



catering and
special events

Food by FLIK

breakfast

continental breakfast

whole grain cereal
 fresh berries, mixed nuts, raisins
 skim milk
 multigrain roll, mini muffins
 promise, low-fat cream cheese,
 peanut butter
 yogurt parfaits
 orange juice
 coffee, tea, water
7.99pp

hot breakfast

seasonal fruit salad
 egg white, low-fat swiss english muffin
 multigrain roll, mini muffins
 promise, low-fat cream cheese,
 peanut butter
 yogurt parfaits
 orange juice,
 coffee, tea, water
9.99pp

afternoon boost

savory hummus

hummus edamame
 hummus
 baked whole wheat pita
 chips seasonal crudité
5.29pp

yogurt bar

fat-free vanilla yogurt
 low-fat fruit yogurt
 seasonal fruit
 low-fat granola, raisins, nuts
4.59pp

lunch

meeting well sandwich

chicken breast, avocado
 whole wheat sandwich thin
 lo-carb tuna wrap
 turkey spinach, low-fat swiss
 sandwich thin
 roasted vegetable, low-fat swiss
 flatbread
 mixed green salad, fat-free dressing
 whole-grain salad
 seasonal fruit salad
 reduced-fat oatmeal cookies
 FLIK iced tea, diet soda, water
12.99pp

hot buffet

braised chicken, smoky paprika,
 chickpeas
 black bean cilantro cake
 sautéed seasonal greens
 cilantro brown rice
 green salad, fat free dressing
 seasonal fruit salad
 bite-sized bar selection
 FLIK iced tea, diet soda, water
14.99pp

Meeting Well is a program created, managed and trademarked by the American Cancer Society (ACS) to encourage a healthier workplace. Fundamentally, the ACS has developed guidelines, suggestions and tips to plan healthy meetings and events by promoting more nutritious meals and snacks.

Coffee time

Freshly brewed regular and decaffeinated coffee, Mighty leaf teas
2.99pp

Full beverage service

Freshly brewed regular and decaffeinated coffee, Assorted soda, bottled water, Mighty leaf teas
4.79pp

Breakfast bakery

Freshly baked muffins, bagels, fruit pastries, tea bread, sliced fresh fruit, butter, preserves, Cream cheese, freshly squeezed orange juice, coffee and tea service
6.99pp

Latino breakfast Freshly baked pastries to include empanadas, tequenos, croquetta and pastellitos. freshly squeezed orange juice, cuban coffee and tea service
7.49pp

“Hotel” breakfast buffet
 French toast, pure maple syrup, Scrambled eggs and ham (egg whites available upon request), smoked bacon, sausage patties, home fries, sliced fresh fruit, breakfast pastries, butter, preserves, cream cheese, freshly squeezed orange juice, Coffee and tea service
12.99pp

Breakfast Sliders

Egg whites, spinach, turkey, bacon, alpine lace swiss cheese, grilled flatbread

Bacon, egg, american cheese, toasted english muffin

Smoked ham, cheddar cheese, egg, bagel

Freshly squeezed orange juice, coffee and tea service
9.99pp

Hot cereal bar

Oatmeal, Grits, Raisins, cinnamon, walnuts, granola, brown sugar, pure maple syrup
2.29pp

Greek Yogurt bar

Low-Fat greek yogurt, dried fruits,, House-made granola, Florida citrus, seasonal berries, honey, brown sugar
3.49pp

Something else

Cuban toast **.99pp**
 Freshly brewed iced tea **1.19pp**
 Fresh fruit platter **3.79pp**
 Bagels and cream cheese **1.89pp**
 assorted 20 oz. Sodas **1.59pp**
 Seasonal berry granola parfaits **2.29pp**
 Freshly squeezed orange juice **2.29pp**
 Cold breakfast cereal with milk **1.99pp**
 Assorted bottled juice **1.79pp**
 Full coffee service **3.59pp**

Deli buffet

Smoked turkey breast, smoked ham, roast top round of beef, grilled chicken breast, tuna salad, grilled vegetable platter, imported and domestic cheeses, vine ripened tomatoes, lettuce, red onions, relish platter, mixed garden salad, two dressings, chef's salad of the day, homemade potato chips, specialty breads and rolls, freshly baked cookies, signature bars, full cold beverage service

14.89pp

Deli sandwiches

Choose (4) of the following:

Grilled chicken, chipotle mayo, pepper jack cheese, kaiser roll

Smoked turkey, fresh mozzarella, pesto

Grilled balsamic vegetable wrap

Traditional Cuban

Chicken caesar romaine wrap

Smoked ham, swiss, honey mustard, multi-grain bread

Roast turkey, brie cheese, mayo, baguette

Accompaniments include vine ripened tomatoes, lettuce, red onions, relish platter, mixed garden salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, brownies, full cold beverage service

14.99pp

Flatbread/panini sandwiches

Grilled vegetables, low-fat swiss red pepper spread

Smoked turkey, spinach, brie, honey mustard flatbread

Chicken pesto, tomato, fresh mozzarella flatbread

Smoked ham, olive tapenade, provolone, panini

Served with a relish platter, mixed garden salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

14.89pp

THE SALAD BOWL

Chicken caesar salad

Crisp romaine lettuce, grilled marinated chicken breast, balsamic glazed seasonal vegetables, vine ripened tomatoes, hand cut croutons, marinated olives, grated parmesan cheese, regular and low-fat caesar dressing, includes freshly baked rolls, focaccia, cookies, brownies, signature bars, cold beverage service

11.99pp

Fajita salad

Southwestern spiced chicken breast, chipotle spiced flank steak, Baby spinach, shredded lettuce, diced tomatoes, black olives, red onions, cheddar cheese, salsa, guacamole, sour cream, tortilla crisps, regular and low-fat ranch dressing, cookies, brownies, signature bars, full cold beverage service

12.99pp

Taqueria

Make Your Own soft taco's, pork carnitas, chicken tinga, queso fresca, Tomato Salsa, Jalapeños, Guacamole, Sour Cream, Cilantro and Lime Wedges, Cilantro Rice, Braised Black Beans, Tri-color Tortilla Chips, shredded lettuce,, Cookies, Mexican Rice Pudding and Full Cold Beverage Service
15.99pp

Texas BBQ

Sliced BBQ Brisket of Beef, Pulled BBQ Spiced Chicken Thighs, Potato Salad, Cole Slaw, Spicy Pinto Beans, Texas Toast, House Salad, Ranch and Vinaigrette Dressings, Cookies, Brownies, Signature Bars and Full Cold Beverage Service
14.99pp

Southern Picnic

Boneless Southern Fried Chicken, Pulled Pork, Mopping' Sauce and Buns, Traditional Potato Salad, Green Bean Salad, Corn on the Cob, Tossed Greens with Dressing, Buttermilk Biscuits, Marmalade, Cookies, Brownies, Pecan Bars and Full Cold Beverage Service
14.99pp

Floridian

Florida Grapefruit and Avocado Salad, Cuban Black Bean Soup, Pan Seared Florida Grouper with Citrus Relish, Pressed Cuban Sandwiches, Cookies, Brownies, Key Lime Bars and Full Cold Beverage Service
18.99pp

Cajun Flavors

Blackened Catfish, Chicken Andouille Sausage Gumbo, Dirty Rice, Spinach Salad with Red Onions, Green Beans with Spiced Pecans, Jalapeño Cornbread, Cookies, Brownies, Pecan Chocolate Chip Bars and Full Cold Beverage Service
15.99pp

Cucina Italiana

Chicken Parmesan, Penne a la Vodka, Caesar Salad, Tomato and Fresh Mozzarella Salad, Garlic Knots, Roasted Broccoli Rabe, Soft Polenta, Cannoli, Italian Pastries, Cookies and Full Cold Beverage Service
12.99pp

Asian Spice

Asian Greens, Ginger Sesame Dressing, Rice Noodle Cucumber Salad, Hoisin Glazed Pork Ribs, Chicken Teriyaki, Stir-fried Vegetables, Steamed Jasmine Rice, Sesame Cookies, Grilled Golden Pineapple , Full Cold Beverage Service
13.99pp

Hot Cereal Bar

Hot Cereal Bar Including: Oatmeal and Grits
Accompanied by: Granola, Pure Maple Syrup
Cinnamon, Raisins, Pecans and Trail Mix

2.99pp

Mini Biscuits

Mini Biscuits Including: Smoked Ham and Caramelized
Onion, Sausage and Cheddar Cheese and Egg White
and Turkey Bacon

4.89pp

Smoothie Shooters

Strawberry Banana, Golden Pineapple Ginger , Florida
Orange Creamsicle, Homemade Flax Seed Granola Bars,
Morning Trail Mix

3.59pp

Breakfast Flatbreads

Spinach, Cheddar and Egg, Egg White and Low-Fat
Swiss Cheese, Vegetable and Goat Cheese

2.99pp

Power Break

Dried Fruit, Nuts, low-fat apricot bars, Florida Citrus agua
fresca

3.29pp

Tortilla Chip Bar

Regular and Baked Corn Tortillas, Traditional and Black Bean Salsa, Sour Cream, Jalapeno Cheese Sauce and Chilled Limeade

5.29pp

Grilled and Raw Vegetables

Grilled Eggplant, Zucchini, Summer Squash Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Carrot Juice

6.99pp

Air Popped Popcorn Break

Sweet Caramel Spiced Popcorn, White Cheddar , Cinnamon Toast, Watermelon Aqua Fresca

3.29pp

Artisan Cheese

A selection of local and imported cheeses, Dried Fruits, Nuts, Baguette and Crisps
Non-alcoholic Sangria

8.99pp

Cookie Break

Chocolate Chip, Sugar and Low-Fat Oatmeal Cookies with Coffee Mochaccino

2.99pp

Ice Cream Social

Assorted Ice Cream,
12 Toppings, Waffle Cones, Penny Candy

6.29pp