



Food by FLIK

A TASTE OF FALL Apple Season

Enjoy the flavors of fresh local apples throughout the cafe!

M

- Soup** Carrot Cumin **FIT**
 - Deli** Mashed Chickpea Salad, Sandwich Thin **FIT**
 - Grill** Black Bean, Tempeh Enchiladas, Arroz Verde **FIT**
 - Salad** Quinoa Beet Salad
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- Soup** Ajiaco Colombiano
 - Deli** Grilled Chorizo Choripan
 - Chef's Table** Pasta Trattoria
 - Salad** Yucca en Escabeche
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W

- Soup** Caldo de Res
 - Deli** Hoisin Turkey Meatball Banh Mi, Pickled Vegetables
 - Grill** Gaucho Style Steak, Chimichurri, Rice, Papas Fritas
 - Salad** Tossed To Order Pasta Salad
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Th

- Soup** Beef Barley, Shitake Mushroom
 - Deli** Breaded Chicken Milanese
 - Chef's Table** Pulled Chicken Tinga Taquaria
 - Salad** Roasted Pear, Blue Cheese, Pepita Salad, Cider Vinaigrette
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F

- Soup** Peruvian Shrimp Chowder
- Deli** Chipotle Chicken Salad Wrap
- Grill** Chicken Fajita Crunch Wrap
- Salad** Sofrito Grilled Salmon



GLOBAL FOOD TREND

SEPTEMBER 2024
STUFFED PLANTAINS

functional FOODS

ANCIENT GRAINS
are high in fiber, minerals, and protein to support healthy digestion and blood sugar balance.

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Let's connect @FLIKhospitality ●●●●●