

Duracell Catering Guide



Food by FLIK

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. 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



Breakfast Sandwiches

Selection of Breakfast Sandwiches:

- Egg White Spinach, Tomato, Wheat English Muffin FIT
- Bacon, Egg, American Cheese, Toasted English Muffin
- Scrambled Egg, Cheddar Cheese, Salsa, Burrito
- Sausage, Egg, American Cheese, Kaiser Roll

Freshly Squeezed Orange Juice, Coffee and Tea Service

13.95

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

Avocado Toast Bar

Thick-cut 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Arugula, Dill, Cilantro, Freshly Squeezed Orange Juice, Coffee and Tea Service

14.95

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 SANDWICHES

Design Your Own

choose up to **5** 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

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

All White Meat, Chicken Salad, Grapes on Ciabatta **FIT**

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste.

Add one to your catering order today.

Italian

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

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Vegetable

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

Grilled Portobello Mushroom, Goat Cheese, Nut Free Pesto, Ciabatta **FIT**

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

From the Sea

Mediterranean Tuna, Cucumber, Ciabatta **FIT**

Cajun Shrimp Salad, Sourdough Roll (+ 1.00)

Salads

 choose any 2 items below

Baby Green Salad, 2 Dressings

Caesar Salad

Balsamic Roasted Vegetables **FIT**

Grain Salad of the Day **FIT**

Red Bliss Potato Salad

Flik Spiced Chips

All Sandwich Lunches Include Cookies, Brownies, Full Cold Beverage Service

16.95



lunch - sandwiches

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

Flatbread & Paninis

- Chicken, Pesto, Fresh Mozzarella Flatbread
- Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini
- Ham, Tomato, Arugula, Brie Cheese, Grilled Pita
- Grilled Vegetable, Red Pepper Hummus, Sandwich Thin **FIT**

Relish Tray – Leaf Lettuce, Tomato, 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
18.95

FIT Sandwich Lunch

- Chicken, Avocado, Tomato Wrap or Ciabatta
- Turkey, Chipotle Light Mayonnaise Wrap
- Southwest Tuna, Avocado Wrap
- Balsamic Vegetable, Goat Cheese Ciabatta

FIT Green or Grain Salad

Freshly Baked Cookies, Full Cold Beverage Service

16.95

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



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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

Taste of India

Chicken Tikka Masala, Coconut Curried
Shrimp, Tandoori Cauliflower, Channa
Masala Garbanzo Beans

Steamed Basmati Rice, Mango Chutney,
Spiced Tomato Chutney, Naan Bread

Freshly Baked Cookies 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