

Duracell Catering Guide



Food by FLIK

catering guidelines

To ensure availability and secure delivery times we encourage you to place catering orders in advance of the event. We will try our best to accommodate last minute orders.

- All request must be made 24 hours prior to event
- Requests for hot food must be made 48 hours prior to event
- 10 person minimum for hot food requests
- There will be a 20% Service Fee added to all catering events

Please speak to the Chef for custom menu requests.

Cancellation Policy

We require 2 business days notice for all cancellations. Cancellations made less than 2 business days will be billed at 50 percent, cancellations made less than 24 hours will be billed in full.



breakfast

Full Beverage Service

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

5.95

Breakfast Bakery

Assorted Mini Danish, Muffins, Croissants and Bagels. Served with Butter, Jams, Cream Cheese. Seasonal Fresh Fruit, Freshly Squeezed Orange Juice, Coffee and Tea Service

10.95

American Breakfast Buffet

10 guests minimum

Choice of:

- Egg Whites or Scrambled Eggs
- Pork Sausage or Turkey Sausage
- Pork Bacon or Turkey Bacon
- Mini Bagels or Mini Croissants

Breakfast Potatoes, Seasonal Fresh Fruit, Freshly Squeezed Orange Juice, Coffee and Tea Service

15.95

Hot Breakfast Frittatas

- Roasted Vegetable, Mozzarella
 - Ham, Broccoli, Cheddar Cheese
 - Spinach, Egg White, Parmigiana Cheese
- Mini Frittata's

Crispy Bacon, Breakfast Potatoes, Whole Wheat Toast, Seasonal Fresh Fruit with Berries, Freshly Squeezed Orange Juice, Coffee and Tea Service

15.95

Greek Yogurt Bar

Greek Yogurt, Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Freshly Squeezed Orange Juice, Coffee and Tea Service

12.95

Something Else

Fresh Fruit Granola Yogurt Parfait **FIT 3.95**

Fresh Fruit Platter **FIT 4.95**

Overnight Oat Cups **FIT 2.95**

Bagels and Cream Cheese **2.95**

Freshly Squeezed Orange Juice **1.95**

Freshly Brewed Iced Tea **1.95**

Full Coffee Service **3.25**

Bottled Water **1.95**



lunch - sandwiches

Deli Sandwich Platter

Assortment of classic deli sandwiches
Choice of 2 salads:

- Baby Green Salad, 2 Dressings
- Caesar Salad
- Balsamic Roasted Vegetables **FIT**
- Grain Salad of the Day **FIT**
- Red Bliss Potato Salad
- Flik Spiced Chips

Freshly Baked Cookies, Brownies, Full
Beverage Service
18.95

FLIK Mini Sandwich and Soup

Sandwiches On Mini Rolls:

- Roast Beef, Arugula, Horseradish Cream
- Grilled Chicken, Cajun Mayo
- Smoked Turkey, Brie Cheese, Honey Mustard
- Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap
- Tuna Salad

Chef's Soup of the Day

Relish Tray – Leaf Lettuce, Tomatoes,
Pickles, Roasted Peppers
Baby Green Salad, Two Dressings,
Chef's Salad of the Day, FLIK Potato
Chips, Freshly Baked Cookies,
Signature Bars, Full Cold Beverage
Service
19.95

Lunch Additions

Soup of the Day	3.95
FLIK Spiced Chips	1.95
FIT Hummus & Vegetable Crudité	3.95
Garden Salad	3.95
Fresh Fruit Platter FIT	4.95
Guacamole, Tortilla Chips	5.95
House-Made Agua Fresca	1.95
Freshly Brewed Iced Tea	1.95



lunch – salads

Caesar Salad Buffet

Crisp Romaine Lettuce and Baby Spinach

Tomatoes, Olives, Cucumbers, Carrots

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Grilled Hoisin Glazed Tofu

Hand Cut Croutons, Shredded
Parmesan Cheese, Caesar Dressing,
Balsamic Dressing

Freshly Baked Rolls

Freshly Baked Cookies, Brownies

Full Cold Beverage Service
17.95

FIT Grain Salad Bowl

Mixed Baby Greens and Arugula
Quinoa and Farro

Avocado, Cucumbers, Olives,
Tomatoes, Dried Cranberries,
Edamame, Roasted Broccoli and
Cauliflower Florets, Sunflower Seeds,
Goat and Parmesan Cheese

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp

Assorted Dressings
Freshly Baked Cookies
Seasonal Fruit Platter
Full Cold Beverage Service
19.95

De-Constructed Cobb Salad Lunch

Crispy Romaine and Arugula

Tomatoes, Roasted Corn, Avocado,
Chopped Egg, Red Onion, Cucumber,
Bacon, Crumbled Bleu Cheese and
Shredded Cheddar

Grilled Marinated Breast of Chicken
Garlic Herb Shrimp
Grilled Portobello Mushrooms

Assorted Dressings
Freshly Baked Cookies and Brownies
Full Cold Beverage Service
19.95



The **FIT** Advantage

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

lunch - buffets

Classic Italian

Chicken Parmesan
Italian Sausage and Peppers

Penne ala Vodka
Roasted Broccoli and Red Peppers **FIT**

Traditional Caesar Salad
Tomato Fresh Mozzarella Salad
Garlic Bread

Freshly Baked Cookies and Brownies
Full Cold Beverage Service

22.95

Authentic Mexican Taqueria

Chicken Tinga **FIT** or Pork Carnitas
Arroz Verde **FIT**, Black Bean Sofrito
Soft Flour Tortillas

Tortilla Chips, Chopped Avocado,
Fire Roasted Tomato Salsa,
Mexican Lime Crema, Pickled Red Onions,
Cilantro, Limes

Freshly Baked Cookie and Brownies
Full Cold Beverage Service

23.95



Comfort Classics

Choose 2 Entrées:

- Roasted Turkey Breast, Pan Gravy **FIT**
- Grilled Salmon Filet, Lemon, Dill
- Rosemary Rubbed Pork Loin, Apple Relish
- Chicken Marsala

Choose 2 Sides:

- Smashed or Roasted Potatoes
- Brown Rice Pilaf **FIT**
- Balsamic Roasted Vegetables **FIT**
- Steamed Broccoli **FIT**

Freshly Baked Cookies and Brownies
Full Cold Beverage Service

23.95

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breaks

Latin Chips & Dips

Corn Tortilla Chips, Guacamole,
Fire Roasted Salsa
Jalapeno Cheese Sauce

7.95

Sweet Time

FLIK Signature Chocolate Chip Cookies,
Assortment Sweet Street Dessert Bars

5.95

Hummus Break

Traditional Chickpea Hummus, Roasted
Pepper Hummus, Assorted Pita Crisps and
Vegetable Sticks

6.95

Artisan Cheese

A Selection of Local and Imported
Cheeses, Dried Fruit, Spiced Nuts, Crostini
and Crisps

8.95

Italian Cookie Break

Assorted Mini Italian Cookies
and Pastries

7.95

The **FIT** Advantage

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Something Else

Fresh Fruit Platter FIT	4.95
Signature Flik Cookies	1.95
FLIK Spiced Chips	1.95
Freshly Brewed Iced Tea	1.95
Full Coffee Service	3.25
Bottled Water	1.95