



catering and
special events

F o o d b y F L I K

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

“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

Beverage Options

Regular and decaffeinated
coffee

regular and decaffeinated
Coffee, mighty leaf teas

assorted soda, bottled water

freshly squeezed orange juice,
coffee and tea service

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, pepperjack 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 peppers 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

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

Breakfast Sliders

Smoked Ham and Caramelized Onions, Sausage and
Cheddar Cheese, 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

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

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

Beverage Options

Chilled Limeade

Carrot Juice

Watermelon Agua Fresca

Non-Alcoholic Sangria