

Catering



Food by FLIK

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ICONS



V+ = Vegan. Contains absolutely no ingredients from animals or animal byproducts such as milk, eggs, honey, gelatin, whey, casein, rennet.



V = Vegetarian. Does not contain meat, fish or poultry but may contain milk or eggs.



FIT. Items that meet specific criteria and are moderate in calories, fat and sodium.

At **FLIK**, *every customer* is our priority.

Ordering Info

For all orders, call 617.459.8832, or email conference services at Alexandra.Hegde@compass-usa.com

To ensure availability and secure delivery times, we encourage you to place catering orders 48 hours in advance of the event date. Menus are subject to change based on market availability.

Allergy and Dietary Preferences

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.

Delivery and Service Fees

There are no service fees for any FLIK catered service provided during normal operating hours; after-business hours may require a service charge.

Cancellation Policy

Standard orders cancelled with at least 24 hours' notice will not be charged. If less than 24 hours' notice is given, and the items have not already been prepared, no charges will be incurred. If some or all of the order has been prepared, a cancellation fee will be assessed.

Looking for a better choice, but don't want to sacrifice flavor or cost? FIT has you covered!

Choose from 100% **FIT** menus or add-on a **FIT** beverage or side to your menu, it's up to you!

Have a dietary restriction? Please be sure to talk with our manager to assure we can accommodate.

Beverages

Full Beverage Service

6.75 pp

Includes Freshly Brewed Regular and Decaffeinated Coffee, Hot Teas and Assortment of Water and Soda

Coffee Service

5.00 pp

Regular and Decaffeinated Coffee, Assorted Tea

Individual Beverages Additional:

Assorted Bottled Soda/ Ice Teas

2.50

Assorted Sparkling & Still Water

2.50

Energy Drinks

3.50

Assorted Bottled Juice: Apple, Orange, Cranberry

4.50

Breakfast

Mini Continental 10 pp
Assorted Mini Pastries & Mini Muffins, Fruit Platter **V+**, Bottled Water

Continental Breakfast V 13 pp
Whole Bagels, Assorted Pastries, Assorted Muffins, Butter, Cream Cheese, Jelly; Fresh Fruit Platter **V+**

Build Your Own Avocado Toast V 14 pp
Thick-cut Seven Grain Bread, Ripe Avocado, Tomatoes, Fresh Dill, Cucumbers, Capers, Crumbled Eggs, Baby Arugula 4 pp
+ Add Smoked Salmon 2 pp
+ Applewood Bacon 2 pp
+ Plant Protein

Assorted Parfaits & Overnight Oats V 10 pp
Greek Plain Yogurt, Fresh Blueberries, Granola;
Greek Plain Yogurt, Fresh Strawberries, Granola
Seasonal Overnight Oats

Hot Breakfast Buffet 16 pp
French Toast, Pure Maple Syrup, Scrambled Eggs, Applewood Bacon, Breakfast Potatoes, Fresh fruit **FIT V+**

Breakfast Sandwiches 12 pp
Enjoy a Variety of Egg and Cheese **V**; Bacon, Egg and Cheese; Sausage, Egg and Cheese Served on an English Muffin, Breakfast Potatoes **V**

FIT Breakfast Sandwiches 12 pp
Greek Egg White, Feta, Wheat English Muffin **V FIT**, Egg White, Turkey Bacon, Cheddar, Bagel Thin **FIT**, Egg White, Pepper, Salsa Burrito **V FIT**, Breakfast Potatoes **V**

Individual Additions to your Breakfast:

Assorted Soda 2.50
Greek Yogurt Granola Parfait **FIT V** 5.00
Fresh Fruit Cup **FIT V+** 3.75
Assorted Mini Muffins and Pastries **V** 3.00
Assorted Granola Bars **V** 3.00
Regular & Decaf Coffee Service, Water, Bottle Juice 5.50
Assorted Bagel and Spreads 5.00

Sandwiches & More

Assorted Wraps Buffet

11.50 pp

All White Tuna Salad, Cucumber, Tomato, Mixed Greens & Dijonnaise, Tomato Wrap;
Grilled Chicken Caesar Whole Wheat Wrap;
Smoked Turkey, Aged Cheddar, Bacon, Lettuce, Tomato Tortilla Wrap;
Roasted Vegetable and Hummus Wrap **V**
Fresh Baked Cookie Platter **V**, House Salad **V/V+** Flik Chips **V**

Deluxe Sandwich Buffet

13.50 pp

Smoked Turkey, Bacon, Avocado, Pepper Jack Cheese, Lettuce, Tomato, Sourdough Bread;
All White Meat Chicken Salad, Lettuce, Tomato, Wheat Wrap;
Classic Italian Sub, Ham, Salami, Provolone Cheese, Green Pepper, Tomato, Black Olive, Olive Oil, Red Wine Vinegar Sub Roll
Grilled Eggplant, Fresh Mozzarella, Tomato, Thin **V**
Fresh Baked Cookie Platter **V**, Garden House Salad **V/V+**, Flik Chips

Executive Sandwich Buffet

15.50 pp

Fresh Mozzarella, Tomato, Spinach, Pesto Mayo, Balsamic Glaze, Focaccia Bread **V**
Grilled Balsamic Chicken, Provolone, Roasted Pepper, Baby Greens & Tomato, Ciabatta Roll
Buffalo Chicken Wrap; Grilled Chicken, Spicy Buffalo Sauce, Blue Cheese Crumbles, Lettuce & Tomato, Flour Tortilla
Lemon Tarragon Shrimp and Artichoke Roll: Lemon Tarragon Shrimp and Artichoke Salad, Arugula, New England style Bun
Fresh Baked Cookie Platter **V**, Garden House Salad **V+**, Flik Chips **V**

Box Lunches

2 pp

Any of the above buffet's can be prepared as a boxed lunch.

Individual Lunch Additions:

Assorted Soda	2.50
Bottled Water	2.50
Large Garden or Caesar (serves 10)	18.00
Cookie & Brownie Platter (serves 10)	30.00
Flik Chips	20.00

BYO Salad Bowl

DECONSTRUCTED SALADS

Winter Harvest Salad V

Spring Mix, Red Onion, Pepitas, Cranberries, Roasted Butternut Squash and Feta Cheese.

12 pp

Fresh Garden Salad V+

Mixed Greens, Tomato, Cucumber, Carrots with Assorted Dressings

9 pp

Grain Salad V

Mixed Greens, Baby Arugula, Quinoa, Avocado, Cucumber, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Cauliflower, Pepitas, Feta Cheese

10 pp

Caesar Salad V

Crisp Romaine, Baby Spinach, Tomatoes, Olive, Croutons, Parmesan

10 pp

Cobb Salad

Iceberg Wedges, Baby Arugula, Tomatoes, Roasted Corn, Avocado, Hard Boiled Egg, Red Onion, Cucumber, Bacon, Bleu Cheese, Assorted Dressing

12 pp

Greek Salad V

Crispy Romaine, Tomato, Cucumber, Banana Peppers, Olives, Red Onion and Feta Cheese.

11 pp

Add to your salad:

Grilled Shrimp

6.50 pp

Flank Steak

6.50 pp

Herb Roasted Chicken

3.50 pp

Grilled Tofu

3.50 pp

Build Your Own Bowl

Winter Power Bowls

18 pp

Grains: Quinoa **V+**

Protein: Chargrilled Rosemary Chicken

Vegetables: Shredded Carrots, Roasted Root Vegetable, Wild Mushrooms, Artichoke Hearts, Butternut Squash, Oven Roasted Broccoli

Dressing: Balsamic Citrus Vinaigrette **V**

Toppings: Pepitas **V+**

Taco Bar Bowl

18 pp

Protein: Chicken Tinga

Black Beans Sofrito **V**

Toppings: Grilled Peppers and Onions, Shredded Lettuce, Fire Roasted Salsa, Sour Cream, Guacamole and Shredded Cheese, Served with Flour Tortillas **V**

Korean Bowl

18 pp

Proteins: Crispy Korean Chicken

Jasmine Rice **V+**

Vegetables: Edamame, Sesame Sautéed Mushrooms, Korean Stir Fry Vegetables, Green Onions, Kimchi **V**

Sauces: Citrus Ginger Dressing, Sweet Chili Sauce, Soy Sauce

A la carte proteins:

Grilled Lemon Shrimp

6.50 pp

Sliced Steak

6.50 pp

Seasoned Tofu **V+**

3.50 pp

Individual Lunch Additions:

Assorted Soda

2.50

Bottled Water

2.50

Large Garden or Caesar (serves 10)

18.00

Cookie & Brownie Platter (serves 10)

30.00

Flik Chips

20.00

Hot Entrée Buffets

72 hour minimum, 20 person minimum

Classic Italian Buffet

25 pp

Chicken Parmesan; Penne a la Vodka; Grilled Eggplant Parmesan Stack; Roasted Broccolini, Caesar Salad, Garlic Bread

Barbeque Buffet

25 pp

Barbecue Spiced Beef Brisket, Bourbon Mustard Pulled Chicken, Mac & Cheese, Green Beans Frizzled Onions, Southwest Caesar, Cornbread

Custom Menu

Contact your catering team to build a custom menu

Individual Lunch Additions:

Assorted Soda	2.50
Bottled Water	2.50
Large Garden or Caesar (serves 10)	18.00
Cookie & Brownie Platter (serves 10)	30.00
Flik Chips	20.00

PIZZA

Hand Tossed Pizza

A selection of large 16" pizzas to go, cut into 8 slices.

Cheese Pizza V	16 ea
Pepperoni Pizza	17 ea
Roasted Vegetable Pizza V	17 ea
Meat Lovers' Pizza	18 ea
BBQ Chicken, Red Onion Pizza	18 ea
Buffalo Chicken Pizza	18 ea

Rhode Island Bakery Pizza

A selection of individual flatbread pizzas.

Cheese Bakery Pizza V	6.50 ea
Pepperoni Bakery Pizza	7.75 ea
Roasted Vegetable Bakery Pizza V	7.75 ea
Meat Lovers Bakery Pizza	7.75 ea
BBQ Chicken, Red Onion Bakery Pizza	7.75 ea
Buffalo Chicken Bakery Pizza	7.75 ea

Individual Lunch Additions:

Assorted Soda	2.50
Bottled Water	2.50
Large Garden or Caesar (serves 10)	18.00
Cookie & Brownie Platter (serves 10)	30.00
Flik Chips	20.00

Desserts

Ice Cream Social 10 pp
Vanilla, Chocolate, Strawberry Ice Creams with Favorite Toppings to Include Whipped Cream, Chocolate Chips, Rainbow Sprinkles, Cherries, M&M's, Oreo Cookie Crumble **Ten Person Minimum**

Assorted Cookie Platter 3 pp
Assortment of Chocolate Chip, Oatmeal Raisin cookies, White Chocolate Cranberry

Dessert Bar Platter 6 pp
Assorted Dessert Bars, Double Chocolate Brownies and

Packaged Gluten Free Items prices vary

Hot Chocolate Bar 4.50 pp
Fresh Whipped Cream, Ghiradelli Caramel and Chocolate syrups, Marshmallows, Peppermint Sticks, Chocolate Sprinkles

Cupcakes and Specialty Cakes prices vary
72 hours notice

Celebrations

Mediterranean Mezze Platter

House-made Hummus, Stuffed Grape Leaves, Whipped Roasted Pepper Feta, Marinated Artichokes, Cucumbers, Carrots, Olives, Seasoned Grilled Pita

12 pp

Crudité

Carrots, Cucumbers, Broccoli, Cauliflower and Red Pepper Slices. Served with Green Goddess Dressing and Zesty Ranch.

10 pp

Cheese Board

Artisan cheeses with seasonal fruit, jams, honey and cracker medley.

14 pp

Charcuterie Board

Assortment of Cured Meats, Artisan Cheeses, Fresh Fruit, Jams and Honey, with a Cracker Medley.

18 pp

Popcorn and Pretzel Bar

Assortment of Flavored Popcorns and Pretzel

12 pp

Tortilla Chip Bar

Corn Tortilla Chips, Guacamole, Fire Roasted Salsa, Sour Cream

10 pp

Hong D'Oeuvres

COLD

EARTH

King Mushroom "Tinga" Mini Taco, Pickled Onion, Crema
Beet Tartar, Labneh, Crisp Capers, Whole Grain Toast
Kung Pao Brussels Sprouts, Toasted Spiced Pumpkin Seeds
Mini Cauliflower Banh Mi, Pickled Vegetables, Sriracha Aioli

SEA

Rock Shrimp Ceviche, Coconut Milk, Serrano, Micro Cilantro
Tuna Tataki, Lotus Chip, Wakame, Wasabi Cream
Salmon Gravlax, Everything Spiced Crisp, Dill , Crème Fraiche
Fluke Crudo, Chili Crisp, Yuzu, Scallion

LAND

Curried Chicken Salad, Toasted Almond, Coconut
Sliced Sirloin, Tuscan Crisp, Tomato Fondue
Smoked Breast of Chicken, Ciabatta Crisp, Peppadew Aioli
Shaved Imported Prosciutto, Manchego, Truffle Honey

HOT

EARTH

Crisp Japanese Eggplant, Roasted Tomato, Burrata
Quinoa Samosa Cake. Tomato Chutney
Caramelized Black Mission Fig. Local Bleu Cheese, Truffle Honey
Mini Grilled Cheese, Tomato Basil Soup Shooter

SEA

Mini Shrimp Arepa, Avocado Cream
Pancetta Wrapped Shrimp, Mango Glaze
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
Mini Maryland Lump Crab Cakes, Remoulade

LAND

Chicken Sesame Scallion Dumplings, Tamari
Chorizo Hushpuppy, Smoked Paprika Aioli
Everything Crusted Chicken Apple Sausage, Horseradish Mustard
Masa Harina Crusted Fried Chicken, Orange Horseradish Dip
Lamb Kofta, Pomegranate, Mint Yogurt

**We welcome the opportunity to customize a specialty menu to fit
your guests needs, please contact your catering department**