



**HCSC |  
2024  
CATERING**



# GREAT FOOD HAPPY PEOPLE

Our hospitality is about great food, great service and great people. We partner with forward-thinking clients to provide every imaginable corporate dining experiences at offices, conference centers and hotels, schools, senior living centers and beyond.

Every little detail is thoughtfully addressed; every ingredient is selected for freshness, healthfulness, and sustainability, and every caring human interaction makes a meaningful difference to the people we are entrusted with nourishing.

As part of FLIK Hospitality and HCSC, with its worldwide presence and global resources, we offer the benefits of our unique expertise and unsurpassed experience. Check out the latest videos from our chefs, dietitians, and associates to learn more!

Click the link below:

<https://www.youtube.com/@FlikHospitalityGroup/videos>







## SUSTAINABILITY

**FLIK's food philosophy** aligns seamlessly with sustainable food purchasing practices. We have committed to the following purchasing standards:

All of our milk and yogurt are from cows that have been certified to be free of the artificial growth hormones rBGH/rBST.

All poultry is raised without the non-therapeutic use of human antibiotics. This means that medically important human antibiotics are not given to birds on a routine basis, decreasing the danger of antibiotic resistance.

Our seafood purchasing follows the guidelines set by the Monterey Bay Aquarium's Seafood Watch Program and only considers seafood that is rated 'Best Choice' or 'Good Alternative' sustainable.

Because of our commitment to the humane care of farm animals, we offer only Humane Farm Animal Care (HFAC) certified cage-free shell eggs nationwide.

Coffee grown and harvested with responsible production methods certified in a variety of ways including Fair Trade, Rainforest Alliance, Shade Grown, Bird Friendly, Utz Kapeh, C.A.F.E, and Organic.

We source ingredients from local (within 250 miles) and regional (within 400 miles) sources as a first choice, to support small and mid-sized American family farms.



## OUR CLIENTS

Booking rooms and ordering FLIK catering is a “one stop shop” experience.

Through the EMS reservation system, you can book rooms and catering yourself in one step.

You can also contact our catering & conference service planners who are ready to guide you towards detailing a successful event.

FLIK's food philosophy focuses on whole, fresh ingredients and limits the use of processed foods which you can see and taste in our catering services.

When you are ready to book your next event or have questions about any of our services, please feel free to contact our team.

We look forward to serving you!




### CONTACT CATERING AND CONFERENCE SERVICES PLANNERS


Email anytime:

[corporateconferencecenteril@bcbsil.com](mailto:corporateconferencecenteril@bcbsil.com)

or call: 312-653-8900|

Monday - Friday (8:00AM-5:00PM)

Vegetarian  Vegan  Gluten-Free 

 Dairy-free and other dietary needs available upon request







# C O L D B R E A K F A S T

Includes: Bottled Water  
**10 PERSON MINIMUM**

## CONTINENTAL BREAKFAST 11.50 per person

Fresh muffins, pastries, tea breads  
preserves, butter,  
sliced seasonal fruit 


## ON THE RUN 12.00 per person

Assorted baked muffins,  
seasonal fresh fruit cups 

### Choose one:

Yogurt Parfaits

### Or

Overnight Oats with lemon, blueberries,  
chia seeds, almond milk 


*Only Tues-Fri*

## AVOCADO TOAST BAR 14.00 per person

Multigrain toast points, mashed avocado, hardboiled eggs,  
crumbled goat cheese, sliced tomatoes, cucumbers,  
arugula, lemon wedges,  
sliced seasonal fruit

## B R E A K F A S T A D D I T I O N S

### 10 PERSON MINIMUM

Bananas and oranges **1.00 each** 

Fruit cups **3.50 each** 

Muffins and mini pastries **2.75 each**

Breakfast cereal and milk **2.75 each**

Yogurt parfaits, fresh fruit **3.50 each**






## HOT DELUXE BREAKFAST

Includes: Bottled water  
10 PERSON MINIMUM




### TRADITIONAL AMERICAN

12.00 per person

Scrambled eggs, smoked bacon, pork breakfast sausage, roasted red potato , seasonal sliced fruit  
Egg white Add 1.50 per person

### FRITTATA BREAKFAST


15.00 per person



Spinach, mushroom, cheddar cheese frittata   
Bacon, cheddar cheese frittata  
turkey sausage, roasted red potato ,  
Sliced seasonal fruit platter 

### OVERSTUFFED BREAKFAST BURRITOS

14.00 per person

**Choose two:**

Scrambled egg, cheddar cheese, bacon, wheat tortilla  
Scrambled egg, cheddar cheese, peppers, onions, wheat tortilla  
Scrambled egg, chorizo, peppers, salsa verde, pepper jack, wheat tortilla   
Beyond breakfast sausage, spinach, potato hash, sauteed peppers & onions, vegan spicy mayo, tomato basil wrap

Housemade salsa , roasted red potatoes,  
Sliced seasonal fruit platter 






# SALAD & SANDWICH BUFFET


12.50 per person

Please Select One Salad & Four Sandwiches Or Wraps

Includes: Assorted chips, seasonal hand fruit , baked cookie or brownie, bottled water  
**10 PERSON MINIMUM**

## SALADS

### SESAME ORANGE KALE

Baby spinach, candied ginger, dried cranberries, pepitas, sesame dressing 

### CHEF

Diced ham, diced house roasted turkey, hardboiled eggs, sliced avocados, tomatoes, cucumbers, ranch dressing

### SOUTHWEST CHICKEN BREAST

Romaine, monterey jack cheese, black beans, corn, pico de gallo, tortilla strips, chipotle ranch

## SANDWICHES

### CHICKEN BREAST AND AVOCADO

Tomatoes, whole grain flatbread


### CHICKEN SALAD

Grapes, almonds, croissant

### SMOKED HAM AND SWISS

Leaf lettuce, tomatoes, whole grain bread

### ROASTED BALSAMIC VEGETABLES

Classic hummus, provolone, ciabatta 

## WRAPS

### CRISPY BUFFALO CHICKEN

Buffalo sauce, shredded lettuce, bleu cheese

### GRILLED CHICKEN CAESAR

Chopped romaine, parmesan

### CHIPOTLE CHICKEN AND BACON

Tomatoes, leaf lettuce, chipotle ranch

## SALAD ADD-ON



Hot soup 5.00 per person  
*Ask your planner for the soup of the day*

## BOXED LUNCH

13.00

Select Up to Four Salads or Four Sandwiches

Minimum of 10 and a maximum of 75 people

Each box includes assorted chip, whole fresh fruit , baked cookie or brownie, bottled  water





# LUNCH / DINNER CREATE YOUR OWN

21.00 per person  
10 PERSON MINIMUM

## BUFFETS

### Entrée

#### Choose one:

Grilled BBQ chicken breast,  
roasted breast of turkey with pan gravy,  
old fashion meatloaf,  
braised beef pot roast  
Pan seared salmon with roasted tomato salsa **Add 1.00 per person**

### Sides

#### Choose two:

Garden salad with choice of dressing ,  
roasted green beans with garlic ,  
sautéed carrots ,  
medley of spring vegetables ,  
seasonal sliced fruit  ,  
rice pilaf with basil  ,  
Dijon roasted red potato  ,  
creamy mashed potato

### Dessert

#### Choose one:

Assorted cookie & brownie, New York cheesecake

## ADD-ON

Assorted bottled beverages **2.00 per person**





# LUNCH / DINNER

## GLOBAL FLAVORS

Includes: Bottled Water  
**10 PERSON MINIMUM**

### BURRITO BOWL OR TACO BAR 25.50 per person

**Entrée**  
 Chicken tinga, carne asada  
 Fajita veggie **Add 2.00 per person**

**Sides** VG  
 Mexican rice,  
 seasoned black beans

**Toppings**  
 Pico de gallo,  
 fresh homemade salsa, guacamole,  
 shredded cheese, tortilla chips

**Tortillas**  
 Flour tortilla, corn tortilla  
**Included with Taco Bar only**

**Dessert**  
 Housemade cookies

### LITTLE ITALY 26.00 per person

**Breads** VG  
 Fresh baked garlic bread

**Entrée**  
 Lemon chicken piccata,  
 fusilli pasta with blistered cherry  
 tomatoes, spinach,  
 sauteed mushrooms ,  
 sundried tomato pesto

**Side**  
 Broccoli with olive oil & garlic VG

**Dessert**  
 Housemade cookies V

### TEXAS SMOKEHOUSE 27.00 per person

**Entrée**  
 Bone-in BBQ chicken thigh,  
 beef brisket

**Sides** VG  
 Mac & cheese, creamy coleslaw

**Bread**  
 Roasted jalapeno cornbread  
 muffins VG

**Dessert**  
 Banana pudding cups

### TASTE OF MEDITERRANEAN 25.50 per person

**Salad** VG  
 Fattoush salad of romaine,  
 cucumbers, tomatoes, radishes,  
 red onions, fried pita, fresh mint,  
 lemon sumac vinaigrette

**Entrée**  
 Lemon oregano grilled chicken  
 breast, beef shish kabob with  
 onions & peppers

**Sides**  
 Roasted Yukon potatoes with lemon  
 dill cream , grilled vegetables V

**Dessert**  
 Baklava VG





## SNACK BREAK PLATTERS & TRAYS

10 PERSON MINIMUM

### CHARCUTERIE AND CHEESE 12.75 per person

Assorted local and imported cheese, salami, prosciutto, fresh and dried fruit, assorted crackers

### TORTILLA CHIPS AND DIP 9.00 per person VG

Fresh tomato salsa,  
Texas caviar: black beans, red onions, tomatoes, mild & hot peppers  
Sour cream, corn tortilla chip  
Guacamole Add 1.50 per person

### HUMMUS DUO 9.75 per person V

Traditional chickpea hummus, roasted red peppers hummus, vegetable crudite, crispy pita triangles

## SINGLE SNACKS

10 PERSON MINIMUM

Housemade granola 2.95 each  V  
Tajin seasoned chex mix 2.75 each  
Clif protein bars 3.25 each  
Kind bars 2.75 each  
Assorted chips 1.65 each  
Skinny pop popcorn 1.75 each  
Fresh popped popcorn 3.75 each  
Flavors: Plain, jalapeno, caramel, trail mix  
Freshly baked cookies 1.25 each



**FULL-SERVICE  
B E V E R A G E S**

**10 PERSON MINIMUM**

**FULL COLD SERVICE  
5.25**

Bottled waters, bottled teas,  
canned soft drinks

**A LA CARTE  
B E V E R A G E S**

**10 PERSON MINIMUM**

**BOTTLED WATER  
1.75**

**BOTTLED STARBUCKS  
FRAPPUCCINO  
3.50**

**ASSORTED CANNED SOFT  
DRINK  
1.85**

**ASSORTED BOTTLED JUICE  
2.25**

**ASSORTED BOTTLED TEA  
2.75**



## SPECIAL REQUESTS

It's a great pleasure to create a menu to suit any special event need. We can provide you options for full buffet service, plated or reception style catering.

### SPECIAL RESTRICTIONS

Please let your planner know if there are any dietary restrictions, for any of your guests, when placing your order.

We will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, we cannot guarantee that items will be completely "free" of any ingredient, such as gluten and other ingredients.

We encourage guests to contact their catering & conference service planner with any questions about the ingredients contained in the food being considered.

### KOSHER MEALS

Kosher meals may be ordered from a 3rd party supplier upon request and prices will be provided accordingly. We ask that your special request be placed **three (5) business days** prior to the event date to ensure availability and secure delivery times.

### SPECIAL EVENTS

We will coordinate food, bar packages, staffing, linen, and floral arrangements that will make your event a memorable one!

We can also recommend local partners for the following:

- Event décor
- Lighting
- Entertainment

Please contact the catering & conference services team at **312-653-8900** to receive more information and get started on planning your next event!

To give the team time to help create the perfect event, please allow at least **ten (10) business days** for the planning process.

## MENU AVAILABILITY

Please provide at least **two (2) business weeks'** notice when reserving space. We ask for all standard catering orders to be placed **three (3) business days** before the event start time to ensure availability of all menu items and secure delivery times.

### RUSH ORDER FEE

Any food or beverage ordered within the **three (3) business days** window will incur an additional **20% rush fee**.

### STANDARD ORDERS

Selections made from our regular Catering Guide are considered standard catering orders. We ask for these catering orders to have menus finalized and final guest count guaranteed, **three (3) business days before the event start date**.

Events that are canceled or have a decrease in guest count within **two (2) business days** prior to the event start date will be charged for the full amount number of guests outlined.

A **single menu selection is available per service order**. Menu selections from the Catering Guide cannot be combined.

### CUSTOM ORDERS

It would be our pleasure to create a customized menu to fulfill your event needs. Custom menus will need to be finalized **five (5) business days prior to the event start date** to ensure our team has adequate time to prepare.

If you need to cancel your custom event, please let your planner know as soon as possible, fees may be incurred if **cancelled within five (5) business days of event**.

Cancellation fees from outside vendors, such as specialty linen and rental companies, will be communicated to you from your planner.

Menu pricing is **guaranteed for ten (10) business days** following the proposal. Menus are subject to price change after 10 business days

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## S E R V I C E   C H A R G E S

Please consult with your catering & conference service planner regarding charges for service staff, china, linen and additional event needs.

- after-hours and weekend events will incur additional charges for labor.
- in-house reusable tableware will start at an additional \$4.50 per guest.
- specialty rented tableware pricing may vary.
- in-house linen and tablecloths for FLIK food display tables are complimentary.
- in-house linen and tablecloths for dining tables are an additional \$15 per table.
- specialty linen can be supplied upon request. Please note; if cancelled within **ten (10) business days** of the event, the full price of the order would have to be paid for.

### SERVICE STAFF

The ratio of staff to guests is based on the type of function. The outlined staffing levels are required for all food service functions:

**Plated Service:** (1) server per (25)

**Buffet Service:** (1) server per (50) guests

**Reception:** (1) server per (100) guests

**Food Functions of (75) people or more:** (1) captain **Food Action**

**Station:** (1) cook per (50) guests

**After Hours Food Function:** (1) cook

**Full Bar:** (1) bartender per (75) guests

**Beer & Wine Bar:** (1) bartender per (100) guests

Dedicated staff is based on a 4-hour minimum. Based on the increments of hours additional fees will be incurred and reflected on your final invoice. Rates are as follows:

Captain	\$175
Server/Bartender	\$155
Cook	\$155

### DELIVERY FEE

A delivery charge of \$7 will be charged anytime service is provided in the meeting space. Please inquire with your planner on details of charges that may apply to your event.

