



CATERING

Food by FLIK

GUIDELINES

Welcome!

We're here for you. We offer personalized catering services for every event no matter the size and always with your safety in mind. Daily breakfast, lunch, and break, and reception orders can be ordered online via the Catering website. If you need any assistance with placing your order please contact:

GHQ @ Reston: Michael.Reyes@compass-usa.com

Gaithersburg @ Washingtonian & Corporate Blvd @ Rockville: Joseph.Levine@compass-usa.com

What We're Doing

Your safety is our number one priority. We have implemented various policies and procedures to mitigate the risk of virus spread. You will notice that items are individually wrapped or packaged. We are able to do buffets, but they will be served to mitigate cross contact risk. Our team members will be wearing proper PPE and station set-ups have been modified for social distancing and flow. Please reach out with any questions/concerns.

Pricing

Pricing is per guest unless otherwise stated. Some menus require a minimum number of guests to order.

We require a 48-hour notice and headcount guarantee for all catering orders. Should the guest count decrease or the event is cancelled less than 24-hours in advance, the requesting group will be charged for the guaranteed number.

Service Standard

Events requiring a server or dedicated attendant will be charged \$120 per server, with a four hour minimum. Additional fees or chef attendance fees may apply. Additional charges, including staffing, will apply to all events after 5:00pm.

Outside Catering Orders

Not seeing exactly what you're looking for? Reach out to us! Everything from themed menus to dietary restrictions and special preferences are customizable. Should you still decide to use an external source we can handle it for you. Simply select the "Outside Catering Request" menu option in CaterTrax and include your order specifications.

Cancellations

Cancellations require 24-hour notice. Any cancellation that is less than the required notice is subject to the event charge.

Let's Get Started

Please contact your locations catering contact (above) to assist you in planning your upcoming event. We also offer assistance in selecting specialty rental linens, floral centerpieces, serving ware, and bartending services. Please allow as much lead time is possible to help in making your event a great success.

Allergies & Intolerances



Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered.

The **FIT** Advantage

Looking for a better choice, but don't want to sacrifice flavor or cost?

We've got you covered! Reach for FIT! These delicious choices will have you changing the way you think of better-for-you options. Choose from 100% FIT menus or add-on a FIT beverage or side to your menu, it's up to you! Choosing FIT will also help your budget; FIT items are discounted in catering the same as in the café.



Seal of Approval

Look for this seal of approval and know you are on your way to better choices. These are decisions you can feel good about. Our dietitian has vetted these just for you! Each item will have nutrition information when you place your order as well as at your event. You can even add these items to MyFitnessPal.

BREAKFAST

Full Beverage Service	5
freshly brewed regular and decaffeinated coffee and tea, assorted soda, water service	
The Continental	11
mini muffins, pastries, and sliced tea bread, yogurt parfaits, fresh fruit cups, juice, coffee and tea service	
European Breakfast Box	12
soppressata, hard boiled egg, havarti cheese, grapes, croissant, juice, coffee and tea service	
A la Carte Something Else <i>(all individually packaged)</i>	
Fresh Fruit Granola Yogurt Parfaits VEG FIT	3.50
Fresh Fruit Cups VEGAN	3.50
Steel Cut Overnight Oats VEG FIT apple cinnamon carrot cake	3
Assorted Doughnuts	15/doz
Assorted Breakfast Pastries VEG	1.50
Individually Wrapped Bagels VEG 2 cream cheese jam	
Country Biscuits VEG	12/doz
apple butter honey jam	
Fig Jam Cottage Cheese Cup VEG 3	
Almond Biscotti VEG	10/doz

Hot Breakfast **12**

*48 Hour Notice for Hot Food Orders
minimum (10) guests
choose any (3) varieties*

Breakfast Burritos

Southwestern- scrambled eggs, ham, cheddar, hash browns, tomato salsa

Chicken Apple Sausage- sautéed peppers & onions, scrambled eggs, hashbrowns

Bacon, Egg, & Pepper Jack Cheese Flatbread

Bacon, Pepper, & Cheddar Frittata

Ham, Egg, & Cheddar Croissant

Ham & Egg Bagel- canadian bacon, fried egg, swiss cheese

Roasted Tomato Egg White Sandwich sautéed spinach, egg white, swiss, whole wheat english muffin **VEG** **FIT**

Egg White Turkey Bacon Flatbread- muenster, spinach, tomato, whole grain flatbread **FIT**

Low Fat Swiss Vegetable Egg White Frittata **VEG**



LUNCH - DELI SANDWICHES

15.50

*all sandwich lunches include water service and assorted sodas
minimum (5) guests, all individually packaged in ½ sandwiches, choose any (4) sandwiches*

Classics

Smoked Turkey & Brie Sandwich Thin- apricot jam, leaf lettuce

Turkey Baguette- cranberry mayo, leaf lettuce, tomato, provolone

Smoked Turkey & Swiss- chipotle aioli, sliced avocado, leaf lettuce, tomato, multigrain roll

Smoked Ham Ciabatta- arugula, swiss cheese, honey mustard

Grilled Chicken Caesar Wrap- shredded romaine, parmesan cheese

Grilled Buffalo Chicken Wrap- tomato, shredded romaine, bleu cheese

Chicken Salad Brioche- celery, green leaf lettuce, tomato

Ham, Turkey & Bacon Club- leaf lettuce, tomato, mayo, white farm bread

From the Sea

Classic Tuna Salad- cucumber, tomato, lettuce, whole-grain roll

Cajun Shrimp Salad Wrap- shredded romaine lettuce, sundried tomato wrap

Smoked Salmon Bagel- scallion, cream cheese, red onion

Vegetarian

Caprese Ciabatta- fresh mozzarella, tomato, no nut pesto, balsamic glaze **VEG** FIT

Buffalo Cauliflower Wrap- oven roasted cauliflower, buffalo sauce, chopped romaine, shredded carrot, frizzled onions **VEGAN**

Crispy Chickpea Whole Wheat Wrap- roasted red peppers, chopped romaine, kalamata olives, feta, tzatziki **VEG**

Grilled Portobello & Goat Cheese- mesclun greens, no nut pesto mayo, multigrain flatbread **VEG**

ALT- avocado, leaf lettuce, tomato, lemon aioli, multigrain roll **VEG**

Favorites

Pesto Grilled Chicken Sandwich Thin- pesto mayo, fresh mozzarella cheese, tomato FIT

Chicken Avocado Spinach Wrap- ranch, tomato, chopped romaine

Shaved Prosciutto, Ham & Swiss- lingonberry preserves, rosemary focaccia

Soppressata & Mozzarella- roasted red peppers, olive tapenade, sour dough roll

Chipotle Chicken Salad Wrap- corn relish, red onion, romaine, tomato

Pastrami Reuben- sauerkraut, swiss cheese, thousand island, rye bread

Rare Roast Beef Baguette- frizzled onions, cheddar cheese, horseradish mayo

Accompaniments

choose any (1) item below

Baby Green Salad- tomato, carrot, cucumber, balsamic dressing **VEGAN**

Caesar Salad- romaine lettuce, parmesan cheese, croutons

Arugula Grain Salad- baby kale, berry, quinoa, beef, honey lime vinaigrette **VEG** FIT

Gemelli Pasta Salad- roasted zucchini, squash, red onion, balsamic vinaigrette **VEGAN**

Red Bliss Potato Salad **VEG**

House Made Chips

Seasonal Fruit Cups **VEGAN** FIT

Dessert

choose any (2) items below

Assorted Cookies **VEG**

Brownies & Blondies **VEG**

Low Fat Fruit Bars **VEGAN** FIT

Cannolis **VEG**

Carrot Walnut Cake Squares **VEG**

Chocolate Cake Squares **VEG**

LUNCH - SALADS

15.50

*all salad lunches include flatbread crisps, seasonal fruit, water service and assorted sodas
all individually packaged, choose any (3) salads*

BABY KALE CAESAR

grilled chicken, garlic croutons, grape tomatoes, parmesan

CHICKEN MIXED GREEN SALAD

local apples, cranberries, grapes, sunflower seeds, crumbled blue cheese, maple vinaigrette

QUINOA GRAIN BOWL **VEGAN**

dried cranberries, apricots, baby kale, arugula, spinach, balsamic vinaigrette

BBQ CHICKEN CHOPPED

roasted corn, tomato, carrot, cheddar, buttermilk ranch dressing

THE MEDITERRANEAN GREEK **FIT**

grilled chicken, chickpeas, kalamata olives, red onion, cucumber, tomato, parsley, oregano, basil, red wine vinaigrette

BEET IT

roasted beef tenderloin, red & golden beets, dried cherries, goat cheese, arugula, balsamic vinaigrette

TUNA SALAD

traditional tuna salad, baby greens, hard boiled egg, cucumber, kalamata olives, lemon thyme vinaigrette

FALL SHRIMP SALAD

grilled shrimp, pepitas, butternut squash, sweet potatoes, feta, baby spinach, lemon pepper dressing

Dessert

choose any (2) items below

Assorted Cookies **VEG**

Brownies & Blondies **VEG**

Low Fat Fruit Bars **VEGAN** **FIT**

Cannolis **VEG**

Carrot Walnut Cake Squares **VEG**

Chocolate Cake Squares **VEG**

A la Carte Additions

Trail Mix **3.75**

House-Made Potato Chips **2**

House Baked Apple Chips **VEGAN** **3**

Hummus Crudité Cups **VEGAN** **5**

Chips & Guacamole Cups **VEGAN** **5**



LUNCH - HOT PREPACKAGED 15.50

*individual containers of your favorite hot food combinations
choose any (2) entrée choices, (1) accompaniment, and (2) desserts
minimum 10 guests*

Poultry

Chicken Parmigiano- linguini, marinara sauce, roasted zucchini & yellow squash

Roast Turkey- mashed potatoes, rosemary gravy, haricot vert, winter carrots

Chicken Marsala- portobello mushrooms, rice florentine, roasted zucchini & yellow squash

Chicken Teriyaki- jasmine rice, stir fried carrots, sesame sugar snap peas

Chicken Tikka Masala- cumin basmati rice, sautéed ginger garlic spinach

Peruvian Roasted Chicken Breast- roasted garlic potatoes, roasted zucchini & yellow squash

Meat

Pan Roasted Filet of Beef- red wine cipollini onion sauce, roasted fingerling potatoes

Southwestern Spiced Flank Steak Burrito Bowl- black beans, cilantro rice, corn, cheddar, guacamole, tomato salsa, sour cream

Rosemary Rubbed Pork Loin- apple relish, roasted red bliss potatoes, haricot vert, roasted winter carrots

Grilled Flank Steak- chimichurri, parsley roasted baby potatoes, roasted mushrooms

Asian Beef & Broccoli- black garlic, ginger, hoisin sauce, vegetable fried rice

Seafood

Seared Salmon Filet- corn relish, cous cous, roasted root vegetable

Cajun Blackened Catfish- red beans and rice, remoulade, haricot vert

Shrimp Scampi- tomatoes, rice pilaf, roasted zucchini & yellow squash

Vegetarian

Eggplant Parmigiano- marinara sauce, linguini pasta, roasted broccoli **VEG**

Vegetable & Chickpea Curry- basmati rice **VEGAN** **FIT**

Farro & Quinoa Risotto- roasted butternut squash, diced sweet potato, parmesan thyme roasted portobello **VEG**

Black Bean & Quinoa Stuffed Squash- cheddar, mexican rice, wilted spinach **VEG**

Accompaniments

choose any (1) item below

Baby Green Salad- tomato, carrot, cucumber, balsamic dressing **VEGAN**

Caesar Salad- romaine lettuce, parmesan cheese, croutons

Arugula Grain Salad- baby kale, berry, quinoa, beet, honey lime vinaigrette **VEGAN** **FIT**

Gemelli Pasta Salad- roasted zucchini, squash, red onion, balsamic vinaigrette **VEGAN**

Red Bliss Potato Salad **VEG**

House Made Chips

Seasonal Fruit Cups **VEGAN** **FIT**

Dessert

choose any (2) items below

Assorted Cookies **VEG**

Brownies & Blondies **VEG**

Low Fat Fruit Bars **VEGAN** **FIT**

Cannolis **VEG**

Carrot Walnut Cake Squares **VEG**

Chocolate Cake Squares **VEG**

BREAKS & SWEET TREATS

Break Time *all individually packaged, minimum (6) ea.*

Trail Mix **3.75**
dried fruit, nut, & seasonal seed blend

Hummus Crudité Cups **VEGAN** **FIT** **5**
classic hummus, broccoli florets, grape tomatoes, carrot, red pepper

Charcuterie Box **8**
prosciutto, manchego cheese, marinated olives, crostini

Power Packs **VEG** **6**
cheddar, spiced almonds, dried cranberries, toasted pumpkin & sunflower seeds

Mezze Dip Trio **VEG** **6**
pumpkin hummus, baba ganoush, tzatziki, vegetable crudité

Caprese Cups **VEG** **5**
ciliegine mozzarella, grape tomato, no nut pesto, aged balsamic

Latin Chips & Guac Cups **VEG** **5**
guacamole, tomato corn salsa, tortilla chips, yucca chips

Air Popped Popcorn **VEG** **FIT** **2**
sweet caramel spiced popcorn, white cheddar, cinnamon toast

House-Made Potato Chips **2**

Snack Bars **2.50**
Kind Bars, RX Bars, That's It Bars

Desserts *(per dozen)* *48 hours notice required*

Assorted Cookies **VEG** **18**

Fudge Brownies **VEG** **18**

Low Fat Fruit Bars **VEGAN** **FIT** **24**

Low Fat Oatmeal Raisin **24**
Cookie Sandwich **VEG** **FIT**

French Macarons **VEG** **30**

Cannoli **VEG** **30**

Cheesecake Pops **VEG** **36**
chocolate covered

Brownie Pops **VEG** **36**
chocolate covered

Chocolate Covered Trio **VEG** **60**
chocolate covered strawberries, pretzels, and espresso beans



RECEPTIONS -

DISPLAYED HORS D'OEUVRES

all items served by our team members and
social distancing + PPE in place

Land

Sliced Tenderloin Ciabatta Crisp- tomato basil relish	5.50
Ricotta Meatballs- summer tomato marinara	4.50
Braised Short Rib & Parsnip Puree Spoon	5.75
Petite Beef Wellington- beef tenderloin, mushroom duxelles, puff pastry	5.50
Mini Stuffed Potato- bacon, cheddar, idaho mashed potatoes	4.50
Chorizo Manchego Arepa- crema	5.25
Prosciutto & Burrata Focaccia Crisp- fig jam	5
Antipasto Skewer- salami, cheddar, marinated olive	4.50
Lamb Samosa- cucumber yogurt raita	4.75
Maple Chicken Biscuit- spicy mayo, butter pickle chip	4.75
Curried Chicken Salad Pita Chip- dried cranberry	4
Chicken Teriyaki Dumplings- tamari	4.50
Coconut Chicken- pineapple sweet & sour	4
Thai Chicken Egg Roll- lemongrass, ginger, thai chili, sweet chili sauce	4
Buffalo Chicken Egg Roll- blue cheese dip	4

Sea

Mini Lobster Roll- maine lobster, buttery split top bun	6
Maryland Crab Cakes- remoulade	5.50
Seared Yellowfin Tuna- wasabi aioli, taro chip	5.50
Smoked Salmon Mini Potato Latkes- crème fraiche, dill	5.50
Classic Shrimp Cocktail- tartar sauce, lemon	5.75
Shrimp Salad Biscuit- dill shrimp salad, cheddar biscuit	5.50
Coconut Shrimp- sweet & sour pineapple dipping sauce	5
Southern Grits- crispy fried shrimp, creamy cheddar grits	5.75
Mau Shrimp Spring Roll- ginger soy aioli	5.50
Garlic Shrimp Polenta Square- no nut pesto	5.75

Earth

Vietnamese Spring Roll- shitake mushrooms, carrot ginger sauce VEG	4.75
Burrata Crostini- basil marinated local tomato, balsamic VEG	4.50
Caprese Pipette- mozzarella pearls, tomato, basil, aged balsamic VEG	4.50
Wild Mushroom Reggiano Ragu Tart VEG	3.75
Mushroom Arancini- truffle parmesan cream VEG	4.50
Baked Mac n Cheese Bites VEG	3.50
Quinoa & Zucchini Fritter- yogurt dill sauce VEG	3.50
Corn Arepas- green chili, pepperjack, crema VEG	3.75
Fig & Gorgonzola Profiterole VEG	3.75
Brie & Raspberry Phyllo VEG	3.75



Events with stationary hors d'oeuvres will require a dedicated attendant at \$120 per server, per four hour minimum.
Additional charges, including staffing, will apply to all events after 5:00pm.

RECEPTIONS -

ACTION STATIONS

all items served by our team members and
social distancing + PPE in place

Carving Station

parker house rolls
min 20 guests

Rosemary Roasted Prime Rib 10

red wine jus, wild mushroom compote

Black Peppercorn Crusted 12

Beef Tenderloin

horseradish cream, dijon mustard, salsa verde

Herb Roasted Leg of Lamb 10

mint sauce, fig mustard sauce, horseradish cream

Herb Roasted Turkey Breast 8

black pepper turkey jus, cranberry compote

Pasta Station 14

garlic bread, focaccia crisps, shredded parmesan cheese
choose any (2) dishes

Potato Gnocchi- di parma prosciutto, butternut squash, sun dried tomato coulis

Roasted Root Vegetable Gemelli Pasta- no nut pesto, grilled red onion **VEG**

Shrimp Scampi- orecchiette pasta, pear tomatoes, garlic, italian parsley, sweet butter

Marguez Sausage Rotini Pasta- roasted wild mushrooms, thyme, bourguignon sauce

Slider Bar 13

Wagyu Beef, Chicken Teriyaki, Falafel Sliders

mini brioche, pretzel and brioche buns cheddar, swiss, goat cheese, frizzled onions, sweet pickle chips, cremini mushrooms, chipotle ketchup, 1000 island, dijonaise seasoned flik chips

Shrimp & Grits Bar 13

blackened shrimp, creamy stone ground grits diced ham, cheddar, pickled okra, scallions, tomato, sautéed mushrooms

Smashed to Order Guacamole 13

fresh smashed avocado, local tomato, cheddar, pickled jalapeno, red onion, cilantro, fresh lime, black beans, crumbled bacon, corn, baked tortilla, fresh crudité

Build to Order Mac & Cheese 13

cheesy skillet mac n cheese, smoked ham, (buffalo) grilled chicken, shredded cheddar, truffle oil, bacon crumbles, sautéed peppers, caramelized onion, sliced green onion

Bao Bun Station 14

Choice of 3:

Gochujang Braised Short Ribs, Red Curry Shrimp, Agedashi Tofu, Korean Fried Chicken

kimchi, scallion, korean cucumber, sesame seed, chopped cilantro, pickled cabbage slaw

Loaded Baked Potato Bar 12

Roasted Idaho Potatoes, Roasted Sweet Potatoes

grilled chicken, broccoli, diced onion, cheddar, sour cream, sautéed mushrooms, maple syrup, brown sugar, cinnamon

Made to Order Nacho Bar 12

house made cheese sauce, beef chili, black beans, diced red onion, pickled jalapeno, shredded cheddar, shredded lettuce, sour cream, fire roasted tomato salsa, baked tortilla chips



Events with action stations will require a dedicated chef attendant at \$120 per chef, per four hour minimum.
Additional charges, including staffing, will apply to all events after 5:00pm.

All Items Based on Total Final Consumption

CONSUMPTION BAR PACKAGES

Classic Tier

Beer 4/5

Domestic 4

Miller Lite | Yuengling | Craft IPA

Import 5

Heineken | Amstel Light

Wine 25/bottle

Pinot Grigio | Sauvignon Blanc | Rose

Malbec | Pinot Noir

Spirits 10

Tito's Vodka | Amsterdam Gin | Bacardi Rum | Jim Beam Bourbon

Premium Tier

Beer 4/5

Domestic 4

Miller Lite | Yuengling | Craft IPA

Import 5

Heineken | Amstel Light

Wine 45/bottle

Pinot Grigio | Sauvignon Blanc | Rose

Malbec | Pinot Noir

Spirits 13

Belvedere Vodka | Green Hat Gin | Pyrat Rum

Balvenie Scotch | Woodford Reserve Bourbon | Patron Tequila

Events requiring a server or dedicated attendant will be charged \$120 per server, with a four hour minimum. Additional fees or chef attendance fees may apply. Additional charges, including staffing, will apply to all events after 5:00pm.

ALLERGY AWARE

Avoiding Gluten Sandwiches

Tzatziki Chicken Salad Lettuce Wraps
Southwest Tuna Salad, Avocado, Udi's Bread
Portobello, Goat Cheese, Shallot Jam Lettuce Wraps **VEG**
Flank Steak, Avocado Salad, Lettuce Wraps
Grilled Chicken, Avocado, Tomato, Udi's Bread

Latin Themed Allergy Aware Hot Lunch

(free of top 8 allergens and gluten)

Roasted Pork Loin, Salsa Verde
Jalapeno Cilantro Marinated Chicken Breast
Argentinean Eggplant Roll **VEGAN**
Cilantro Brown Rice **VEGAN**
Roasted Zucchini **VEGAN**

American Themed Allergy Aware Hot Lunch

(free of top 8 allergens and gluten)

Roasted Turkey Breast, Cranberry Sauce
Balsamic Honey Marinated Flank Steak
Roasted Potatoes with Onions **VEGAN**
Roasted Broccoli **VEGAN**
Mixed Green Salad, House Made Balsamic Dressing **VEGAN**

Avoiding Gluten Cocktail Reception

(Served Displayed Hors D'oeuvres)

Shrimp Ceviche, Plantain Chips
Grilled Cajun Chicken Skewer, Pineapple Salsa
Classic Shrimp Cocktail
Portobello, Goat Cheese, Shallot Jam Lettuce Cups **VEG**
Bacon Wrapped Scallop
Mini Caprese Skewer (no balsamic glaze) **VEG**
Seared Ahi Tuna, Avocado Mango Salsa
Hummus with Vegetable Crudité **VEGAN**
Global Guacamole with Corn Chips and Crudité **VEGAN**
Artisanal Meat and Cheese Skewer
Lemon Herb Chicken Skewers

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