

# THE FALLS FOOD HALL SPREAD

APRIL 2026



## TALK DERBY TO ME

### Shareable Derby-food facts



**Mint**, not just a garnish! Fresh mint symbolizes hospitality in the South. Gently clapping mint leaves releases oils without making them bitter.



**The Hot Brown**, a Kentucky staple! This open-faced turkey sandwich smothered in creamy Mornay sauce and broiled to bubbly perfection was created at the Brown Hotel as a late-night snack for hungry dancers in the 1920s. They even share the recipe on their website!

scan  
for  
recipe



Let's Talk  
**FLIK**



Scan the QR  
Code and Submit  
Your Feedback

## Hall Talk

### Pro-tips to make ordering a breeze

#### Less clicking = faster eating!

Our *Signature Burgers & Sandwiches* are chef-curated classics with just a few ways to customize, making them some of the fastest items to order at the grill. If you're in a DIY mood, choose *Craft Your Own Burger & Sandwich* instead.

#### Save time, skip the line!

Stuck in meetings all day and no time to wait in line? Download our Savour mobile app to pre-order your deli or grill meal and pick up at the mobile-pick-up point near the seating area.



### MEET BEN

Colonel's Plate Cook

### ABOUT BEN

Off the clock, you can catch him fishing for bass, firing up the grill, and rooting for the Kentucky Wildcats. That's classic Kentucky living!



# WHAT'S HAPPENING

VISIT GO/FLIK TO SEE OUR MENU



**NATIONAL BRUNCH MONTH!**  
**April 1**  
**April 14-16**

**GLOBAL**

**PANTRY**  
AUTHENTIC INDIGENOUS INGREDIENTS,  
KNOWN TO PROMOTE HEALTH

**INDIA** **April 2**

The health benefits of Indian cuisine come from traditional diet. Many flours, lentils and legumes, fermented foods, and flavorful herbs and spices. This month's featured ingredients include hummus, garlic, onion, turmeric and saffron, chickpeas, cumin, coriander, fenugreek seeds, yogurt, and ginger.

Food by FLIK Let's connect @FLIKshopify

**MMMORE FOR THE FINAL FOUR**

**FULL COURT FLAVOR FOR THE FINAL FOUR!**

**April 6**

Food by FLIK

**ARAB AMERICAN Heritage Month**

*Many Voices*  
**ONE COMMUNITY**  
Tuesdays in April

Join us in a celebration rooted in respect as we explore Arab culinary traditions and recognize how these voices have shaped our workplaces, our food, our neighborhoods, and our shared future.

**NUTRITION AT HUMANA**

**WOW LIVE: NUTRITION WEBINAR**  
*Future Forward Flavors*

Explore the "Future 50 Foods" - ingredients that bring new flavors, more variety, and a healthier, more sustainable way to eat.

**TO REGISTER:** Search "WOW Live: Nutrition" in the Learning Center

**4/14** **11:00am EST**

go/nutritionTV

Earn 100 Personally Health points!

**GO GLOBAL SCAN TO SERVE UP YOUR FEEDBACK!**

**GLOBAL BOWLS**  
**April 21-23**

**FLIK FAVS**  
FLIK FAVORITES

**Chai Spice Energy Bites**

**POWERED FLIK**

**FIBER DATES**  
**ANTIOXIDANTS** **SUNFLOWER SEEDS**  
**FLAVOR WITHOUT FAT** **SPICES**

**KOREAN FRIED CHICKEN WITH HOTTEOK WAFFLES**

**April 27**

**chef's choice**

Food by FLIK

## TRY OUR RECIPES

### CHAI SPICE ENERGY BITE



scan for recipe

**POWERED FLIK**

**FIBER DATES**  
**ANTIOXIDANTS** **SUNFLOWER SEEDS**  
**FLAVOR WITHOUT FAT** **SPICES**

Join the Fight  
**APRIL 29, 2026**

**10<sup>th</sup>**  
**STOP FOOD WASTE Day**  
A DECADE OF GLOBAL IMPACT

**2017** **2026**

**STOPFOODWASTEDAY.COM** **STOP FOOD WASTE Day** **#STOPFOODWASTEDAY**