

# HI THERE, WELCOME

## NICE TO MEET YOU

We are excited to offer you a dining program centered around promoting wellness, and convenience. FLIK is dedicated to taking care of you and helping us all be at the top of our game. You might be asking yourself, "What's a FLIK?". Well, they are The FLIK's, Rudy and Julie! They started the company in 1971 with a promise of providing the highest standards for food quality, service and people in the hospitality industry. FLIK is a team of Executive Chefs, Registered Dietitians, Marketing Leaders, and numerous passionate individuals which make us one of the largest leaders in the food service industry. Seasonality is first in everything we do. Our Chef's take pride in designing custom menus that speak to the culture of the cafe and beyond. We promise that seasonality is present in our offerings and our commitment to serve you authentic food from fresh ingredients. We can't wait to serve you!

## HOURS OF OPERATION

OPENS OCT. 22

PROVISIONS

M-F  
24/7

OPENS JAN. 7

The  
WYE

M-F  
6:30am-4pm

OPENS JAN. 7

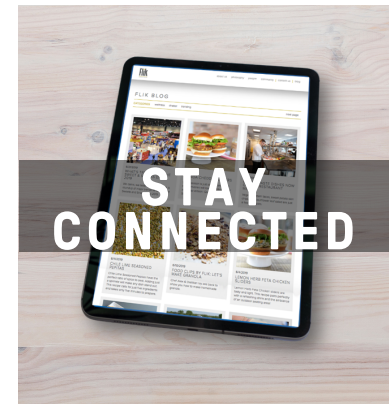
The  
Commons

M-F  
Breakfast 7-9:30am  
Lunch 11am-2pm  
Snacks All Day



There are so many new and exciting food venues, we are excited to show you around. No matter what you are looking for, we have you covered. Check out the link below for some top FAQ's and common questions and answers to help provide insights on what is to come when you are on site.

[CLICK HERE to see  
the details](#)



Ready to eat? We can't wait to serve you and have a variety of menus and offerings to fit whatever you are craving. The menus will expand as we continue to move past re-opening. With Provisions opening first, take a look at the menu below.

[PROVISIONS](#)

Ordering all in the palm of your hand via our mobile app or walk-up kiosks in PROVISIONS & THE COMMONS.

Scan and go, order ahead, no lines! All on the mobile app. We promise, it's worth the download.

[CLICK HERE to learn more  
and download the app](#)

We firmly believe wellness should be easy and accessible to everyone—so we've made it easy for you to identify foods that support your well-being. Look for FIT and the FIT icon to identify foods that help you eat better, don't skimp on flavor, and are worthy of sharing on social media. We also have a Registered Dietitian, Olivia! Cool, right?

[CLICK HERE TO FIND OUT MORE](#)

So much at your fingertips! We have on-demand cooking videos, a blog, you can even ask your Dietitian (RD), Olivia anything!

Check it out!

[COOKING VIDEOS](#)

[BLOG](#)

[ASK THE RD](#)

Food by FLIK

