



CATERING REBOOT

ALL WRAPPED UP

Food by FLIK

BREAKFAST

Healthy Start

Freshly Baked Low-Fat Muffins, Sliced Tea Bread, Low-Fat Yogurt Parfaits, Fresh Fruit Cups, Orange Juice, Coffee and Tea Service
10 per person

Greek Yogurt Bowls

Individual bowls of Greek Yogurt topped with House-Made Granola, Seasonal Berries Raisins, Dried Cranberries, Pure Maple Syrup, Orange Juice, Coffee and Tea Service
9 per person

De-constructed 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
12.50 per person

Full Beverage Service

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Soda, Bottled Water and Tea
6.50 per person

Beverage individual bottle/can

Soft Drinks	2 each
Bottled Water	1.25 each
Sparkling Water	1.25 each
Orange Juice	3 each

Something Else

Mini Danish	1 each
Mini Bagel	1 each
Mini Muffin	1 each
Mini Scone	1 each
Individual Fruit Cups	2.25 each
Fruit and Yogurt Parfait	2.75 each



BREAKFAST

Create Your Own Breakfast Box

12.50 per box

Choose of 2 items

- Cranberry Muffin
- Chocolate Chip Muffin
- Banana Pecan Muffin
- Bagel – Plain
- Bagel – Blueberry
- Bagel – Multigrain
- Cheese Danish
- Blueberry Scone
- Seasonal Scone

Choose of 1 item

- Mixed Fruit Cup
- Fruit and Yogurt Parfait
- Greek Yogurt Cup – Assorted Flavors
- Cottage Cheese
- Homemade Trail Mix

Choose of 1 item

- Orange Juice
- Apple Juice
- Sparkling Water

Coffee and Tea Service



Burritos Breakfast – Individually Wrapped

6.00 each

- Scrambled Egg White, Bell Peppers, Cheddar Cheese, Salsa, Whole Wheat Burrito
- Scrambled Egg, Potatoes, Chorizo Sausage, Pepper Jack Cheese
- Scrambled Egg, Bell Peppers, Onions, Bacon, Cheddar Cheese
- Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Pitchers of Ice Water, Coffee and Tea Service

On a site: Sour Cream, Roasted Tomato Salsa

Breakfast Sandwiches – Individually Wrapped

4.75 each

- Egg Whites, Spinach, Turkey Bacon, Muenster Cheese, Flatbread
- Canadian Bacon, Egg, American Cheese, Toasted English Muffin
- Bacon, Scrambled Eggs, Cheddar Cheese, Toasted Bagel
- Egg White, American Cheese, Whole Wheat English Muffin

LUNCH - SANDWICHES

DELI SANDWICHES

Design Your Own

All sandwiched individually wrapped.
18 per person

Choose any 4 sandwiches

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



Italian

- Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese
- Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Asian / Bahn Mi

With pickled vegetables, cilantro, Sriracha mayo

- Roasted Curried Cauliflower
- Grilled Sweet Chili Glazed Chicken

Vegetable

- Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll
- Avocado Toast, 7 Grain Bread, Tomato, Cucumber, Cilantro

From the Sea

- Tuna Salad, Cucumber, Whole-Grain Roll
- Cajun Shrimp Salad, Toasted Roll
- Smoked Salmon, Scallion Cream Cheese, Red Onion, Bagel

Choose any 2 items below

Salads

- Baby Green Salad
- Caesar Salad
- Red Bliss Potato Salad
- House-made Potato Chip

All Sandwich Lunches include assorted cookies, brownies, soft Drinks and Bottled Water

Additions

Individual Bowls of Soup	2.10
House-Made BBQ Spiced Chips	1.50
Hummus and Vegetable Crudité Cups	2.50
Guacamole and Chip Cups	2.75

LUNCH TO-GO

Sandwich Box Lunch

17 each

Choose 4 types of Assorted Pre-made Sandwiches:

- Roast Beef, Frizzled Onions, Cheddar Cheese, Horseradish Sauce On A Poppy Seed Roll
- Roast Beef, Brie Cheese, Frizzled Onions on Potato Roll
- Fresh Roasted Turkey, Cranberry Mayonnaise on a Sesame Kaiser Roll
- Chicken Salad, Lettuce, Tomato in a Spinach Wrap
- Grilled Buffalo Chicken Wrap, Shredded Lettuce, Blue Cheese Dressing
- Shrimp Salad Wrap, Shredded Lettuce, Plum Tomatoes, Saffron-Lemon Aioli
- Italian Combo, Spicy Ham, Salami, Pepperoni, Spicy Pepper Relish, Provolone, French Bread
- Shaved Prosciutto Ham, Swiss Cheese, Lingonberry Preserves on a Whole Wheat Roll
- Ham, Cheddar Cheese on a Kaiser Roll
- Grilled Vegetables, Fresh Mozzarella, Pesto Mayonnaise in a Whole Wheat Wrap **VEG**
- Grilled Vegetables, Hummus in a Whole Wheat Wrap **VEG**

Fresh Whole Fruit, Individual Bag of Chips, Freshly Baked Cookie, Bottled Water

Salad Box Lunch **FIT**

17 each

Mixed Greens, Tomato, Cucumber, Red Bell Peppers, Sweet Corn, Carrots, With Homemade Cilantro Lime Dressing

Topped With:

- Grilled Chicken
- Grilled Portobello Mushroom **VEGAN**
- Grilled Shrimp
- Marinated Flank Steak

Fresh Fruit Salad, Whole Wheat Flatbread Crisp, Reduced Fat Oatmeal Cookie, Bottled Water

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste. Add one to your catering order today.



LUNCH - SALADS

Salads

Individual Containers of Specialty Salads
17 per person

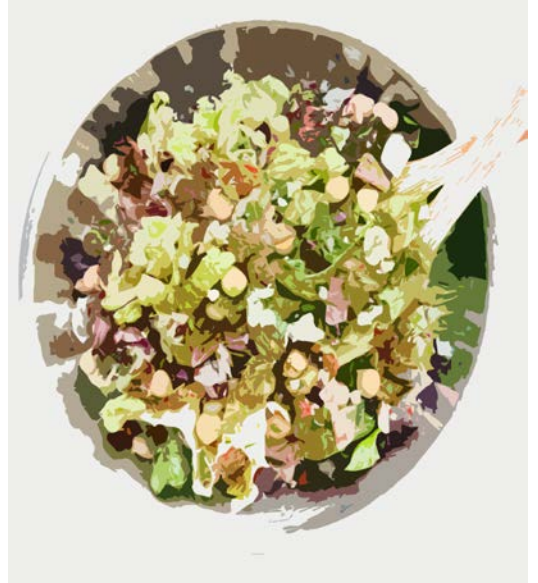
Choose 3 items

- Grilled Chicken Caesar
- Baby Spinach, Strawberry, Goat Cheese **VEG**
- Tomato Mozzarella Caprese over Arugula **VEG**
- Quinoa Grain Bowl, Roasted Vegetables and Parmesan Cheese **VEG**
- 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 – ADD \$2

Rolls, butter, cookies, Chocolate Chip Brownies,
Bottled Water and Soft Drinks

Additions

Individual Bowls of Soup	2.10
House-Made BBQ Spiced Chips	1.50
Hummus and Vegetable Crudité Cups	2.50
Guacamole and Chip Cups	2.75



BREAKS

Greek Yogurt Parfaits

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

7

Smoothie Shooters

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

8

Power Break

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

7



Latin Chips and Guacamole Cups

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

8

Hummus Crudité Cups

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

7

Air Popped Popcorn Break

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

6

Artisan Cheese Box

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

9