



CATERING



Food by FLIK

BREAKFAST

Healthy Start

Freshly Baked Low-Fat Muffins, Sliced Tea Bread, Low-Fat Yogurt Parfaits, Fresh Fruit Cups, Orange Juice

Avocado Toast

Individually plated thick-cut 7 Grain Bread topped with Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Cilantro Sprigs, Orange Juice, Coffee And Tea Service

Fresh Fruit and Berries

Individually plated freshly sliced seasonal fruits, strawberries, blueberries with Greek yogurt and Toast No-Nut Granola

Something Else

Fresh Fruit Granola Yogurt Parfaits

Fresh Fruit Cups

Individually Wrapped Bagels, Cream

Cheese, Jam

Assorted Bottled Juices and Water

Hot Breakfast

Individual Containers of Your Favorite Hot Breakfast Combinations

Choose any (2) Varieties, minimum 10 people

24 Hour Notice for Hot Food Orders

Scrambled Eggs, Bacon, Pork Sausage, Home Fries

Canadian Bacon, Egg and Cheese English Muffin Sandwich

Breakfast Burrito – Scrambled Eggs, Tomatoes, Jack Cheese, Tomato Salsa

Vegetable Egg White, Low Fat Swiss Frittata

Country French Toast, Grilled Ham, Pure Maple Syrup



LUNCH - SANDWICHES

DELI SANDWICHES

Design Your Own

choose any 4 sandwiches

**All sandwiched individually wrapped.
Includes chips, individually wrapped
cookies.**

All American Favorites

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

All-White Meat Waldorf Chicken Salad, Diced Apples, Celery

SEASONAL SELECTIONS

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Roasted Curried Cauliflower Bahn Mi pickled vegetables, cilantro sriracha mayo

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll

Avocado Toast, 7 Grain Bread, Tomato, Cucumber, Cilantro

Tuna Salad, Cucumber, Whole-Grain Roll

Smoked Salmon, Scallion Cream Cheese, Red Onion, Bagel

Lunch Additions

Sides Salads:

Baby Greens Salad

Caesar Salad

Red Bliss Potato Salad

Individual Bowls of Soup

House-Made Potato Chips

Hummus and Vegetable Crudité Cups

Guacamole and Chip Cups



LUNCH - SALADS

Salads

Individual Containers of Specialty Salads

Choose 3 types

Grilled Chicken Caesar

Baby Spinach, Strawberry, Goat Cheese

Tomato Mozzarella Caprese over Arugula

Quinoa Grain Bowl, Roasted Vegetables
and Parmesan Cheese

Barbecue Chicken Chop Salad, Buttermilk
Ranch Dressing

Mediterranean Greek Salad with Grilled
Chicken

Tuna Niçoise Salad, Lemon Thyme
Vinaigrette

Seared Salmon, Sunflower Seed Salad,
Strawberry Poppyseed Vinaigrette
additional \$



Salad Additions

Individual Bowls of Soup

House-Made Potato Chips

Hummus and Vegetable Crudité Cups

Guacamole and Chip Cups

LUNCH — BOWLS & BENTOS

FIT Burrito Bowl

Quinoa, Brown Rice, Black Beans, Queso Fresca, Roasted Corn, Jalapeno, Lettuce, Tomato, Pio de Gallo, Greek Yogurt Crema

Choice of: Southwest Chicken, Cilantro Lime Flank Steak or Adobo Spiced Tofu

Poke Bowl

Jasmine Rice, Radish, Scallion, Carrot, Daikon, Avocado, Cilantro, Sesame Seeds, Wasabi Peas, Cucumber, Jalapeno, Edamame, Sesame Ginger Sauce

Choice of: Spicy Tuna, Shrimp or Tofu

Mediterranean Hummus Bowl

Tabbouleh, Arugula, Hummus, Roasted Eggplant, Carrots, Cucumber, Tomatoes, Artichokes, Chic Peas, Feta Cheese, Kalamata Olives, Tzatziki Sauce, Grilled Flatbread

Choice of: Lemon Garlic Shrimp, Lemon Oregano Chicken or Falafel

Herb Roasted Salmon Bento

Sustainably Raised Salmon
Baby Kale Salad, Parmesan, Lemon
Vine-Ripe Tomato, Mozzarella
Farro, Roasted Vegetables, Pesto

Ahi Tuna Nicoise Bento

Grilled Marinated Ahi Tuna
Petite Green Bean and Tomato Salad
Sherry Dijon Creamer Potatoes
Organic Greens, Olives, Capers
Shallot Vinaigrette

Sonoran Chicken Bento

Chile Lime Grilled Chicken
Black Bean Roasted Corn Salad
Jicama Orange Slaw
Baby Arugula, Avocado
Cumin Lime Dressing

LUNCH — HOT FOOD

Individual Containers of Your Favorite Hot Food Combinations

Choose any (2) Varieties, minimum 10 people
24 Hour Notice for Hot Food Orders

SEASONAL ENTREES

Chicken Parmigiano, Linguini, Marinara Sauce

Roast Turkey, Mashed Potatoes, Rosemary Gravy

Chicken Masala Portobello Mushrooms, Rice Florentine

Chicken Teriyaki, Jasmine Rice

Southwestern Spiced Flank Steak Burrito Bowl, Cilantro Rice, Guacamole, Tomato Salsa

Rosemary Rubbed Pork Loin, Apple Relish
Roasted Red Bliss Potatoes

Seared Salmon Filet, Corn Relish, Cous
Cous

Shrimp Sampi with Tomatoes, Rice Pilaf

Vegetarian

Eggplant Parmigiano, Roasted Broccoli

Vegetable and Chickpea Curry, Basmati Rice

Quinoa and Vegetable Stuffed Peppers

Lunch Additions

Individual Bowls of Soup

Tossed Baby Greens Salad



Desserts

Chocolate Chip Cookies

Oatmeal Raisin Cookies

Truffle Chocolate Brownies

Low-Fat Oatmeal Raisin Cookie Sandwich

*All Hot Food Items served with
Seasonal Vegetable*

BREAKS

Greek Yogurt Parfaits

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Raisins, Toasted Pumpkin Seeds, Low-Fat Granola

Smoothie Shooters

Individual Shooters - Strawberry Banana, Golden Pineapple Ginger, Orange Creamsicle, Granola Bars

Power Break

Individually Packaged Dried Fruit, Nuts, Granola Bars, Berries and Pomegranate Juice



Latin Chips and Guacamole Cups

Freshly made Guacamole with Tomato Corn Salsa and Yucca and Plantain Chips

Hummus Crudité Cups

Traditional Chickpea Hummus with Broccoli Florets, Pear Tomatoes, Carrot and Celery Sticks

Air Popped Popcorn Break

Individual Popcorn Boxes with Sweet Caramel Spiced Popcorn, White Cheddar and Cinnamon Toast

Artisan Cheese Box

Individual Boxes with Local and Imported Cheeses, Dried Fruit, Grapes, Crackers and Crisps