

NOURISHING YOUR NEEDS

Wellness Icons Defined



Items meet specific criteria for calories, saturated fat, and sodium; text FID89 to 99299 for more



Items sourced within 250 miles of your location



Hyperlocal ingredients grown on-site



VEGAN

Contain absolutely no ingredients from animals or animal byproducts; such as: milk products, eggs, honey, gelatin, whey, casein, rennet



VEGETARIAN

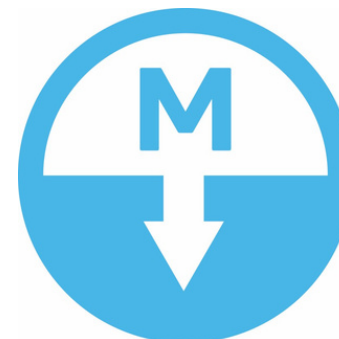
Does not contain meat, fish or poultry but may contain milk products and/or eggs



Entrees with at least 50% plant ingredient and less than 2 oz animal protein



Identifies food items prepared in our kitchens made without gluten containing ingredients



Identifies food items prepared in our kitchens made without milk (cow, sheep, goat) containing ingredients

Food by FLIK



Let's connect @FLIKhospitality