

Food by FLIK

# policies & procedures

# **ORDERING POLICIES**

- All standard orders must be placed by 2 p.m. the previous business day. Special functions require a minimum of 48 hours advance notice.
- Orders may be customized upon request.
- Outside food orders require a minimum of 48 hours advance notice.
- Weekend orders must be placed by 2:00 PM on Thursday. Once confirmed, weekend orders cannot be cancelled.

## CANCELLATION POLICIES

- All Orders cancelled after 2 p.m. the day prior will be charged based on the menu items already in production at the time of the cancellation.
- Any additional staff that was specifically requested for an event must be cancelled at least 24 hours prior to the meeting.

## LAST MINUTE ORDERS

Last minute orders will be filled based on the availability of product in-house at the time of the request. Delivery times will be determined by the availability of staff and by the orders previously scheduled for the time requested.

# breakfast

## Full Beverage Service

Freshly Brewed Regular Coffee, Assorted Soda, Sparkling & Still Water and Assorted Hot Tea \*Decaf Available Upon Request

## **AM Beverage Service**

Freshly Brewed Regular Coffee, Freshly Squeezed Orange Juice, Sparkling & Still Water, Assorted Hot Tea \*Decaf Available Upon Request

## **Healthy Start**

Freshly Baked Low-Fat Mini Muffins, Tea Bread, Whole Grain Raisin Walnut Bread, Low-Fat Yogurt, Granola, Raisins, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Coffee and Tea Service

### **Hotel Breakfast Buffet**

French Toast, Pure Maple Syrup, Scrambled Eggs, (Egg Whites Available Upon Request), Apple-wood Bacon, Veggie Sausage Patties, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed Orange Juice, Coffee and Tea Service

### **Breakfast Sandwiches**

Selection of breakfast sandwiches to include:

Egg Whites, Spinach, Turkey Bacon, Alpine Lace Swiss Cheese, Flatbread

Canadian Bacon, Egg, American Cheese, Toasted English Muffin

Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito

Egg White, Vegetable Frittata on Sandwich Thin

Freshly Squeezed Orange Juice, Coffee and Tea Service

## **Greek Yogurt Bar**

Greek Yogurt, Low Fat Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Pure Maple Syrup, Freshly Squeezed Orange Juice, Coffee and Tea Service

### **Avocado Toast Bar**

Thick-cut 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Goat Cheese, Cucumbers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Dill Freshly Squeezed Orange Juice, Coffee And Tea Service

### **Hot Cereal Bar**

Oatmeal, Cream of Wheat, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Freshly Squeezed Orange Juice, Coffee and Tea Service

## **Breakfast Additions**

Fresh Fruit Platter
Bagels and Cream Cheese
Freshly Squeezed Orange Juice
Freshly Brewed Iced Tea
Assorted Bottled Juices
Freshly Baked Pastries and Danishes
Greek Yogurt
Yogurt Parfaits with Berries, Granola



# lunch

### **EXECUTIVE SANDWICH LUNCH**

Five Rotating Sandwich Selections, Including One Vegetarian Sandwich with House made Potato Chips and a Fruit Platter

### **DELI PLATTER LUNCH**

Five Rotating Protein Selections including one vegetarian selection, two cheeses, sliced breads and rolls, lettuce, tomato and pickles. Served with House made Potato Chips and a Fruit Platter

## FLIK MINI SANDWICH & SOUP LUNCH

Five Rotating Petite Sandwiches, including one vegetarian, Served with Soup of the Day, House made Potato Chips and Fruit Platter

### **BOXED LUNCH**

Each Box Contains One of Five Assorted Sandwiches, Including One Vegetarian Selection, Served with One Bag of Chips or Pretzels, One Piece of Hand Fruit, A Cookie and a Canned Beverage.

## HOT LUNCH BUFFET

Rotating Selection of Two Gourmet Proteins, One Vegetable and One Starch, Mixed Green Salad, House-Made Dressing, Composed Salad, Assorted Rolls & Butter, Cookies & Dessert Bars

## **DECONSTRUCTED SALAD**

Rotating Selection of Two Proteins, Two Different Greens, Six Additional Toppings, One Featured Dressing and a Composed Salad.

## **GRAIN BOWL SALAD**

Rotating Selection of Two Proteins, Two Different Grains, A Green Lettuce, Six Additional Toppings, a Featured Dressing and a Composed Salad



## **LUNCH ADDITIONS**

Daily Agua Fresca
Freshly Brewed Unsweetened
Iced Tea
Soup of the Day

All Lunch Services include a Cold Beverage Service & Assorted Bars & Cookies

# breaks - morning

# All Morning Breaks include a Full Beverage Service

## **Build Your Own Parfait Bar**

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Wheat Germ, Low-fat Granola

## Mini Biscuits

Mini Biscuits Including: Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese and Egg White and Turkey Bacon

## **Smoothie Shooters**

Strawberry Banana, Golden Pineapple Ginger, Creamsicle, Homemade Flax Seed Granola Bars, Morning Trail Mix

## **Power Break**

Dried Fruit, Nuts, Flaxseed Bars, Berries and Apple Pomegranate Juice



# breaks- afternoon

# All Afternoon Breaks Include a Cold Beverage Service



# Tortilla Chip Bar

Corn Tortilla Chips, Traditional and Black Bean Salsa, Sour Cream, Guacamole and Agua Fresca of the Day

# Sweet & Salty Break

Freshly Popped Popcorn, Chocolate Covered Pretzels, Salted Mixed Nuts and Plain M&M's

# Grilled and Raw Vegetables

Grilled Eggplant, Zucchini, Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Agua Fresca of the Day

## Bruschetta Break

Assorted Crisps and Flatbreads; Tomato Basil, Kalamata Olive and Cranberry Pear Toppings, Dessert Bars, Agua Fresca of the Day

## **Hummus Break**

Traditional Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita Crisps, Agua Fresca of the Day

# **Popcorn Break**

Sweet Caramel Spiced Popcorn, White Cheddar, Cinnamon Toast, Agua Fresca of the Day

# **Artisan Cheese**

A selection of local and imported cheeses, Dried Fruits, Nuts, Crostini's and Crisps,

Agua Fresca of the Day

# celebrations

# **STATIONS**

10 person minimum
All services exclude labor & staffing cost require minimum 48 hour notice

## Mediterranean Table

Baba Ganoush, Hummus, Muharrama (Red Pepper, Walnut, Pomegranate), Tabbouleh, Marinated Olives, Pita Chips, Lavosh, Crostini and Focaccia

## **Antipasto**

Imported Prosciutto, Cappicola, Hard Salami, Imported Italian Cheeses, Calamata Olives, Grilled Flatbread, Crostini, Focaccia Crisps

## Cheese

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

## **Guacamole Tasting**

Traditional Avocado, Edamame and Asparagus Guacamole, Tortilla Chips, Yucca and Plantain Chips, Charred Tomato Salsa

# Lettuce Wraps

Bibb Lettuce, Korean Short Ribs, Thai Red Curry Shrimp, Teriyaki Chicken, Pickled Vegetables, Kim Chi, Chopped Cashews, Sweet Red Chili Sauce

# Asian Dumplings

Shrimp Shu Mai, Pork Gyoza, Vegetable Dumplings with Hoisin BBQ, Thai Red Chili and Ponzu Dipping Sauce

## Sushi & Sashimi

Assorted Sushi & Sashimi, Spicy Tuna, Salmon, Shrimp, California Roll, Vegetarian Rolls, Wasabi, Soy, Pickled Ginger

## Cold Seafood Bar

Shrimp Cocktail, Clams on the Half Shell, Crab Claws, Lemon, Tabasco, Horseradish, Cocktail and Classic Mignonette Sauce

## Carving Board choose 1-2

NY Sirloin Strip Loin, Maple Basted Roast Breast Of Turkey, Fennel Cracked Pepper Pork Loin, Mini Rolls, Mustards, Aioli and Spreads \*chef attendant required



# celebrations

# HORS D'OEUVRES

requires minimum 48 hour notice

# Cold Vegetable

Goat Cheese Lollipops, Pistachios, Grapes Brie Cheese Crostini, Pickled Peppers Celeriac Slaw on Herb Grilled Pita, Apple Chutney

### Sea

Mini Lobster Roll, Micro Celery Tuna Tartar, Wakame, Sesame Cone Salmon Gravlax, Citrus Salad Micro Mint

#### Land

Sliced Sirloin, Tuscan Crisp, Tomato Fondue Prosciutto Crostini, Fig Jam, Mascarpone Shaved Imported Prosciutto, Manchego, Truffle Honey

## Hot Vegetable

Wild Mushroom Tartlet
Mini Grilled Cheese, Tomato Basil Soup Shooter
Indian Potato Pea Samosa Cake

#### Sea

Sesame Crusted Salmon Skewer Yuzu Dipping Sauce Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce Maryland Crab Cakes, Fennel, Pepper Jelly

### Land

Chicken Sesame Scallion Dumplings, Tamari Mini Croque Monsieur, Smoked Ham, Confit Cherry Tomato Indian Spiced Lamb Meatballs, Yogurt Mint Sauce

Less than 75: Choose 3 Individual Hors D'Oeuvres 76 people or More: Choose 5 Individual Hors D'Oeuvres