

Created with you in mind

CATERING

Food by FLIK

VALLO
PARK

2024



Welcome

For all orders, contact
Rocio Shimabukuro
Rocio.Shimabukuro@compass-
usa.com



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 our [CATERING WEBSITE](#). If you need any assistance with placing your orders, please contact our Catering Manager

SERVICE STANDARD: Events requiring a served or dedicated attendant will be charge \$45 per attendant per hour, with a Five-hour minimum. Additional Fees or chef attendance fees may apply. An additional charge of \$150 will apply to all events after 5pm

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, the group will be charged for the guaranteed number.

CANCELLATIONS: Cancellations require 48-hour notice. Any cancellation that is less than the required notice is subject to the event charge. Please reach out to us and let us know if there are any changes.

ALLERGY AND DIETARY PREFERENCE: We want to ensure that we have optionality for all our guests. Please advise if you have any allergy or dietary preferences with your catering orders. Kosher meals are available upon request.



BREAKFAST BUFFET

Traditional Continental 12

- House Baked Miniature Muffins, Danishes and Croissant
- Fresh Sliced Seasonal Fruits

The Continental 14

- House Baked Miniature Muffins, Danishes and Croissant
- Assorted Mini Bagels with Cream Cheese
- Vanilla Yogurt Parfait, Granola, Mixed Berries
- Freshly Sliced Seasonal Fruits

Hot Breakfast 15

- Scrambled Eggs
- Bacon
- Sausage Links (pork)
- Home Fries
- French Toast, Maple Syrup
- Freshly Sliced Seasonal Fruit

Quiche Breakfast 13

- Overnight Oats Jars, Almond Milk
- Fruit Salad, Melons, Orange Segments, Grapes, Strawberries
- Bacon & Gruyere Quiche Lorraine
- Brie & Broccoli Quiche
- Vegetable Goat Cheese Quiche

Healthy Start 14

- Miniature Bran Muffin, Miniature Seasonal Muffin
- Freshly Sliced Seasonal Fruits
- Steel Cut Oatmeal, Raisins, Berries, Brown Sugar
- Low Fat Yogurt Parfait, Seed Granola, Mixed Berries

Meeting Well 13

- Egg White and Vegetable Frittata
- Hard Boiled Eggs
- Turkey Sausages
- Roasted Potatoes with Rosemary
- Freshly Slice Seasonal Fruits and Berries

A la Cart

Danish	2.50 each
Begel	2.50 each
Muffin	2.50 each
Scone	2.50 each
Croissant	2.50 each
Fresh Fruit Cup	3.50 each
Yogurt Parfait	3.50 each
Fresh Fruit Platter	4.75 p/person

ALL BREAKFAST BUFFETS COMES WITH FRESH SQUEEZED ORANGE JUICE, FRESHLY BREWED REGULAR DECAFFEINATED COFFEE AND TEA SELECTION

MENU ITEMS REQUIRE A 10 GUEST MINIMUM

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BREAKFAST BUFFET

Biscuit Bar

13

- Fresh Baked Buttery Biscuits
- Virginia Apple Butter, Strawberry Jam, Orange Marmalade
- Whipped Cinnamon Butter, Clover Honey
- Greek Yogurt, Strawberries, Bananas
- Pimento Cheese

SAVORY ADD ON + \$5 PER PERSON

- Traditional Low Country Sausage Gravy
- Scrambled Eggs
- Southern Fried Chicken

Breakfast Sammies

15

Choose of 3 Varieties. Come with Freshly Sliced Seasonal Fruits and Berries

Croque Madame Croissant - Black Forest Ham, Cage Free Egg, Gruyere, Croissant

Bacon & Egg Biscuit - Applewood Smoked Bacon, Egg, Aged Cheddar, Buttermilk Biscuit

The Californian VEG - Scrambled Eggs, Vine-Ripe Tomato, Avocado, Cheddar, Ciabatta

Breakfast Burrito - Scrambled Eggs, Chorizo, Cheddar Cheese, Hash Browns, Tomato Salsa

Frittata FIT VEG - Egg Whites, Vegetables, Low Fat Swiss Cheese

Beverage Services

- FULL BEVERAGE 8
Freshly Brewed Regular & Decaffeinated Coffee, Hot Tea, Assorted Soda, Bottled Water
- COFFEE SERVICE 6
Freshly Brewed Regular & Decaffeinated Coffee, Hot Tea
- FULL BEVERAGE REFRESH 5
Price per every 3 hours

Additional Beverage

Assorted Bottled of Juices	3.05
8oz. Assorted Soft Drinks	2.25
12oz Bottled Water	2.00
12oz Sparkling Water	2.25
12oz Bottled Iced Tea	2.25
Mixed Berry Smoothie	3.05
Pitcher of: Fresh OJ Fresh Lemonade Seasonal Agua Fresca	4 Cup 15.00
Still Water Tower	10.00

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LUNCH SANDWICHES

Included with Platters and Specialty Sandwiches
Mixed Green Salad, House Made Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies,
Assorted Soft Beverages, Still & Sparkling Water

The Chef Sample Menu (choose 3) 19

- House Roasted Turkey, Brie Cheese, Lingonberry Jam, Baguette
- Smoked Ham, Arugula, Honey Mustard Swiss Cheese, Ciabatta
- Southwest Chicken Caesar Wrap, Cheddar, Black Beans, Tortilla Strips
- Heirloom Tomato, Fresh Mozzarella, No-Nut Pesto, Balsamic Syrup, Focaccia
- Old Bay Shrimp Salad, Toasted Roll

Lunch Additions

Soup of the Day	4.25
Side Salad	2.25
House Made Guacamole & Tortilla Chips	5.25
Fresh Fruit Platter	4.75 p/p

Flat Breads, Paninis (Choose 3) 20

- Crispy Pancetta, Arugula, Fresh Mozzarella, Fig Balsamic Glaze Flatbread
- Smoked Turkey, Honey Mustard Spinach, Spinach, Swiss Cheese Panini
- Chicken, Avocado, Red Onion, Smoked Provolone Panini
- Grilled Vegetable, Red Pepper Hummus Sandwich Thin VEG

Deli Platter 20

Protein: In-House Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheese: American, Swiss, Provolone, Pepper Jack Cheese.

Toppings: Leaf Lettuce, Tomatoes, Pickles, Red Onion, Banana Peppers

Spreads: Mayo, Mustard, Honey Mustard, No-Nut Pesto Assorted Rolls, Artisanal Breads, Wraps

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BYO SALADS

Harvest Grain Salad 20

Mixed Baby Greens, Baby Spinach Tomatoes, Olives, Cucumbers, Broccoli, Carrots, Chopped Grilled Vegetables, Avocado, Crispy Brussels, Pumpkin Seeds, Goat Cheese, Parmesan, Edamame, Dried Cherries, Quinoa, Organic Farro, Citrus Maple Vinaigrette, Ranch

Southwest Salad 20

Chopped Romaine, Arugula, Avocado, Cucumbers, Tomatoes, Green Onion, Black Beans, Ancho Roasted Corn, Cilantro, Carrots, Queso Fresco, Shredded Cheddar, Corn Tortilla Strips, Jalapeno Tomatillo Ranch, Chipotle Honey Lime Vinaigrette

Cobb Salad 20

Chopped Romaine, Arugula, Tomatoes, Roasted Corn, Fresh Avocado, Chopped Egg, Red Onion, Cucumber, Crispy Bacon, Fresh Cut Strawberries, Crumbled Bleu Cheese, Date-Balsamic Vinaigrette, Buttermilk Ranch

Add (2) Protein to Any Salad Choice

- Herb Marinated Chicken Breast
- Creole Spiced Shrimp +\$2
- Red Wine Marinated Flank Steak
- Simply Grilled Verlasso Salmon + \$2

Including with Salad Choice

House Made Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

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LET'S TAKE A BREAK

AM Breaks

- Build Your Own Parfait* 10
Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Flaxseed Meal, Granola, Sunflower Seeds
Regular and Decaffeinated Coffee, Mighty Leaf Teas, Still & Sparkling Water
- The Virginian* 10
Mini Biscuits & VA Apple Butter, Apple Bundt Cake, Apple Cider, Individual Bags Salted Mixed Nuts Regular and Decaffeinated Coffee, Mighty Leaf Teas, Still & Sparkling Water
- Smoothie Shooters Sample* 10
Strawberry Banana, Green Machine, Pineapple Turmeric Ginger, Home-Made Power Bars, Morning Trail Mix
- Tea and Scones* 8
House Made Assorted Scones, Devonshire Cream, Assorted Jams, Mighty Leaf Teas, Still & Sparkling Water
- Be Well* 8
Fruit Kabobs, Orange Yogurt Dipping Sauce, 2 Seasonal Agua Frescas, Yogurt Pretzels, Homemade Energy Bites, Mighty Leaf Teas, Still & Sparkling Water

Other Selections

- Sliced Fruit Platter 15-20ppl 100
Crudite with Dip Platter 15-20ppl 100
Hummus and Pita Platter 15-20ppl 100
Freshly Baked Assorted Cookies- Dozen 25
Brownie Bars - Dozen 42
Tortilla Chips with Guacamole 15-20ppl 120
Chips and Pretzel Bags 3ea

PM Breaks

- Tortilla Chip Bar* 12
Fried Corn Tortillas, Fried Plantain Chips, Guacamole, Black Bean Corn Salsa, Fire Roasted Tomato Salsa, Chipotle Cheese Sauce, Assorted Soft Beverages, Still & Sparkling Water
- Grilled and Raw Vegetables* 12
Grilled Eggplant, Zucchini, Summer Squash, Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Assorted Soft Beverages, Still & Sparkling Water
- Bruschetta Break* 10
Assorted Crisps and Flatbreads Tomato Basil, Lemon Ricotta, Smoked Salmon & Dill Mousse, Assorted Soft Beverages, Still & Sparkling Water
- Artisan Cheese* 13
A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini, Assorted Soft Beverages, Still & Sparkling Water
- Hummus Break* 10
Traditional Chickpea Hummus, Roasted Red Pepper Hummus, Assorted Crisps and Pita Chips Assorted Soft Beverages, Still & Sparkling Water

- Chocolate Candy Bar 3ea
Health Bar 3ea
Ice Cream Bars 4ea
Popcorn Bags 3ea
Cupcakes 3.50ea
Mini Desserts 3ea
Salted Elite Mix Nuts 4ea

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LUNCH BUFFETS

American BBQ

22

BBQ Beef Brisket, Pulled Pork, VEGAN Beyond Brats, Cole Slaw, Braised Local Greens Caramelized Onions, Mixed Green Salad, Ranch Dressing, Corn Bread, Honey Butter

Fusion of Asia

22

Hoisin Glazed Flank Steak, Crispy Sesame Chicken, Orange Chili Glaze Sweet Chili Tofu, Jasmine Rice, Stir Fry Vegetables, Soba Noodle Salad with Cucumber, Kimchi, Sesame Oil

Classic Italian

22

Chicken Parmesan, Italian Meatballs, Grilled Eggplant Parmesan, Herb Pasta, Marinara, Garlic Parmesan Breadsticks, Italian Chopped Salad

Spirit of India

22

Chicken Tikka Masala, Saag Paneer, Chana Masala, Steamed Basmati Rice, Roasted Cauliflower, Cilantro Chutney, Raita, Naan Bread

Taqueria

22

Served with Flour Tortillas. Guajillo Garlic Lime Chicken, Pork Carnitas, Chili Spiced Black Beans, Cilantro Rice, Fajita Vegetables, Tortilla Chips, House Made Guacamole, Fire Roasted Tomato Salsa, Mexican Crema, Pickled Red Onions, Cilantro, Limes

Mediterranean Hummus Bowl

22

Za'atar Grilled Chicken, Falafel, Beef Kofta, Chickpea Hummus, Red Pepper Hummus, Pickle Red Onion, Cucumber, Tomato, Kalamata Olive, Moroccan Carrots, Tzatziki, Minted Feta Yogurt Dressing, Extra Virgin Olive Oil, Red Wine Vinegar

Ambient Lunch

22

Lemon Poached Salmon, Balsamic Grilled Chicken, Grilled Seasonal Vegetable Platter, House Mixed Green Salad, German Potato Salad

Included with each spread

Sliced Fruit Platter, Freshly Baked Cookies, Specialty Desserts, Assorted Soft Beverages, Still & Sparkling Water

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