced Avocado, Roasted Corn, Radish, Lime Wedges, Greek Yogurt, Shredded Cheddar,
Apricot Oatmeal Bars **FIT**
Oatmeal Raisin Cookies **FIT**
Full cold beverage service

26

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste.
Add one to your catering order today.

breaks

Build Your Own Parfait Bar

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Raisins, Toasted Almonds, Low-Fat Granola

8

Avocado Toast Bar

Thick cut 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Dill, & Cilantro

14

Sweet Time

FLIK Signature Chocolate Chip Cookies, Assortment Sweet Street Dessert Bars

6

Healthy Break

Pieces of Whole Fruit, Assortment of Kind Bar, Bowl of Trail Mix

8

Smoothie Shooters

Strawberry Banana, Golden Pineapple Ginger, and Orange Creamsicle Smoothies,

House-Made Flax Seed Granola Bars

8

Power Break

Dried Fruit, Nuts, House-Made Flaxseed Granola Bars, Berries and Freshly Brewed Iced Tea

10



Tortilla Chip Bar

Tri-Color Tortilla Chips, Traditional and Black Bean and Corn Salsa, Sour Cream, Chilled Limeade

8

Bruschetta Break

Assorted Crisps and Flatbreads, Tomato Basil, Kalamata Olive and Apple Pear Toppings

6

Hummus Break

Traditional Chic Pea Hummus, Roasted Pepper Hummus, Assorted Pita Crisps and Vegetable Sticks

6

Air Popped Popcorn Break

Sweet Caramel Spiced Popcorn, White Cheddar, Cinnamon Toast

5

Artisan Cheese

A Selection of Local and Imported Cheeses, Dried Fruit, Spiced Nuts, Crostini and Crisps

9

Pasta and More

Penne a la Vodka	50 / 100
Eggplant Parmesan	50 / 100
Spaghetti and Meatballs	60 / 120
Chicken Lo Mein	60 / 120

Salads

Potato Salad	15 / 30
Macaroni Salad	15 / 30
Garden Salad, 2 Dressings	35 / 70
Caesar Salad	30 / 60

Entrees

Buffalo Chicken Wings	50 / 100
Chicken Parmesan	65 / 130
Chicken Marsala	65 / 130
General Tso's Chicken	60 / 120
Roast Beef, Mushroom Gravy, Assorted Mini Rolls	75 / 150
Hot Dogs, Rolls, Sauerkraut and Onions	55 / 110

Sides

Potato Cheese Pierogis	45 / 90
New Potatoes, Garlic Butter	20 / 40
Steamed Broccoli, Parmesan	35 / 70
Baked Macaroni and Cheese	45 / 90
Steamed Jasmine Rice	30 / 60
Stir Fried Vegetables	35 / 70
Fried Rice	35 / 70

All items above are served in aluminum metal pans, paper goods, cutlery.
Chafing dishes not included.