

# Catering Guide



Food by FLIK

# breakfast

## Coffee time 2.10

Freshly brewed regular and decaffeinated coffee  
regular and fancy teas

## Full beverage service 3.75

Freshly brewed regular and decaffeinated coffee, tea  
assorted soda, bottled water

## Basic continental 4.99

Assorted pastries, muffins, bagels etc...  
freshly brewed coffee and assorted teas

## NYC Lox Platter 49.75

pre-sliced homemade lox, sliced red onion, sliced tomato, caper berries, cream cheese, mini bagels, sliced rye bread

**\*For 12 people\***

## Breakfast Sliders

9.00

Egg whites, spinach, turkey sausage, alpine lace swiss cheese, 100 calorie flatbread

Bacon, egg, american cheese, toasted English muffin

Smoked ham, cheddar cheese, egg, bagel

Freshly squeezed orange juice, coffee and tea service

## Quiche Sampling

9.95

Broccoli & cheddar, lorraine and western quiche wedges served with fresh fruit, mini scones, juice, coffee and bottle water

## Organic yogurt bar 5.00

Stonyfield organic yogurt, granola, seasonal berries, bananas, honey



# breakfast

## Breakfast bakery

7.99

Freshly baked muffins, scones, bagels, fruit pastries, tea bread, sliced fresh fruit, butter, preserves, cream cheese, freshly squeezed orange juice, coffee and tea service

## “Healthy start”

7.99

Freshly baked low-fat mini muffins, low fat 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

12.95

French toast, maple syrup, Scrambled eggs and ham (egg whites available upon request), bacon, sausage patties, home fries, sliced fresh fruit, breakfast tea breads, butter, preserves, cream cheese, freshly squeezed orange juice Coffee and tea service  
\* min 20pp

## Something else

Fresh fruit platter	3.60
Bagels and cream cheese	2.00
Assorted sodas	1.65
Seasonal berry granola parfaits	2.75
Tropicana orange juice	1.65
Cold breakfast cereal with milk	1.25
Assorted bottled juice	2.50
Full coffee service	2.10
Individual Yogurt cup	2.25



# lunch - sandwiches

## DELI SANDWICHES

### Design Your Own

choose any 4 sandwiches

#### All American Favorites

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Smoked Turkey, Sauerkraut, Swiss Cheese Rye Bread

Turkey Club Sandwich on a Roll, Bacon, Lettuce, Tomato

Pastrami , Swiss, Spicy Mustard on Rye bread

#### Italian

Italian Combo, Ham, Salami, Pepperoni, Roasted Peppers, Provolone, Ciabatta

Prosciutto, spinach, Asiago Cheese, Baguette

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

#### Vegetable

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

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

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

Grilled Portobello Mushroom, Goat Cheese, Hummus, Sandwich Thin

## Salads

choose any 2 items below

Cobb Salad

Coleslaw

Mixed Garden Salad

Caesar Salad

Pasta Salad

Potato Salad

Tomato mozzarella Salad

Strawberry field

Whole grain Salad

Asian mandarin salad

Fruit Salad (3.60 extra PP)

Chef Seasonal Salad

All Sandwich Lunches include cookies, brownies and Signature Bars, Chips, Full Beverage Service

**13.79PP**



# lunch - sandwiches

## Delicatessen

11.79

Assorted sandwiches of smoked turkey breast, honey ham, roast eye round of beef, tuna, chicken salad, imported and domestic cheeses, vine ripened tomatoes, lettuce, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## FLIK mini sampler

11.79

Petite sandwiches on mini rolls:  
Same as above only smaller versions so you can enjoy a variety  
Accompaniments include , homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Wrap it up

13.49

Assorted selection of signature sandwiches on a variety of wraps to include: Veggie, Ham, Turkey and bacon, grilled chicken, roast beef  
Accompaniments include, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Executive Wrap & Rolls Lunch

13.49

Assorted Sandwich selection to consist of: Grilled vegetables, low-fat Swiss cheese, flatbread-**FIT**  
Smoked turkey, Honey ham,  
Fresh mozzarella, Tomato and basil  
Roast top round of beef, brie cheese ,  
grilled chicken Served with homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Pizza Party

10.95

Assorted freshly baked pizza 2 slices per person, garden salad, cookies and cold beverage service

All above prices are per person



## Sandwich box Build your own

9.99

Roast beef, frizzled onions, baguette  
Grilled chicken, pesto mayonnaise, whole wheat Kaiser  
Smoked turkey, brie cheese, ciabatta,  
Grilled vegetables, low-fat Swiss cheese, flatbread  
Served with whole fruit, chips, freshly baked signature chocolate chip cookie, bottled water, soda  
**\*these are individual boxes for pick-up**

## Salads

choose any 2 items below

Cobb Salad  
Coleslaw  
Mixed Garden Salad  
Caesar Salad  
Pasta Salad  
Potato Salad  
Tomato mozzarella Salad  
Strawberry field  
Whole grain Salad  
Asian mandarin salad  
Fruit Salad (3.60 extra PP)  
Chef Seasonal Salad

# lunch - sandwiches

## Deconstructed Italian Sandwich Board

12.25

Salami, pepperoni, ham, prosciutto, provolone, fresh mozzarella, assorted roll, wraps sliced bread, sliced tomato, lettuce and red onion homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Deconstructed American Sandwich board

12.25

turkey, ham, roast beef, American cheese, Swiss cheese, assorted rolls, wraps, sliced bread, sliced tomato, lettuce, condiments, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Mini Croissant Salad Sandwich

13.50

chicken salad, egg salad, tuna salad, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

## Salads choose any 2 items below

Cobb Salad  
Coleslaw  
Mixed Garden Salad  
Caesar Salad  
Pasta Salad  
Potato Salad  
Tomato mozzarella Salad  
Strawberry field  
Whole grain Salad  
Asian mandarin salad  
Fruit Salad (3.60 extra PP)  
Chef Seasonal Salad

## FLIK SIGNATURE KIKBOX **new!**

assortment of **FLIK SIGNATURE** deli sandwiches served in a sleek, convenient **KIKBOX**: seasonal green salad, chef's side salad of the day, FLIK chips, cookies and brownies, sodas, water

13.25



# Lunch - salads

## Chicken Caesar Salad

Crisp romaine lettuce, grilled marinated chicken breast, balsamic glazed seasonal vegetables, vine ripened tomatoes, hand cut croutons, olives, grated parmesan cheese, regular and low-fat Caesar dressing, includes freshly baked bread sticks, cookies, brownies, cold beverage service

\*minimum 15 people

**13.95**

## Fajita salad

Southwestern spiced chicken breast, chipotle spiced flank steak, Baby spinach, shredded lettuce, diced tomatoes, black olives, red onions, cheddar cheese, salsa, guacamole, sour cream, tortilla crisps, low-fat ranch dressing, cookies, signature bars, full cold beverage service

\*minimum 15pp for all salads

**15.95**

## De-Constructed Cobb Salad Lunch

Flank Steak, Shrimp, Mixed greens, diced tomato, sliced avocado, diced cucumbers,, blue cheese, corn, roasted chicken, red wine vinaigrette, fresh baked rolls cookies, signature bars, full cold beverage service

\*minimum 15pp

**16.95**



# Lunch – Out of Oven

## **Southwestern spices** 18.95

Make your own fajitas, cilantro lime beef, pulled chicken, cheddar cheese, salsa, jalapenos, guacamole, sour cream, spanish rice and beans, tri-color tortilla chips, southwest Caesar salad, cookies, brownies, full cold beverage service

## **Texas bbq** 18.95

Sliced bbq beef, pulled bbq spiced chicken thighs, potato salad, spicy pinto beans, frizzled onions, fresh baked rolls, house salad, ranch and vinaigrette dressing, cookies, brownies, full cold beverage service

## **Southern picnic** 18.95

Southern fried chicken, pulled pork, moppin' sauce and buns, traditional coleslaw, green bean salad, traditional mac & cheese, buttermilk biscuits, cookies, brownies, full cold beverage service

## **Cucina italiana** 17.95

Chicken parmigiana, penne vodka sauce, sauteed broccoli, caesar salad, garlic bread, mini cannoli's, cookies, signature bars Full cold beverage service



## **Asian Grill** 18.95

Teriyaki marinated flank steak, chicken & broccoli stir fry, brown rice Asian mandarin salad, vegetable spring roll, fortune, cookies, brownies, full cold beverage service

All above prices are per person with 20 person minimum



# Lunch – Entrees

**Beef (Choose One) 16.95**

sliced roast beef,  
beef stroganoff ,  
grilled coffee rubbed flank  
steak(add 2.00)

**Chicken (Choose One) 16.95**

parmesan,  
marsala,  
piccata

**Seafood (Choose One) 21.95**

baked salmon, lemon crust  
stuffed flounder,  
cajun tilapia, tomato bruschetta

**Pasta (Choose One) 16.95**

penne ala vodka,  
baked manicotti,  
stuffed shells,  
pasta primavera,  
**choice of 1**  
add meatballs or sausage for 2.00

All entrees come with 2 side options

salad, cookies, bars and cold  
beverage Service

**All above prices are per person with  
10 person minimum**



**Chicken Finger Platter 34.80**

Fried golden chicken fingers,  
French fries, honey mustard, bbq  
sauce, ketchup

\*For 12 People\*

# breaks – afternoon

## **Chips and dips**

Flik chips to include:

Buffalo spiced chips, blue cheese dip  
Southwest Sonoran spiced chips,  
chipotle dip, Sea salt spiced chips,  
caramelized onion dip, Sunburst  
green tea **\*minimum 10pp\***

## **Super Foods**

Spinach hummus, baked whole  
wheat pita chips  
Flax seed granola bars  
Dark chocolate bark, dried  
cranberries, almonds  
Blueberry aqua fresca  
**\*minimum 10pp\***

## **Tortilla chip bar**

Baked corn and flour tortillas  
Fire roasted tomato salsa  
Asparagus guacamole  
Black bean dip Melon lime aqua  
fresca **\*minimum 10pp\***

## **Bruschetta break**

Tomato basil bruschetta, baguette  
crisp, Apple cranberry bruschetta,  
raisin walnut crisp, Prosciutto,  
parmesan reggiano, fig jam,  
ciabatta crisp, Chilled Italian bacio  
(cherry, pineapple, lemon juice)  
**\*minimum 10pp\***



## **Tuscan platter**

salami, prosciutto, pepperoni,  
roasted peppers , marinated  
artichoke, tomatoes,  
mozzarella, olives, crispy  
baguette, seasonal aqua  
fresca

**\*For 12 People\***

# breaks – afternoon



**Grilled and Raw Vegetables**  
Grilled Eggplant, Zucchini, Yellow Squash Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Seasonal Agua Fresca **\*minimum 10pp\***

**Artisan Cheese**  
A selection of local and imported cheeses, Dried Fruits, Nuts, Crostini's and Crisps, Cucumber Mint Agua Fresca **\*minimum 10pp\***

**Sushi Break (48hr Notice)**  
assorted sushi, wasabi, soy sauce, pickled ginger **\*minimum 20PP\***

**Fruit Kebabs**  
seasonal fruit kebabs, yogurt honey dip **\*minimum 10pp\***

**Dessert Platter**  
Assorted cookies, Brownies, Rice Kipsies treat **\*minimum 10pp\***

**Exective Dessert Platter (48hr Notice)**  
assortment mini pastries, individual glass parfaits, cheese cake lollipops, macaroons **\*minimum 10 PP**

