



**2025  
SPRING & SUMMER CATERING MENU  
HCSC**

**AVAILABLE APRIL THROUGH SEPTEMBER 2025**

## 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 experience 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 following link:  
<https://www.youtube.com/@FlikHospitalityGroup/videos>

AVOIDING GLUTEN   
VEGAN   
VEGETARIAN   
NEW ITEM 

Dairy-free and other dietary needs available upon request

Need a quick menu suggestion?  
Look for this icon to see items inspired by our Chefs!



## OUR PRACTICES & SERVICES

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)



View the mobile version of our menus

# 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 is 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.





# HOT DELUXE BREAKFAST

INCLUDES HOT REGULAR COFFEE WITH CONDIMENTS AND BOTTLED WATER  
 DECAF AVAILABLE UPON REQUEST  
 10 PERSON MINIMUM






## TRADITIONAL AMERICAN 18.25 PER PERSON

Includes Sliced Seasonal Fruit    
 Scrambled Eggs    
 Homestyle Potato  

CHOOSE TWO:   
 Hickory Smoked Bacon  
 Pork Sausage  
 Turkey Sausage  
 Add Vegan Beyond Sausage Patty 2.00 Per Person 

## FRITTATA BREAKFAST 17.00 PER PERSON

Includes Sliced Seasonal Fruit  

CHOOSE TWO:  
 Eggs, Pork Chorizo, Peppers & Onions, Pepperjack Cheese   
 Eggs Asparagus, Mushroom, Scallion, Cheddar Cheese   **NEW**  
 Egg White, Pepper Spinach, Monterey-Jack Cheese  

CHOOSE ONE:   
 Hickory Smoked Bacon  
 Pork Sausage  
 Turkey Sausage

CHOOSE ONE:  
 Crispy Tater Tots   
 Homestyle Potato  

## BUILD YOUR OWN CHILAQUILES BAR

18.25 PER PERSON **NEW**

Scrambled Eggs

CHOOSE ONE:  
 Chilaquiles Verde  
 Chilaquiles Rojos

CHOOSE ONE:  
 Chopped Bacon  
 Pork Chorizo Crumble  
 Add Chickpea Chorizo 3.50

TOPPINGS:  
 Pickled Red Onion  
 Refried Beans  
 Crema  
 Fresh Cilantro  
 Add Mashed Avocado 4.95 Per Person



## BREAKFAST SANDWICHES 13.75 PER PERSON

Includes Sliced Seasonal Fruit    
 Homestyle Potato  

CHOOSE TWO:  
 Scrambled Eggs, American Cheese, Bacon, English Muffin  
 Fried Egg, Cheddar Cheese, Turkey Patty, English Muffin  
 Scrambled Egg, Pepperjack Cheese, Vegetarian Sausage, English Muffin

## BUILD YOUR OWN CREPE BAR 15.00 PER PERSON **NEW**

Homestyle Potatoes

TOPPINGS:  
 Bananas  
 Macerated Berries  
 Whipped Sweet Cream Cheese  
 Lemon Curd  
 Whipped Cream



SAUCES CHOOSE THREE:  
 Caramel Sauce  
 Chocolate Sauce  
 Berry Compote  
 Maple Syrup  
 Local Honey

CRUNCH CHOOSE THREE:  
 House Granola  
 Toasted Coconut  
 Chocolate Chips  
 Crushed Oreo



## BREAKFAST TACOS 13.25 PER PERSON

Includes Sliced Seasonal Fruit  

CHOOSE TWO:  
 Eggs, Black Bean, Onion, Pepperjack Cheese   
 Eggs, Turkey Sausage, Mushroom, Monterey-Jack Cheese  
 Eggs, Pork Chorizo, Onion, Pickled Jalapeno, Cheddar Cheese  
 Eggs, Bacon, Cheddar Cheese  
 No Egg - "Chickpea Chorizo", Spinach, Shredded Vegan Cheese, Flour Tortilla 

Add Sour Cream, Pico de Gallo 2.00 Per Person 

# COLD BREAKFAST

INCLUDES HOT REGULAR COFFEE WITH CONDIMENTS AND BOTTLED WATER  
 DECAF AVAILABLE UPON REQUEST  
 10 PERSON MINIMUM

## CONTINENTAL BREAKFAST 12.75 PER PERSON

Includes Sliced Seasonal Fruit   
 Freshly Baked Muffins, Pastries and Tea Breads   
 Assorted Preserves and Butter

## MINDFUL BITES BREAKFAST 15.50 PER PERSON

Freshly Baked Mini Muffins   
 Non-Fat Greek Yogurt Cups   
 Fresh Seasonal Berries   
 House Made Granola

## ON THE RUN 14.50 PER PERSON

Assorted Freshly Baked Muffins   
 Seasonal Fresh Fruit Cups

CHOOSE ONE:  
 Assortment of Yogurt Parfaits with Granola   
 Overnight Oats Made with Oat Milk

OATS CHOOSE ONE: **NEW**  
 Peach Compote, Agave, Chia Seeds   
 Mango Compote, Greek Yogurt

Overnight Oats Only Available Tuesday - Friday

## BUILD YOUR OWN PARFAIT 13.50 PER PERSON

YOGURT CHOOSE TWO:  
 Plain Greek Yogurt  
 Strawberry Yogurt  
 Vanilla Yogurt  
 Vegan Yogurt **NEW**

TOPPINGS CHOOSE FIVE:  
 Dried Fruits  
 Granola  
 Pumpkin Seeds  
 Chocolate Chips  
 Seasonal Berries  
 Honey **NEW**  
 Agave **NEW**



CHEF  
RACHEL

## SWEET TOAST BAR 15.50 PER PERSON

BREAD CHOOSE TWO:   
 Cinnamon Raisin  
 White  
 Whole Wheat  
 Add Gluten Free Bread 2.00 Per Person

SPREAD CHOOSE TWO: **NEW**  
 Sun Butter  
 Ricotta  
 Chia Berry Jam  
 Chocolate Hummus  
 Grape Jelly  
 Strawberry Jam

TOPPING CHOOSE FOUR:   
 Macerated Berries  
 Local Honey  
 Sunflower Seeds  
 Pumpkin Seeds  
 House Granola

## BREAKFAST SMOKED SALMON BOARD 17.50 PER PERSON

PROVIDED TOPPINGS:   
 Smoked Salmon  
 Capers  
 Dill Cream Cheese  
 Pickled Red Onions  
 Sliced Cucumbers  
 Sliced Tomatoes

Assorted Sliced Bagels, Served Toasted

## ADD TO YOUR BREAKFAST














<b>Agave Mint Infused Seasonal Fruit</b>	<b>3.25 Per Person</b>
<b>Dispensed Orange Juice</b>	<b>3.00 Per Person</b>
<b>Hot Water and Assorted Teas</b>	<b>2.00 Per Person</b>
<b>Individual Quiche</b>	<b>6.50 Each</b>

- 10 Person Minimum Per Quiche, 72-Business Hour Notice
- Quiche Lorraine: Bacon, Ham Swiss Cheese Scallion
- Quiche America: Crumbled Chorizo, Cheddar Cheese, Tomato, Onion
- Quiche Florentine: Fresh Spinach, Heavy Cream, Gruyere Cheese

# BREAKFAST A LA CARTE

10 PERSON MINIMUM









## PROTEIN

- Bacon, Sausage or Turkey Sausage **4.00 Per Person** 
- Chicken Apple Sausage **4.50 Per Person**
- Vegan Sausage Patties **4.50 Per Person** 
- Vegan Scrambled Eggs **6.50 Per Person**  
- **72 Business Hour Notice Required**
- Scrambled Egg Whites **6.50 Per Person** 
- Homestyle Potato **4.50 Per Person**  
- Hardboiled Eggs **4.75 Per Person** 
- Fruit, Yogurt and Granola Parfait **4.50 Per Person**  
- Assorted Greek Yogurt Cups **3.00 Per Person**  
- Vegan Parfait **5.50 Per Person** 
- Vanilla Coconut "Yogurt", Toasted Oats, Macerated Berries, Chia Seeds, Agave Syrup



CHEF  
RACHEL

## BREADS & PASTRY

- French Toast Bread Pudding - Choose Flavor  **NEW**
- Blueberry Lemon with Lemon Glaze **5.95 Per Person**
  - Maple Brown Sugar **5.95 Per Person**
- Pancake or French Toast with Maple Syrup **5.95 Per Person**
- Muffins and Tea Breads **3.75 Per Person** 
- Assortment of Fresh Pastries **4.00 Per Person** 
- Mini Croissants **3.75 Per Person**  **NEW**
- Assorted Bagels with Cream Cheese **3.95 Per Person** 
- Whole Wheat Bread **3.00 Per Person** 
- Gluten Free Bread **4.00 Per Person**  

## HEALTHY BITES









- Agave Mint Infused Seasonal Fruit **5.50 Per Person**  
- Seasonal Fresh Whole Fruit **2.00 Per Person**  
- Fruit Cups **4.50 Per Person**  
- Fresh Fruit Platter **4.75 Per Person**  
- House Made Granola Package **3.50 Per Person**  
- Hot Oatmeal with Brown Sugar and Cranberries **5.50 Per Person**  
- House Made Trail Mix **3.75 Per Person**  
- Protein Energy Bites **3.75 Per Person**  
- Sunbutter, Coconut, Oats, Protein, Chia Seeds, Flaxseed, Pumpkin Seed, Sunflower Seed, Dried Fruit

## BOTTLED SMOOTHIES

11.00 PER PERSON

### Protein Energy Bites

### FLAVORS CHOOSE TWO:

- Funky Monkey  
- Skim Milk, Banana, Sunflower Butter, Cocoa Powder, Whey Protein
- Gym Warrior  
- Skim Milk, Banana, Blueberry, Apple, Spinach, Whey Protein
- Berry Delicious
- Orange Juice, Strawberry, Banana, Apple, Spinach, Whey Protein
- Recovery Refuel  
- Orange Juice, Pineapple, Strawberries, Carrots
- Matcha Mama  
- Orange Juice, Avocado, Spinach, Apples, Pineapple, Honey

# PREMIUM SALAD & SANDWICH BUFFET

19.50 PER PERSON

INCLUDES SEASONAL WHOLE FRUIT, HOUSE BAKED COOKIES

INCLUDES BOTTLED WATER

10 PERSON MINIMUM

## SALADS

### CHOOSE ONE

All Seeds, Croutons and Dressing Served on the Side

#### Strawberry Fields **NEW**

- Arugula, Strawberries, Pepitas, Goat Cheese, Avocado, Lemon Poppy Seed Dressing

#### Super Green **NEW**

- Baby Spinach, Green Bean, Green Grape, Green Pepper, Edamame, Scallion, Toasted Pepita, Green Goddess Dressing

#### Miso Tofu Salad

- Baby Spinach, Miso Tofu, Cucumber, Tomato, Shredded Carrot, Crispy Wonton Strips, Ginger Pear Vinaigrette

#### Chipotle Crunch **NEW**

- Mixed Greens, Roasted Chipotle Corn, Black Bean, Tomato, Red Onion, Cotija Cheese, Tortilla Strips, Chipotle Salsa Rojas Dressing

#### Plant Power

- Baby Kale, Harissa Spiced Tofu Cubes, Chickpeas, Avocado, Red Pepper, Tomato, Carrot, Cucumber, Green Goddess Dressing

#### Chopped Salad

- Romaine, Blue Cheese, Red Cabbage, Tomato, Green Onion, Pasta, Bacon, Sweet Balsamic Vinaigrette

#### Greektown

- Romaine, Feta Cheese, Cucumber, Red Onion, Tomato, Kalamata Olive, Lemon-Herb Vinaigrette

#### Italian Antipasto Salad Additional 7.95

- Chopped Romaine, Chopped Salami, Mozzarella Pearls, Artichokes, Red Pepper, Olive, Cherry Tomato, Lemon Olive Oil Vinaigrette

#### Southwest Salad Additional 7.95

- Romaine, Grilled Chicken, Tortilla Strips, Julienne Carrots, Cucumber, Julienne Peppers, Roasted Corn, Red Onion, Tomatoes, Green Onion, Citrus Lime Vinaigrette

#### Tuscan Chicken Salad Additional 7.95 Per Person **NEW**

- Romaine, Chicken, White Beans, Artichoke, Tomato, Basil, Red Onion, Parmesan, Croutons, Italian Dressing

#### Tex-Mex Shrimp Salad Additional 12.95 Per Person

- Romaine, Chipotle Shrimp, Roasted Corn, Black Bean, Tomato, Avocado, Jalapeno Ranch Dressing

#### Chicken Kale Cobb Additional 7.95 Per Person

- Baby Kale, Grilled Chicken, Smoked Bacon, Hardboiled Eggs, Avocado, Blue Cheese, Ranch Dressing

## SANDWICHES AND WRAPS

### CHOOSE FOUR

#### SANDWICHES

##### Italian **NEW**

- Ham, Pepperoni, Genoa Salami, Provolone Cheese, Baby Arugula, Red Onion, Tomato, Italian Herb and Red Wine

##### Chicken Calabrian **NEW**

- Chicken Breast, Provolone Cheese, Spicy Calabrian Chili, Arugula, Spinach, Creamy Pesto Sauce

##### Curry Chicken Salad **NEW**

- Roasted Chicken, Mayonnaise, Curry Powder, Grape, Red Onion

##### Roasted Turkey **NEW**

- Herb Roasted Turkey, Gouda Cheese, Baby Spinach, Sun-Dried Tomato, Parmesan Aioli

##### The BLT **NEW**

- Bacon, Lettuce, Tomato, Sun-Dried Tomato Aioli Mediterranean Chicken

- Zhug Pesto, Arugula, Tomato, Cheddar Cheese, Grilled Chicken, Roasted Red Pepper

##### Ham and Brie

- Ham, Brie Cheese, Arugula, Sliced Pear, Honey Dijon Mustard

#### WRAPS

##### Santa Fe **NEW**

- Grilled Chicken, Black Bean, Corn, Tortilla Strips, Avocado, Cheddar Cheese, Diced Tomato, Red Onion, Cilantro Lime Dressing

##### Vegetarian Banh Mi

- Pickled Vegetables, Sriracha Mayo, Roasted Curried Cauliflower

##### Turkey

- Smoked Turkey Breast, Romaine, Corn, Sun-Dried Tomato, Lemon, Dijon Vinaigrette

##### Chipotle Steak

- Grilled Chipotle Steak, Arugula, Tomato, Caramelized Onion, Chipotle Aioli

##### Turkey Cobb

- Turkey, Bacon, Lettuce, Tomato, Hardboiled Egg, Crumbled Blue Cheese, Avocado Ranch Dressing

##### Chicken Fajita

- Grilled Chicken, Pepperjack Cheese, Romaine, Bell Peppers, Corn and Black Bean Salsa, Chipotle Creme

# TRADITIONAL SALAD & SANDWICH BUFFET

18.50 PER PERSON

INCLUDES SEASONAL WHOLE FRUIT, HOUSE BAKED COOKIES

INCLUDES BOTTLED WATER

10 PERSON MINIMUM

## SALADS

### CHOOSE ONE

All Seeds, Croutons and Dressing Served on the Side

#### South of the Border

- Romaine, Black Bean, Corn, Grape Tomato, Avocado, Tortilla Crisps, Chipotle Ranch

#### Grilled Chicken Caesar Additional 7.95 Per Person

- Romaine, Chicken, Parmesan, Grape Tomato, Cucumber, Crouton, Caesar Dressing

#### Greek Chicken Additional 7.95 Per Person

- Grilled Chicken, Romaine, Hummus, Tzatziki, Feta Cheese, Cucumber, Tomato, Kalamata Olive, Greek Vinaigrette

#### Thai Chicken Crunch, Additional 7.95

- Romaine, Shredded Cabbage, Grilled Chicken, Carrot, Cucumber, Cilantro, Crispy Wonton Strips

## SANDWICHES AND WRAPS

### CHOOSE THREE

#### SANDWICHES

#### Chicken & Roasted Tomato

- Roasted Chicken Breast, Herb Mayo, Havarti Cheese, Oven-Dried Tomato, Arugula

#### Turkey Swiss

- Turkey, Swiss Cheese, Lettuce, Tomato, May

#### Reuben

- Corned Beef, Coleslaw, Swiss Cheese, Thousand Island Dressing

#### Ham & Muenster Cheese

- Black Forest Ham, Muenster Cheese, Honey Dijon, Baby Arugula

#### Chicken Pesto

- Herb Chicken Breast, Nut Free Basil Pesto, Sliced Tomato, Provolone Cheese, Baby Spinach

#### Caprese

- Tomato, Mozzarella Cheese, Nut Free Basil Pesto, Arugula, Spinach, Balsamic Glaze

#### WRAPS

#### Ham & Cheddar

- Smoked Ham, Honey Mustard, Cheddar Cheese, Leaf Lettuce, Tomato

#### Tuna Salad

- Tuna Salad, Red Onion, Lettuce, Tomato

#### Veggie Wrap

- Hummus, Spinach, Tomato, Cucumber, Bulgur Tabouleh, Chickpea, Lemon Tahini Spread

#### Jerk Chicken

- Grilled Chicken, Pepperjack Cheese, Coleslaw, Red Onion, Pineapple, Jerk Sauce

## ADD TO YOUR BUFFET

Soup of the Week	5.00 Per Person
Grilled Chicken Breast	7.95 Per Person
Chipotle Lime Sautéed Shrimp	13.99 Per Person
Cajun Spiced Grilled Salmon	15.95 Per Person
Steak House Seasoned Flank Steak	14.95 Per Person





## **PREMIUM SALAD & SANDWICH**

**22.00 Per Person**  
**10 Person Minimum**  
**75 Person Maximum**

### **INCLUDES**

Whole Fresh Fruit  
House Made Cookie  
Bagged Chips  
Bottled Water

### **SELECT**

Combination of Four Salads, Sandwiches and Wraps  
Refer to Menu Page 7

## **TRADITIONAL SALAD & SANDWICH**

**19.50 Per Person**  
**10 Person Minimum**  
**75 Person Maximum**

### **INCLUDES**

Whole Fresh Fruit  
House Made Cookie  
Bagged Chips  
Bottled Water

### **SELECT**

Combination of Four Salads, Sandwiches and Wraps  
Refer to Menu Page 8

# BUILD YOUR OWN

INCLUDES BOTTLED WATER  
10 PERSON MINIMUM

## SUMMER SALAD BAR

31.00 PER PERSON **NEW**

**Includes Assorted Rolls & Butter**

GREENS CHOOSE TWO: 

Romaine  
Baby Arugula  
Baby Spinach  
Baby Kale  
Mesclun Greens

FRUITS AND VEGETABLES PROVIDED: 

Strawberries  
Cucumber  
Roasted Corn  
Cherry Tomato  
Grilled Summer Squash  
Green Peas  
Red Grapes  
Shredded Carrots  
Red Onion

GRAINS CHOOSE ONE:

Moroccan Spiced Couscous  
Chimichurri Farro

PROTEIN PROVIDED: 

Grilled Lemon Herb Chicken  
Mojo Marinated Sauteed Shrimp  
Add Seared Lemon Pepper Salmon **14.95 Per Person**  
Add Crispy Sweet Chili Tofu **5.95 Per Person** 

CHEESE CHOOSE TWO: 

Parmesan  
Blue  
Goat  
Feta  
Add Vegan Shredded Cheese **2.50 Per Person**

DRY TOPPINGS CHOOSE TWO: 

Sunflower Seeds  
Pumpkin Seeds  
Dried Cranberries  
Croutons  
Add A Topping 1.50 Per Person

DRESSINGS CHOOSE TWO: 

Strawberry Poppyseed Vinaigrette  
Fat Free Tomato Herb  
Chipotle Ranch  
Balsamic Vinaigrette  
Ranch  
Add a Dressing 2.00 Per Person

Assorted Seasonal Dessert Bars

## BIBIMBAP BOWL

32.00 PER PERSON

BASE SELECT TWO:

Mixed Greens  
Sushi Rice  
Brown Rice



PROTEIN SELECT TWO:

Beef Bulgogi   
Korean BBQ Chicken   
Soy-Miso Grilled Tofu

VEGETABLES PROVIDED:

Kimchi  
Pickled Cucumbers  
Carrots  
Shiitake Mushrooms  
Cabbage

SAUCES PROVIDED:

Gochujang Korean BBQ   
Korean Sesame 

TOPPINGS PROVIDED:

Cilantro  
Scallion  
Shredded Seaweed  
Sesame Seeds

Matcha Cookie

## ADD TO YOUR MEAL

**Banana Pudding Shooters** **54.00 Per Dozen**

- Banana Pudding with Whipped Cream and Nila Wafers
- Sold Per Dozen
- Requires 72-Business Hour Notice

# BUILD YOUR OWN

INCLUDES BOTTLED WATER  
10 PERSON MINIMUM

## TACO BAR 29.00 PER PERSON

### Tortillas Included

#### ENTREE CHOOSE TWO:

Chicken Tinga  
Carne Asada  
Carnitas  
Crumble Chorizo  
Mexican Stewed Beef

#### SIDES CHOOSE TWO:

Mexican Rice  
Cilantro-Lime Rice  
Seasoned Pinto Beans  
Seasoned Black Beans

#### INCLUDED TOPPINGS:

Pico de Gallo  
House Made Salsa  
Sour Cream  
Shredded Cheese  
Shredded Lettuce

Cinnamon Sugar Churros

## BURRITO BOWL 29.00 PER PERSON

#### ENTREE CHOOSE TWO:

Chicken Tinga  
Carne Asada  
Carnitas  
Crumble Chorizo  
Mexican Stewed Beef

#### BASE CHOOSE TWO:

Mexican Rice  
Cilantro-Lime Rice  
Seasoned Pinto Beans  
Seasoned Black Beans

#### INCLUDED TOPPINGS:

Pico de Gallo  
House Made Salsa  
Sour Cream  
Shredded Cheese  
Shredded Lettuce

Churro Cookie

## ADD TO YOUR BUFFET

.....  
**Spicy Grilled Fajita Veggies**  **4.95 Per Person**

**Vegan Chorizo** **9.95 Per Person**

**Guacamole and Chips** **7.95 Per Person**

**Tres Leche Cake Shooter** **54.00 Per Dozen**

- Contains Strawberry and Whipped Cream
- Sold Per Dozen
- Requires 72-Business Hour Notice

# HOT LUNCH DUETS

INCLUDES BOTTLED WATER  
10 PERSON MINIMUM



## SEASONAL DELIGHT

62.00 PER PERSON **NEW**

### SALAD:

Romaine, Parmesan, Herb Croutons, Sliced Cucumber, Caesar Dressing

### ENTREES:

Pan Seared Arctic Char

- With Dill Beurre Blanc, Shaved Fennel

Pan Seared Chicken Breast

- With White Wine Velouté

Add Rosemary Garlic Beef Tenderloin **24.00 Per Person**

- Charred Pearl Onion, Bordelaise Sauce

### SIDES INCLUDED:

Caramelized Shallot Green Beans with Balsamic Glaze  
Potato Au Gratin with Herb Breadcrumbs

New York Style Cheesecake

## ADD TO YOUR MEAL

Additional Side	5.95 Per Person
Additional Entree	14.95 Per Person
Vegetarian Entree	9.95 Per Person

## CLASSIC STEAK HOUSE

72.00 PER PERSON

### Requires 72-Business Hour Notice

Classic Steakhouse Salad

- Romaine Lettuce, Onion, Tomato, Croutons,

CHEESE CHOOSE ONE - SALAD

Cheddar Cheese

Blue Cheese

### ENTREES:

Herb Crusted Striploin Steak

- With Creamy Cognac Peppercorn Sauce

Pan-Seared Halibut

- With Tarragon Beurre Blanc

### SIDES INCLUDED:

Sauteed Mushroom with Sherry and Shallots  
Sour Cream and Chive Mashed Potato

Tiramisu

## TEXAS SMOKEHOUSE

35.00 PER PERSON

### Requires 72-Business Hour Notice

ENTREE CHOOSE TWO:

Texas Rubbed Smoked Beef Brisket

Boneless BBQ Chicken

BBQ Porked Ribs

Pulled Pork with BBQ Sauce

BBQ Spiced Cauliflower Steak

SIDES CHOOSE TWO:

Mac and Cheese

Coleslaw

Braised Green Beans

House Potato Salad

### SIDES AND TOPPINGS INCLUDED:

Corn Bread

Pickled Onions

Pickles

BBQ Sauce

Mini Brownies

# GLOBAL FLAVORS

INCLUDES BOTTLED WATER  
10 PERSON MINIMUM



## TASTE OF THE CARIBBEAN

38.00 PER PERSON **NEW**

CHOOSE ONE:

Pineapple and Cabbage Slaw

- Shredded Cabbage, Red Onion, Pineapple Chunks, Cilantro, Sweet Peppers

Macaroni Salad

- Elbow Macaroni, Shredded Carrot, Mayo, Sweet Bell Pepper, Diced Onions, Paprika

ENTREE CHOOSE TWO:

Bone-In Grilled Jerk Chicken

- With Grilled Pineapple and Jalapeno Salsa

Ropa Vieja

- Slow-Cooked Cuban Style Pulled Beef, Simmered with Peppers, Onions and Spices

INCLUDED SIDES:

Braised Cabbage and Carrots

Fried Sweet Plantain

Coconut Rice and Beans

Churro Cake Bites

## CHICAGO CLASSIC

25.00 PER PERSON **NEW**

Farmer's Market Chopped Salad

- Romaine Lettuce, Smoky Bacon, Tomatoes, Bell Peppers, Olives, Cucumber, Blue Cheese, Red Wine Dijon Vinaigrette

ENTREE CHOOSE TWO:

Italian Beef

- Green and Red Peppers, Giardiniera, Provolone Cheese, Hoagie Roll, Au Jus

Vienna Beef Hot Dogs

- Yellow Mustard, Pickles, Relish, Sport Peppers, Diced Onions, Sliced Tomatoes, Poppyseed Hot Dog Bun

Maxwell Street Polish Sausage

- Grilled Onions, Yellow Mustard, Hot Dog Bun

Chocolate Brownie

## ADD TO YOUR MEAL

Additional Side	5.95 Per Person
Additional Entree	14.95 Per Person
Vegetarian Entree	9.95 Per Person

## LITTLE ITALY

30.00 PER PERSON

Garlic Parmesan Bread

SALAD CHOOSE ONE

Classic Romaine Caesar

Panzanella Salad

- Parmesan, Herbed Croutons, Creamy Caesar Dressing
- Romaine, Tomato, Cucumber, Red Onion, Herb Croutons, Bell Peppers, Basil, Red-Wine Vinaigrette

ENTREE CHOOSE ONE:

Chicken Marsala Topped with Mushrooms and Marsala Sauce

Chicken Parmesan with Marinara Sauce

Chicken Piccata with Creamy Lemon Caper Sauce

Chicken Toscana

- Pan Fried Chicken Breast with Black Olive, Balsamic Vinegar, Plum Tomato and Capers

Italian Sausage with Onions and Peppers in Marinara Sauce

Tilapia Mediterranean **NEW**

- Parmesan Crusted Tilapia with Roma Tomatoes, Artichokes, Olives, Peppers, Celery and White Wine

Parmesan Beef Meatball with Marinara Sauce

Vegan Eggplant Parmigiana

- Vegan Mozzarella Cheese with Eggplants roasted with Marinara Sauce

Eggplant Parmesan with Marinara Sauce

SIDES CHOOSE TWO:

Broccoli Mixed with Garlic and Lemon, Drizzled with Olive Oil

Penne Pasta

- Spinach, Mushrooms, Sun-Dried Tomato and Spinach in Mushroom Cream Sauce

Orecchiette Pomodoro

- Zucchini, Yellow Squash, Sun-Dried Tomato and Marinara Sauce

Creamy Polenta

Mini Cannoli

# GLOBAL FLAVORS

INCLUDES BOTTLED WATER  
10 PERSON MINIMUM



CHEF  
RAMENA

## GREEK FEST

38.00 PER PERSON **NEW**

SALAD CHOOSE ONE:

- Romaine, Tomato, Cucumber, Olive, Feta Cheese, Red Onion, Olive Oil Oregano Vinaigrette
- Orzo Pasta, Tomato, Cucumber, Olive, Feta Cheese, Oregano, Greek Dressing

INCLUDED ENTREES:

Chicken Souvlaki

- Grilled Chicken Skewers, Lemon, Oregano and Garlic Marinade

Spanakopita

- Flaky Pastry Triangles Filled with Spinach and Feta Cheese

INCLUDES SIDES:

Pita Bread and Tzatziki

Yellow Rice with Lemon and Turmeric

Lemon Potatoes

- Roasted Potatoes with Lemon, Garlic and Oregano

Rice Pudding

- Orange Zest, Vanilla and Cinnamon

## FAR EAST TOUR

38.00 PER PERSON

INCLUDED SALAD

Crunchy Sesame

- Romaine Lettuce, Mixed Greens, Avocado, Oranges, Cherry Tomatoes, Shredded Carrots, Wonton Strips, Toasted Sesame Seeds, Sesame-Ginger Dressing

ENTREES CHOOSE TWO

Beef and Broccoli

- Flank Steak, Ginger-Garlic, Green Onion, Steamed Broccoli

General Tso's Chicken

- Crispy Chicken with Sweet and Spicy Sauce

Crispy Orange Glazed Chicken

General Tso's Shrimp

- Crispy Shrimp with Sweet and Spicy Sauce

SIDES CHOOSE TWO

Steamed Jasmine Rice

Vegetable Fried Rice

Vegetable Egg Rolls

Stir-Fry Vegetable Medley

Vegetable Lo Mein

Matcha Sugar Cookie

## BYO SHAWARMA BOWL

45.00 PER PERSON

SALAD CHOOSE ONE:

Tabouleh Salad

- Bulgar, Parsley, Cucumber, Tomato, Mint, Lemon, Olive Oil

Fattoush Salad

- Romaine, tomato, Cucumber, Bell Pepper, Radish, Parsley, Mint, Pita Chips with Lemon-Sumac Dressing

ENTREES CHOOSE TWO:

Chicken Shawarma

Beef Kofta

Falafel

INCLUDES SIDES:

Saffron Basmati Rice

Pita Bread

INCLUDED TOPPINGS:

Olives

Feta Cheese

Pickled Onion

Hummus

INCLUDED SAUCES:

Zhoug

Tzatziki

Lemon-Tahini Sauce

Sugar Date Cookies

## ADD TO YOUR MEAL

Additional Side **5.95 Per Person**

Additional Entree **14.95 Per Person**

Vegetarian Entree **9.95 Per Person**

Potstickers **6.00 Per Person**

- Lemongrass Chicken
- Pork & Vegetable
- Edamame

# SNACK BREAKS

10 PERSON MINIMUM PER ITEM



## CHEESE AND CHARCUTERIE 15.50 PER PERSON

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Local and Imported Cheese  
Salami and Prosciutto  
Dried Fruits  
Preserves and Honey  
Assorted Crackers  
Gluten Free Crackers **Additional 2.00 Per Person**

## MEZZE PLATTER 15.00 PER PERSON

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Assortment of Grilled and Fresh Vegetables  
Toasted Pita Chips  
Dolma

### SPREADS CHOOSE TWO

Olive Tapenade  
Spicy Harissa Whipped Feta  
Nut Free Pesto Hummus **NEW**

## VEGETARIAN ANTIPASTO PLATTER 13.00 PER PERSON

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Grilled Asparagus  
Red Onion  
Eggplant  
Zucchini  
Roasted Red Pepper  
Herb Goat Cheese  
Fresh Mozzarella

### SERVED WITH:

Garlic Crostini  
Olives  
Basil Pesto  
Balsamic Vinaigrette

## VEGGIES AND DIPS 13.00 PER PERSON

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Vegetable Crudite

### DIPS CHOOSE TWO:



Traditional Hummus  
Roasted Garlic Hummus  
Zaatar Whipped Feta  
Buttermilk Ranch  
Spinach Artichoke Dip

**Add Third Dip 4.75 Per Person**

## FRENCH BREAD PIZZA BITES 13.00 PER PERSON **NEW**

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### CHOOSE TWO:

- BBQ Chicken
- BBQ Sauce, Shredded Mozzarella Cheese, Chicken, Red Onion and Cilantro
- Pepperoni
- Shredded Mozzarella, Pizza Sauce and Pepperoni
- Italian Sausage
- Shredded Mozzarella Cheese, Pizza Sauce, Italian Sausage
- Mediterranean 
- Basil, Feta Cheese, Kalamata Olive, Cherry Tomato, Red Onion
- Caprese 
- Nut Free Basil Pesto, Fresh Mozzarella, Sliced Cherry Tomato, Balsamic Glaze

## DESSERT PLATTERS SOLD PER DOZEN

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<b>New York Style Cheesecake</b>	<b>62.00 Per Cake</b>
• 16 Slices Per cake	
<b>Assorted Dessert Bars</b>	<b>40.00 Per Dozen</b>
<b>Assorted Cookies</b>	<b>24.00 Per Dozen</b>
<b>Chocolate Dipped Coconut Macaron</b>	<b>40.00 Per Dozen</b>
<b>Assorted Vegan Cookies</b>	<b>36.00 Per Dozen</b>
<b>Tres-Leche Cake Cups</b>	<b>57.00 Per Dozen</b>
• Strawberry, Whipped Cream	
• 72-Business Hour Notice Required	
<b>Banana Pudding Cups</b>	<b>57.00 Per Dozen</b>
• Banana Pudding, Whipped Cream, Nila Wafers	
• 72-Business Hour Notice Required	

# SNACK BREAKS

10 PERSON MINIMUM PER ITEM

## SOMETHING FOR EVERYONE

15.50 PER PERSON

Packaged Popcorn  
Chips  
Cookies  
Kind Bars  
House Made Trail Mix

## TORTILLA CHIPS AND DIPS

13.50 PER PERSON

Pico de Gallo  
Tomato Salsa  
Sour Cream  
Guacamole  
Corn Salsa  
Black Bean Salsa  
Tortilla Chips

## BUILD YOUR OWN TRAIL MIX

11.00 PER PERSON

Pretzels  
Chocolate Chips  
Pumpkin Seeds  
Dried Fruit Mix  
Raisins  
Cranberries  
Coconut  
Sunflower Seeds

## BYO POPCORN BAR

5.25 PER PERSON

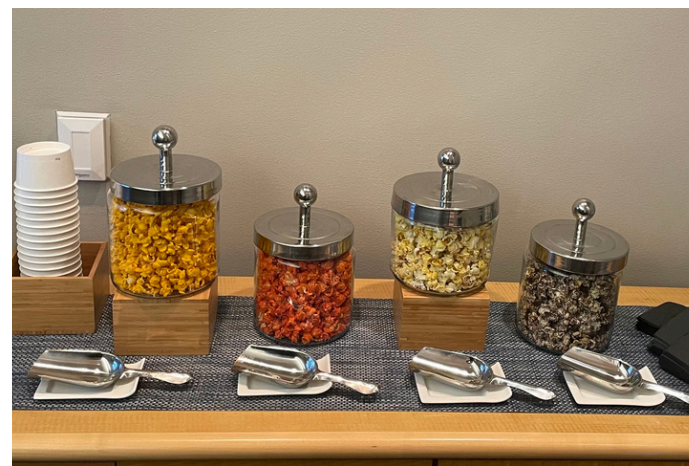
72 Business-Hour Notice Required  
Vendor and Available Flavors Specific to Each Location

### CHICAGO - Chicago Kernel NEW

- White Cheddar
- Buffalo Cheddar
- Caramel Popcorn

### RICHARDSON - Yo Pop Gourmet

- Butter
- Caramel
- Cheddar Cheese
- Texas Ranch and Cheddar Cheese





# RECEPTION / SMALL BITES


10 PERSON MINIMUM PER ITEM

## TAPAS

27.00 PER PERSON

Chicken Empanadas

- Jalapeno, Mexican Spices in a Masa Pastry

Vegetable Empanadas 

- Onion, Eggplant, Pepper, Black Beans, Monterey Jack in a Masa Pastry

Beef Meatballs with Roasted Red Pepper Sauce

Patatas Bravas with Spicy Aioli  

## DIM SUM

27.00 PER PERSON

Chicken and Cabbage Potstickers

- Served with Sesame Soy Sauce and Scallions

Pork and Napa Cabbage Potstickers

- Served with Sesame Soy Sauce and Scallions

Vegetable Spring Rolls  

- Served with Sweet Chili Sauce

Sesame Miso Marinated Cucumber Salad   **NEW**

- Shredded Carrots and Sesame Miso Vinaigrette

## MINI SLIDERS

28.00 PER PERSON

Nashville Chicken Slider **NEW**

- Pickle, Buffalo Sauce, Cabbage Slaw on Brioche Bun

Angus Beef Slider


- American Cheese, Pickle, Chipotle Aioli on Brioche Bun

Cauliflower Slider 

- Harissa Hummus, Pickled Carrots on Brioche Bun

INCLUDED SIDES:

Buffalo Seasoned House Fried Flik Chips

Truffle-Parmesan House Chips 



## HOT BEVERAGES

10 PERSON MINIMUM PER ITEM

Full Hot Service **5.25 Per Person**

- Coffee and Hot Teas, Decaf Available Upon Request
- Starbucks Premium Coffee Upgrade **2.00 Per Person**
- Hot Tea Service **2.00 Per Person**
- Hot Water with Assorted Tea Bags and Honey
- Hot Beverage Replenishment **3.75 Per Person**

## A LA CARTE BEVERAGES

5 PERSON MINIMUM PER ITEM

Bottled Water **1.95 Per Person**

Canned Sparkling Water **1.85 Per Person**

Assorted Canned Soft Drinks **2.00 Per Person**

Assorted Bottled Juice **3.25 Per Person**

Assorted Bottled Tea **3.25 Per Person**

Dispensed Ice Water **1.00 Per Person**



## SPECIALTY DISPENSED BEVERAGES

10 PERSON MINIMUM PER ITEM

Unsweetened Fresh Brewed Ice Tea **1.75 Per Person**

- Served with Lemon Slice and Sugar Packets
- Seasonal Fruit Infused Ice Water **2.00 Per Person**

## SEASONAL MOCKTAILS

10 PERSON MINIMUM

5.50 PER PERSON

Peach Iced Tea Refresher **NEW**

- Peach Iced Tea with Agave and Sliced Peaches

Blueberry Ginger **NEW**

- Blueberry Puree, Sparkling Water, Ginger and Lemon

Pineapple and Peppercorn Agua Fresca **NEW**

- Ginger, Pineapple and Peppercorn

Sparkling Ginger Punch

- Orange, Lemon, Honey and Ginger Beer

Sparkling Pear Refresher

- Rosemary, Fresh Pear and Orange



## 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 (3) 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. This is inclusive of individual items that are requested within the three (3) business days.**

### 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 guarantees, **three (3) business days before the event start date.**

Events that are cancelled or have a decrease in guest count within **two (2) business days** prior to the event start date will be charged for the originally stated guest count.

**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.

## SERVICE CHARGES

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.
- To-Go boxes may be requested for your meeting and event at an additional fee of \$1.25 per person.



## 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 Meal:** (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 station, 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. Reduced rates are available for hourly increments as necessary. Please consult with your Catering & Conference Services team.

**Rates are as follows:**

- **Captain** \$208
- **Server/Bartender** \$160\*
- **Cook** \$160

\*Please see page 21 for specific details regarding charges for bars being hosted at Richardson HQ



## 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.

# FLIK CATERING BAR PACKAGES

## Requires 2 Business Week Notice

### Beer and Wine up to 4-Hours

Standard \$25  
Premium \$29  
Ultra-Premium \$36

### Full Bar - up to 4-Hours

Standard \$29  
Premium \$35  
Ultra-Premium \$40

Contact the Catering & Conference Service Team at 312.653.8900 for specialty cocktail options and pricing

### Standard

Assortment of beer & wine  
Smirnoff Vodka, New Amsterdam Dry Gin, Mount Gay Rum, Capt. Morgan Spiced Rum, Johnnie Walker Red Scotch, Seagram's 7 Whisky, Piedra Azul Blanco Tequila

### Premium

Assortment of beer & wine  
Tito's Vodka, Tanqueray Gin, Captain Morgan White & Spiced Rum, Johnnie Walker Black Scotch, Glenmorangie 10 Scotch, Jack Daniels Whiskey, El Jimador Tequila

### Ultra-Premium

Assortment of beer & wine  
Ketel One Vodka, Hendricks Gin, Flor de Cana White Rum, Glenfiddich 12 Scotch, Woodford Reserve Bourbon, Milagro Tequila  
(A list of additional scotches for the ultra-premium package is available upon request)

All packages include mixers, juices and garnishes

### Pricing for Bar Packages

All pricing is per person, unless otherwise stated

Bartender Fees apply to All Bar Services

Glassware available for an additional fee, please ask your Planner

Interested in rental linen? Ask your Planner about BBJ linen.

Richardson HQ utilizes an outside vendor to provide alcoholic beverages due to liquor license needs.

When providing a bar package at your events at Richardson HQ, anticipate the additional charges:

15% - 20% Service Charge to your selected package  
\$360 per bartender, up to 4-hours each

