

Created with *Merck* in mind

GATHERING

Food by FLIK

2024
WINTER



At FLIK, *every customer* is our priority.

Table of CONTENTS

Welcome	1
BREAKFAST	2
SANDWICHES	3,4
BYO SALAD	5
LUNCH BUFFETS	6
PIZZA & ADD-ONS	7
LET'S TAKE A BREAK	8
ALLERGY AWARE	9
CATERING POLICIES	10

Welcome

To Our Valued Guests

This menu was created to enhance your meeting experience with a focus on wellness and the bounty of the winter season.

It will be a nimbler menu, with the ability to adopt new culinary trends while incorporating seasonality and your feedback throughout the year.

As always, we appreciate your business and look forward to the opportunity to cater to you this winter.

You Asked, We Listened

- Increased effort to avoid cross contact for dietary restrictions
- Enhanced communication around food allergies & preferences
- Increased vegan & vegetarian offerings
- Additional classic salad choices
- Option to add-on premium proteins
- Seasonal muffins for breakfast
- Add-on for 5 sandwiches in Resource Scheduler



Allergy and Dietary Preferences

We will make every effort to accommodate dietary restrictions and avoid cross contact. However due to our open kitchens that handle all 9 major allergens and gluten, we cannot guarantee items will be completely “free” of any ingredient. Please advise the manager or chef of any allergy or dietary preferences. Kosher and Halal meals are available upon request.

Fuel = better for you
V+ = vegan
V = vegetarian
AG = avoiding gluten

Eye Opening BREAKFAST

BREAKFAST ADDITIONS

Each add-on serves 10

Individual Frittatas Choice:

Fuel Ham Cheddar Frittata V OR Tomato, Pepper, Egg White Frittata V	53.25
Fuel Scrambled Eggs AG, V	20.00
Applewood Smoked Bacon AG	29.25
Turkey Sausage	29.25
Pork Sausage Links AG	13.50
Crispy Hash Browns V+	17.75
Fuel Berry Bowl AG, V+	33.00
Fuel Sliced Fruit AG, V+	59.75
Dozen Mini Bagels and Cream Cheese V	17.00
Platter of Mini Muffins V	18.00

BREAKFAST ADDITIONS

Each add-on serves 5

La Fermiere Yogurt, Granola V	17.50
KIND, Nugo, RX Bars V	17.00
Trail Mix V+	10.50
Orange Juice, 6 oz.	10.25

ALL BREAKFASTS SERVE 10

Water

RICOTTA TOAST 86.75

Thick Sliced Sourdough **V**, Tomatoes, Basil **AG, V+**
Sliced Cucumbers Dill **V**, Honey, **AG, V**,
Applewood Smoked Bacon **AG**

AM WAKE UP 117.75

Fuel Sliced Fruit **AG, V+**
Fuel Apricot Oatmeal Bar **V+**
Lemon Poppy Loaf **V**
Corn Muffins, Blueberry Muffins **V**

EXECUTIVE BREAKFAST 144.25

Fuel Individual Ham, Cheddar Frittata **AG**
Individual Tomato, Pepper, Egg White Frittata **AG, V**
Baked Blueberry French Toast, Maple Syrup, **V**
Applewood Smoked Bacon **AG**
Fuel Sliced Fruit **AG, V+**

BREAKFAST SANDWICHES 85.00

Fuel Egg White, Vegetarian Sausage, Low Fat Swiss
Whole Wheat English Muffin **V**
Egg, Sausage Roll, Pepperjack, Croissant
Applewood Smoked Bacon, Egg, Cheddar Cheese, Bagel

ANYTIME BREAK includes coffee & water 130.00

Individual Yogurt, Granola **V**
Energy Bars **V**, Blueberry Muffin **V**, Lemon Poppy Yogurt Loaf **V**
Fuel Sliced Fruit **AG, V+**

Delicious SANDWICHES

ALL SANDWICH BUFFETS SERVE 10

Includes Individual Bags of Chips, Pretzels and Water.

As part of Merck's wellness focus, sandwiches no longer include dessert.

Sandwiches for 5 has been added to Resource Scheduler.



CORNER DELI

165.00

Fuel Grilled Chicken, Artichoke Pesto, Mozzarella, Tomato, Whole Wheat Wrap

Smoked Turkey, Pepperjack, Shredded Lettuce, Tomato, Chipotle Sauce, Brioche Roll

Roast Beef, Cheddar, Sundried Tomato Spread, Lettuce, Ciabatta Roll

Grilled Eggplant, Roasted Pepper, Arugula, Basil Pesto, Wrap **V**

BAGUETTES & WRAPS

165.00

Ham, Salami, Provolone, Shredded Lettuce, Tomato, Balsamic Glaze, Baguette

Buffalo Crispy Chicken, Tomato, Chopped Lettuce, Crumbled Blue Cheese, Ranch Dressing, Wrap

Roast Turkey, Chopped Egg, Shredded Carrot, Tomato, Avocado, Chopped Lettuce, Chipotle Sauce, Whole Wheat Wrap

Portobello, Tomato, Spinach, Fresh Basil, Balsamic Glaze, Baguette **V+**

Delicious SANDWICHES

SIGNATURE SANDWICH BUFFETS SERVE 10

Includes Seasonal Salad and Water.

Romaine, Radicchio, Arugula Salad, Julienne Red Peppers, Shaved Parmesan, Balsamic Vinaigrette

Add-on sandwiches for 5 has been added to Resource Scheduler.



FLIK SIGNATURE SANDWICHES #1

202.00

Fuel Roast Turkey, Apricot Jam, Brie, Whole Wheat Wrap

Prosciutto, Smoked Ham, Fresh Mozzarella, Basil, Lettuce, Tomato, Baguette

Crispy Chicken, Shredded Lettuce, Tomato, Chipotle Sauce, Ciabatta Roll

Falafel, Red Peppers, Hummus, Tomato, Tzatziki Sauce, Leaf Lettuce, Wrap **V**

FLIK SIGNATURE SANDWICHES #2

202.00

Fuel Roast Turkey, Cranberry Apple Relish, Cheddar Arugula, Whole Wheat Sandwich Thin

Chimichurri Flank Steak, Provolone, Leaf Lettuce, Ciabatta Roll

Grilled Chicken Caesar Wrap

Grilled Vegetables, Spinach, Sun Dried Tomato Spread, Baguette **V**



Build Your Own SALADS

All salads serve 10 and include water.
As part of Merck's wellness focus, salads no longer include dessert. In response to your feedback, we have expanded the dessert menu on page 8.

GRILLED FLANK STEAK CAESAR SALAD 223.50

Fuel Grilled Flank Steak
Crisp Romaine,
Garlic Parmesan Croutons
Grated Parmesan Cheese,
Caesar Dressing with Anchovies

FENNEL SHRIMP SALAD 223.50

Fuel Chipotle Orange Shrimp
Sliced Oranges, Shaved Fennel, Romaine,
Arugula, Radicchio, Pomegranate Seeds
Wheatberry, Cilantro
Balsamic Vinaigrette

GREEK CHICKEN SALAD AG 192.50

Fuel Lemon Oregano Chicken
Romaine, Chickpeas, Cucumbers, Tomatoes
Red & Yellow Bell Peppers, Kalamata Olives,
Feta, Red Wine Vinaigrette

Additional proteins and premium proteins are available to enhance your salad on page 6.

Flavorful

LUNCH BUFFETS

ALL HOT BUFFETS SERVE 10

Includes water

MEDITERRANEO DEL MAR 245.00

Shrimp Al Ajillo (garlic shrimp), Lemon, White Wine
Saffron Toasted Orzo, Lemon Zest, Italian Parsley **V+**
Roasted Broccolini, Red Peppers **V+**
Romaine, Radicchio, Arugula Salad, Red Peppers
Shaved Parmesan, Balsamic Vinaigrette **V**

PERUVIAN STYLE TAQUERIA 245.00

Chimichurri Flank Steak **AG**
Queso Fresco, Lime Shredded Cabbage **AG, V+**
Cilantro Brown Rice **AG, V+**
Black Bean Sofrito **AG, V+**
Flour Tortillas **V**

ITALIAN PARMESAN TWIST 202.00

Choice of Classic Chicken Parmesan OR
Chicken Piccata, Lemon, Capers, Artichokes
Pasta Arrabiata-Mushroom Sauce **V**
Caesar Salad, Caesar Dressing with Anchovies,
Garlic Parmesan Croutons

LUNCH BUFFET ADDITIONS

Each add-on serves 10.

Enhance your lunch buffet with the add-ons below.

PREMIUM PROTEINS

Fuel Chipotle Orange Shrimp AG	117.00
Fuel Chimichurri Flank Steak AG	117.00
Fuel Honey Mustard Roasted Salmon, AG (available Tuesday –Friday)	117.00

PROTEINS

Fuel Lemon Oregano Chicken AG	53.25
Fuel Jerk Spice Tofu AG, V+	48.00

SALADS 23.50

Classic Caesar, Caesar Dressing with Anchovies
Greek Salad, Red Wine Vinaigrette, Oregano, **V**
Garden Salad, Balsamic, **V+**

Fuel ROASTED ROOT VEGETABLE PLATTER 53.25

Roasted Tri Color Baby Carrots **AG, V+**
Roasted Parsnips **AG, V+**
Honey Roasted Butternut Squash **AG, V**
Roasted Beets **AG, V+**
Brussel Sprouts **AG, V+**

As part of Merck's wellness focus, buffets no longer include dessert. In response to your feedback, we have expanded the dessert menu on page 7.

Pizza &

ALL DAY ADDITIONS

PIZZA BY THE PIE

8 slices

PLAIN PIZZA, V 18.50

PIZZA WITH TOPPINGS 19.50

Veggie, Pepperoni,
Sausage, Meat Lovers

CHEF CRAFTED PIZZA, V 19.50

White Pizza, Broccolini, Diced Tomato
Roasted Garlic Oil, **V**

ALL DAY ADDITIONS Serves 5

La Fermiere Yogurt V	17.50
Fruit & Yogurt Parfaits V	17.50
Trail Mix V	10.00
KIND, Nugo, RX Bars V	17.00
Individual Chips and Pretzels V	10.00
FLIK Chocolate Chip Cookies V	11.00

ALL DAY ADD ONS Serves 10

FLIK Chips	16.00
Box of Joe	21.50
Fuel Berry Bowl AG, V+	33.00
Fuel Sliced Fruit AG, V+	59.75

Beverage Selections can be found in
Resource Scheduler.

*In response to your feedback,
Diet and Regular Sodas are now
separated in Resource Scheduler.
The choice is yours!*

Let's Take a BREAK

YOU ASKED, WE LISTENED

In response to your feedback, we expanded the dessert menu. Each package serves 10

FUEL LIGHT & SWEET, V 66.50

Flourless Chocolate Brownie Cookies
Apricot Oatmeal Bar
Berry Bowl, Honey Yogurt Dip

WINTER SIGNATURE SWEETS, V 71.00

Raspberry White Chocolate Cookies
Red Velvet Bar
Snickerdoodle Cookies
Chocolate Covered Pretzels

FLIK SIGNATURE DESSERTS, V 71.00

Chocolate Chip Cookies
Cheesecake Brownie
Lemon Bars
Chocolate Pretzels

COOKIES & BROWNIES, V 50.00

Flik Chocolate Chip
Flik Oatmeal Raisin
Double Chocolate Brownie

CUPCAKES BY THE DOZEN, V 63.00

Minimum order 1 dozen

SAVORY

Each package serves 10

THE BOARD ROOM V+ 148.00

Seasonal Crudité Board,
Heirloom Vegetables,
Classic Hummus
Chipotle Ranch Dip
Crisps, Flatbreads and Crostini

SAVORY PRETZELS V 62.50

Pretzel Bites
Honey Mustard V
Horseradish Sauce

TORTILLA CHIPS, DIPS V+ 62.50

Crispy Tortilla Chips,
Cilantro Pepita Sauce V+
Pico de Gallo V+

BRUSCHETTA 85.20

Fresh Tomato Basil Topping
Marinated Artichoke Pesto
Olive tapenade
Crisps, Flatbreads, Crostini

ARTISAN CHEESES 75.00

A Selection Of Domestic,
Imported and Local Cheeses,
Dried and Seasonal Fruit
Crisps, Flatbreads and Crostini

You Asked, We Listened

In response to your feedback, charcuterie meats are no longer served with the Artisan Cheese Break to accommodate dietary restrictions and avoid cross contact.

*Contact Your Catering Director or Café Manager
for Special Events and Catering Suggestions.
Contact information on page 12.*

allergy AWARE

Menu items prepared without the top 9 allergens and gluten containing ingredients.

Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens (fish, shellfish, milk, eggs, soy, wheat, peanuts, tree nuts, sesame), gluten and other ingredients for preparation of other menu items, we cannot guarantee that items will be completely "free" of any ingredient.

ALLERGY AWARE BREAKFAST ADD ONS		serves 10
Applewood Smoked Bacon AG		29.25
Turkey Bacon		29.25
Pork Sausage Links		13.50
Fuel Berry Bowl AG, V+		33.00
Fuel Sliced Fruit		59.75

BYO SALADS

Each salad package includes water serves 10.

ALLERGY AWARE **Fuel** GREEK CHICKEN SALAD 192.50

Lemon Oregano Chicken Breast
Romaine, Chickpeas, Cucumbers, Red & Yellow Bell Peppers, Kalamata Olives, Parsley, Red Wine Vinaigrette

ALLERGY AWARE **Fuel** FENNEL SALAD 223.50

Roast Turkey Breast
Sliced Oranges, Shaved Fennel, Romaine, Arugula, Radicchio, Pomegranate Seeds, Quinoa, Cilantro Balsamic Vinaigrette

HOT LUNCHES

Each hot lunch package includes water serves 10.

ALLERGY AWARE FLANK STEAK PACKAGE 245.00

Fuel Honey Balsamic Flank Steak
Fuel Roasted Brussels Sprouts **V+**
Fuel Honey Roasted Butternut Squash **V**
Roasted Fingerling Potatoes **V**

ALLERGY AWARE HERB CHICKEN PACKAGE 202.00

Fuel Herb Roasted Chicken Breast
Fuel Brown Rice Pilaf **V+**
Fuel Roasted Parsnips **V+**
Roasted Tri Color Baby Carrots **V+**
Fuel Roasted Beets **V+**

Catering

POLICIES

SPECIAL EVENTS

Our catering managers are happy to assist you with your next special function. We offer wait staff, equipment rentals, and a variety of other non-food services.

Bar service is available upon request.

SOUTH SAN FRANCISCO

Jen Villarreal, Catering Director

415.305.7181 (C)

Jen.Villarreal@compass-usa.com

Patricia Thompson, Director of Operations

510.689.4803 (C) 650.496.4545 (O)

Patricia.Thompson@compass-usa.com

PLACING ORDERS:

Merck protocol requires that all orders must be processed via Resource Scheduler and include a valid cost center number.

The final cost of your event will be sent via your Resource Scheduler confirmation email.

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

DELIVERY AND SERVICE FEES:

After business hours and large events may require an additional service charge.

CANCELLATIONS:

Standard orders cancelled within 48 hours of service will not be charged.

Orders cancelled within 24 hours (1 business day), and the items have not been prepared; no charges will be incurred. If some or all of the order has already been prepared, a cancellation fee will be assessed.