VIBRANT FALL DECADENT FOOD

HCSC| FALL 2023

ABILENE & HELENA

Flik HOSPITALITY GROUP

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

Flik
HOSPITALITY GROUP

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.

Flik
HOSPITALITY GROUP

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

or call: 312-653-8900|

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

Vegetarian VG Vegan V Gluten-Free

Dairy-free and other dietary needs available upon request

Flik
HOSPITALITY GROUP

COLD BREAKFAST

Includes: Bottled Water
10 PERSON MINIMUM

CONTINENTAL BREAKFAST VG
11.50 per person

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

ON THE RUN VG
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 V
Only Tues-Fri

AVOCADO TOAST BAR VG
14.00 per person

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

BREAKFAST ADDITIONS

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**

Flik HOSPITALITY GROUP

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 [V], seasonal sliced fruit
Egg white **Add 1.50 per person**

FRITTATA BREAKFAST
15.00 per person

Spinach, mushroom, cheddar cheese frittata [VG]
Bacon, cheddar cheese frittata
turkey sausage, roasted red potato [V],
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 [VG]
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 [VG]

Housemade salsa [V], roasted red potatoes,
Sliced seasonal fruit platter

Flik HOSPITALITY GROUP

SALAD & SANDWICH BUFFET

12.50 per person
Please Select One Salad & Four Sandwiches Or Wraps

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

SALADS

SESAME ORANGE KALE

Baby spinach, candied ginger, dried cranberries, pepitas, sesame dressing [VG]

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 [VG]

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 [V] , 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 V,
roasted green beans with garlic V,
sauteed carrots V,
medley of spring vegetables V ,
seasonal sliced fruit ,
rice pilaf with basil V ,
Dijon roasted red potato V ,
creamy mashed potato VG

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 VG,
sundried tomato pesto

Side V
Broccoli with olive oil & garlic

Dessert
Housemade cookies

TEXAS SMOKEHOUSE
27.00 per person

Entrée
Bone-in BBQ chicken thigh,
beef brisket

Sides VG
Mac & cheese, creamy coleslaw

Bread VG
Roasted jalapeno cornbread
muffins

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 VG , grilled vegetables V

Dessert
Baklava

Flik HOSPITALITY GROUP

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 VG
9.00 per person

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 V
9.75 per person

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**
Skinnypop popcorn **1.75 each**
Fresh popped popcorn **3.75 each**
Flavors: Plain, jalapeno, caramel, trail mix
Freshly baked cookies **1.25 each**

FULL-SERVICE BEVERAGES

10 PERSON MINIMUM

FULL HOT AND COLD COFFEE SERVICE
8.50 – *Hot service only available in Helena*

Regular coffee, hot tea, bottled waters, bottled teas, canned soft drinks, cream, assorted sweetener
Decaffeinated coffee available upon request

FULL HOT SERVICE
5.25 – *Hot service only available in Helena*

Regular coffee, hot tea, cream, assorted sweeteners, lemon wedges
Decaffeinated coffee available upon request

FULL COLD SERVICE
5.25

Bottled waters, bottled teas, canned soft drinks

REFRESH
3.00
Any beverage replenishment

A LA CARTE BEVERAGES

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 guarantees, **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

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 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.