

LOCAL by FLIK

From Merrill Farm  
Concord, MA

blueberries  
strawberries  
peaches  
plums  
white nectarines  
zucchini  
summer squash  
carrots  
purple peppers

# Boston Catering Guide



Food by FLIK

- we request 24-hours notice for the placement of all cold food orders and 48-hours notice for hot food orders. we will make every effort to accommodate last minute orders. please note that a 24-hour cancellation notice is required for all placed orders.
- catering from the menu is as priced on buffet service. there is a cost incurred for changing the type of service or adding to existing items.
- for all functions that require labor, other than buffet service during office hours, costs will be quoted based on your needs. amount of staff required is at the discretion of FLIK. after hours set up and clean up time will be added to the length of the event.
- at the discretion of WilmerHale, your function may require additional security that will incur a per hour charge.
- the freight elevator must be used for all large deliveries. there is a per hour charge for this service.
- there is an 18% administrative charge for all non-firm related events.
- there is a service delivery fee for all orders based on number of attendees (1-10 \$5.00, 11-20 \$7.50, 21+ \$10.00)

Our menu is only a guide of some of the services we can provide.  
For additional selections, ideas or assistance in planning your meeting or special event,  
please contact

[whusconferenceservices@wilmerhale.com](mailto:whusconferenceservices@wilmerhale.com)

to be connected with an event planner.

# breakfast

## deluxe continental breakfast

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

**11.50**

## continental breakfast

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

**9.25**

## healthy start

freshly baked low-fat mini muffins, tea bread, whole grain raisin bread, low-fat yogurt, granola, raisins, sliced seasonal fruit, freshly squeezed orange juice, coffee and tea service

**11.25**

## hotel breakfast buffet

French toast, pure maple syrup; scrambled eggs, chives; egg whites, spinach, tomato; smoked bacon, sausage patties, home fries, sliced fresh fruit, croissants, bagels, butter, preserves, cream cheese, freshly squeezed orange juice, coffee and tea service

**14.50**

## organic yogurt bar

organic yogurt, granola, raisins, dried cranberries, seasonal berries, bananas, honey

**4.00**

## hot cereal bar

oatmeal, cream of wheat, raisins, cinnamon, walnuts, granola, brown sugar, pure maple syrup

**3.75**

## avocado toast bar

thick-cut 7 grain bread, mashed ripe avocado, tomatoes, red onions, cucumbers, capers, smoked salmon, chopped bacon, hard boiled eggs, baby arugula, fresh dill, cilantro, freshly squeezed orange juice, coffee and tea service

all orders of 10 or less will come with premade avocado toasts

- mashed ripe avocado, onions, cucumber, capers, smoked salmon
- mashed ripe avocado, bacon, egg, baby arugula
- mashed ripe avocado, fresh mozzarella, tomato, balsamic glaze

**14.00**

## crust less quiche

- spinach, feta
- ham, Swiss
- bacon, tomato, cheddar

accompanied by home fries, choice of bacon or sausage, fresh fruit platter, orange juice, coffee and tea service

**13.50**

## something else

fresh fruit platter	<b>4.25</b>
breakfast pastries, bagels, cream cheese	<b>3.00</b>
seasonal berries	<b>3.00</b>
granola parfaits	<b>3.25</b>
individual Greek yogurt cups	<b>2.50</b>
organic nutrition bars	<b>2.75</b>
hot or cold breakfast	
cereal with milk	<b>3.75</b>
croissants and jam	<b>3.00</b>
home fries	<b>1.50</b>
tater tots	<b>1.99</b>
bacon	<b>2.25</b>
sausage	<b>2.25</b>

When placing your order, please inform conference services if a guest in your party has any dietary restrictions.

# beverages

## hot beverage service

freshly brewed regular and decaffeinated coffee, mighty leaf tea

**3.25**

## cold beverage service

assorted soda, still and sparkling water

**2.50**

## full beverage service

freshly brewed regular and decaffeinated coffee, mighty leaf tea, assorted soda, still and sparkling water

**4.25**

## coffee and juice service

freshly brewed regular and decaffeinated coffee, mighty leaf teas, fresh juices, and water.

**4.50**

## aqua fresca

filtered water blended with fresh fruit and simple syrup.

choice of 2 flavors:

- strawberry lime
- pineapple ginger
- cantaloupe orange
- cucumber lime
- watermelon jalapeno

**3.00**

## hot chocolate bar

house made hot chocolate accompanied with fresh whipped cream peppermint, miniature marshmallows, and chocolate chips

**4.00**

## smoothie shooters

choice of 2 flavors

- strawberry banana
- golden pineapple, coconut
- orange creamsicle
- blueberry, mango
- apple, kale

morning trail mix

granola bars

**4.75**

## something else

freshly brewed iced tea

**1.00**

freshly squeezed orange juice

**2.00**

assorted bottled juice

**3.00**

substitute Starbucks coffee

**1.00**

local cold apple cider

**2.99**

local hot apple cider

**2.99**



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# meeting well

Meeting Well is created, managed and trademarked by the American Cancer Society (ACS) to encourage a healthier workplace. Fundamentally, the ACS has developed guidelines, suggestions and tips to plan healthy meetings and events by promoting more nutritious meals and snacks.

## **continental breakfast**

low-fat granola, assorted cold cereal, mini scones, mini muffins, whole wheat bagels, light cream cheese, 100% whole fruit preserves, seasonal fresh fruit, fresh fruit yogurt parfaits, fruit smoothie, freshly squeezed orange juice, coffee, regular and herbal tea

**12.25**

## **hot breakfast**

crustless mini quiche, caramelized onions ham, oven fried red bliss potatoes, buckwheat pancakes with blueberry sauce, steel-cut oats with apples cinnamon, fresh seasonal fruit, fruit smoothie, freshly squeezed orange juice, coffee, regular and herbal tea

**13.50**

## **meeting well sandwich**

shrimp corn salad stuffed pita, hummus spinach feta tomato grilled flatbread, roast beef horseradish cucumber spinach whole wheat wrap, smoked turkey arugula peppers tomato wheat thin, FLIK chips, served with garden salad, low-fat dressing, farro salad with arugula and mint, mini brownies, low-fat oatmeal cookies and cold beverage service

**18.00**

## **hot buffet**

chicken marsala with roasted garlic, shrimp satay, spicy sweet pepper glaze, vegetarian Tuscan white bean stew with grilled ciabatta bread, creamy polenta, jicama watercress romaine salad, grilled asparagus, low-fat oatmeal cookies and cold beverage service

**18.50**

## **break**

chili spiced popcorn, granola bars, watermelon aqua fresca, sparkling water, herbal tea, berry fruit cup balsamic drizzle

**5.00**

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# lunch - sandwiches

All sandwich menus come with homemade potato chips, pretzels, cookie, brownies, and cold beverage service.

## deli buffet

smoked turkey breast, smoked ham, grilled chicken breast, roast top round of beef, tuna salad, chicken salad, imported and domestic cheeses, vine ripened tomatoes, lettuce, relish platter, mixed garden salad, two dressings, salad of the day, specialty breads and rolls.

**17.00**

## FLIK mini sampler

- petite sandwiches on mini rolls:
- classic tuna salad
- roast turkey
- chef's choice seasonal sandwiches

accompaniments:

vine ripened tomatoes, lettuce, relish platter, mixed garden salad, two dressings, salad of the day

**18.00**

## flatbread/panini sandwiches

- grilled vegetable low-fat Swiss flatbread
- smoked turkey, honey mustard cheddar cheese panini, smoked ham, basil tomato mozzarella flatbread,
- tuna tomato melt, roast top round of beef, brie cheese panini

served with: relish platter, mixed garden salad, two dressings, salad of the day.

**18.00**

## all American favorites

- roast beef, frizzled onions horseradish mayo, baguette
- grilled buffalo chicken wrap, shredded lettuce, bleu cheese
- turkey club, bacon, lettuce, tomato
- corned beef, Swiss spicy mustard
- caprese fresh mozzarella, tomato fresh basil, balsamic glaze, ciabatta roll homemade

served with: relish platter, mixed garden salad, two dressings, salad of the day.

**18.50**

## rolls ups

- turkey, lettuce, tomato, avocado
- Italian provisions
- grilled chicken, bacon, cheddar
- roasted vegetables, red pepper hummus

served with: relish platter, mixed garden salad, two dressings, salad of the day.

**18.00**

## something else

FLIK chips	<b>3.25</b>
soup of the day	<b>3.75</b>
fresh fruit platter	<b>4.25</b>
guacamole	<b>3.25</b>
salsa	<b>2.00</b>
hot beverage service	<b>3.25</b>
freshly brewed iced tea	<b>1.00</b>
freshly squeezed orange juice	<b>2.00</b>
assorted bottled juice	<b>3.00</b>

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# lunch - salads

All salad menus come with freshly baked rolls, cookies, brownies, and cold beverage service.

## **FLIK salad bar**

baby greens, romaine, baby spinach platters to include: grilled vegetables, tuna, eggs, onions, peppers, carrots, cucumbers, Kalamata olives, grains, grilled chicken, marinated tofu, cheddar cheese, legumes, croutons, tomatoes, organic and low-fat dressings,

**16.50**

## **cobb salad**

crisp romaine lettuce, baby spinach, smoked turkey breast, hard boiled eggs, vine ripened tomatoes, hickory smoked bacon, avocado, blue cheese, scallions, hand cut croutons, marinated olives, grated parmesan cheese, regular and low-fat Caesar dressing

**17.50**

## **taco 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, regular and low-fat ranch dressing

**19.00**

## **grain salad bowl**

mixed baby greens, arugula, quinoa, wheat berries, avocado, cucumbers, olives, tomatoes, dried cranberries, edamame, broccoli and cauliflower florets, sunflower seeds, goat and parmesan cheese, grilled marinated breast of chicken, lemon pepper spiced shrimp, organic and low-fat dressings

**18.50**

## **chicken Caesar salad**

crisp romaine lettuce, grilled marinated chicken breast, vine ripened tomatoes, hand cut croutons, marinated olives, grated parmesan cheese, regular and low-fat Caesar dressing

**16.50**

## **Greek salad**

lemon pepper chicken, crisp romaine lettuce, baby spinach, vine ripened tomatoes, cucumbers, onions, marinated olives, feta cheese, Greek dressing

**17.00**

## **something else**

FLIK chips	<b>3.25</b>
soup of the day	<b>3.75</b>
fresh fruit platter	<b>4.25</b>
guacamole	<b>3.25</b>
salsa	<b>2.00</b>
hot beverage service	<b>3.25</b>
freshly brewed iced tea	<b>1.00</b>
freshly squeezed orange juice	<b>2.00</b>
assorted bottled juice	<b>3.00</b>

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# hot buffets

## Texas bbq

- sliced bbq beef
- pulled bbq spiced chicken thighs

served with potato salad, coleslaw, spicy pinto beans, Texas toast, chopped salad, ranch and vinaigrette dressings, cookies, brownies, signature bars, cold beverage service

**18.00**

## southwestern spices

make your own fajitas:

- cilantro lime beef
- pulled chicken

served with peppers, onions, cheddar cheese, salsa, jalapenos, guacamole, sour cream, Spanish rice and beans, tri-color tortilla chips, southwest Caesar salad, cookies, brownies, signature bars, cold beverage service

**19.00**

## taco bar

build your own taco bar:

choice of 3 proteins:

- chipotle pulled beef
- Latin chicken tinga
- pork carnitas
- baby shrimp, pico de gallo, micro cilantro

served with choice of hard or soft tortilla shells, shredded lettuce, diced tomatoes, diced black olives, cheese, chopped limes, salsa, guacamole, cookies, cold beverage service

**19.75**

The hot buffets have a minimum of 5 people. Orders for less than 5 people will be subject a \$15 service charge.

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## taste of India

kachumber salad, chicken garam masala, saag paneer, curried eggplant and cauliflower, steamed basmati rice, nann, cookies, cold beverage service

**19.00**

## taste of Italy

chicken marsala, roasted red bliss potatoes, Caesar salad, tomato and fresh mozzarella salad, garlic knots, roasted broccoli rabe, cannoli, cookies, cold beverage service

**18.50**

## Asian spice

Asian citrus salad, vegetable spring rolls, gyoza, sesame chicken, stir-fried vegetables, steamed jasmine rice, ginger glazed grilled pineapple, fortune cookies, cold beverage service

**18.50**

## dumpling bar

shrimp dumplings, shanghai pot stickers, vegetable dumplings, steamed jasmine rice, roasted ginger broccoli, hoisin bbq sauce, Thai chili sauce, soy sauce, fortune cookies, cold beverage service

**17.00**

## something else

FLIK chips	<b>3.25</b>
soup of the day	<b>3.75</b>
fresh fruit platter	<b>4.25</b>
guacamole	<b>3.25</b>
salsa	<b>2.00</b>
hot beverage service	<b>3.25</b>
freshly brewed iced tea	<b>1.00</b>
freshly squeezed orange juice	<b>2.00</b>
assorted bottled juice	<b>3.00</b>



# hot buffets

## **Napa valley**

roasted beets, goat cheese salad, artichoke pesto roasted tomatoes, cabernet braised grass-fed beef short ribs, all-natural chicken scaloppini, lemon verbena cipollini, barley risotto, asparagus, cookies, brownies, zinfandel poached pears, cold beverage service

**23.00**

## **New England**

New England clam chowder, spinach cobb salad, crab stuffed sole, seasonal veloute, penne pasta with smoked chicken and mushrooms, grilled asparagus, Maine fingerling potatoes, hermits, cold beverage service

**21.00**

## **pilgrim**

house roasted turkey breast, house made stuffing, seasonal vegetables, cranberry sauce, corn bread, vegetable slaw, chef's choice pie, cold beverage service

**18.50**

## **mac & cheese lovers (choice of 2)**

a twist on a classic! individual pots of flavored mac and cheese. then add more flavor with the following toppings: bacon, chives, shredded cheese, and scallions.

- three cheese
- cheeseburger
- buffalo chicken

Includes garden salad, cookies and cold beverages service

**19.50**

The hot buffets have a minimum of 5 people. Orders for less than 5 people will be subject a \$15 service charge.

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## **sliders (choose 3)**

garden salad, homemade FLIK potato chips, FLIK signature cookies, brownies, cold beverage service included with selections:

- black angus beef on seeded brioche, melted cheddar, caramelized onions, special sauce
- pulled pork on sweet potato biscuit, country slaw, chipotle aioli
- mini chicken parmesan, provolone cheese, toasted sour dough
- new England cod cake on soft brioche, pickle slices, tartar sauce

**19.00**

## **pizza party**

Kelly's square pub cheese, pepperoni and veggie pizza served with garden salad, FLIK signature cookies and brownies, cold beverage service

**13.50**

## **thin crust pizza party**

upper crust pizzeria thin crust pizzeria featuring cheese, pepperoni and veggie pizza served with garden salad, FLIK signature cookies, brownies, cold beverage service

**22.00**

- gourmet pizzas available for an additional cost.
- gluten free pizzas available for an additional 3.00 per small pizza

## **chef's seasonal conference lunch**

a weekly menu written by chef to include an entree, two sides, composed salad, artisan rolls, dessert, cold beverage service

**18.50**

**Additional protein add \$4.25**

# breaks

## tea and scones

chef's choice homemade scone  
served with assorted jams and jellies,  
coffee and tea service

**5.50**

## air popped popcorn break

sweet caramel spiced popcorn  
white cheddar spiced popcorn  
cinnamon toast spiced popcorn  
seasonal aqua fresca

**5.50**

## chips and dips

buffalo spiced chips, blue cheese dip;  
southwest Sonoran spiced chips, chipotle  
dip; sea salt spiced chips, caramelized  
onion dip; seasonal iced tea

**5.75**

## pretzel bar

salted pretzels, honey mustard; white  
cheddar spiced pretzels, beer cheese dip;  
cinnamon toast spiced pretzels, caramel  
dip; root beer

**5.75**

## break time

sliced fresh seasonal fruit, seasonal berries,  
chef's choice tea bread, mini yogurt  
parfaits, pineapple aqua fresca

**5.50**

## power break

assorted power bars, whole fruit, Greek  
yogurt cups, hot beverage service

**6.50**

## Boston

pretzel bites, chocolate fondue, Boston  
cream pie, classic whoopie pies,  
cranberry lemonade

**8.50**

## hummus break

grilled eggplant, zucchini, summer squash,  
asparagus, carrots, red peppers, radishes,  
red pepper hummus, baked whole wheat  
pita chips, carrot juice

**5.00**

## tortilla chip break

corn tortillas, fire roasted tomato salsa,  
asparagus guacamole, black bean dip  
lime aqua fresca

**5.50**

## bruschetta

tomato basil bruschetta, apple cranberry  
bruschetta, prosciutto parmesan reggiano  
fig jam bruschetta, assorted breads and  
crisps, seasonal iced tea

**7.50**

## chocolate

FLIK chocolate chip cookies  
chocolate truffle brownies  
chocolate dipped strawberries  
chocolate toasted dipped pineapple  
iced mochachino

**8.50**

## rice krispie break

- classic krispie
- chocolate dipped krispie
- m&m krispie

**5.50**

## taste of New England

seasonal tea bread, whoopee pie,  
apple cider

**5.50**

**Breaks have a minimum of 10 people.  
Orders for less than 10 people will be subject a  
\$15 service charge.**

# celebrations

## **Mediterranean**

olive tapenade, red pepper hummus, roasted eggplant spread, cucumber salad with feta, tabbouleh, marinated olives, pita chips, lavash, crostini, focaccia

**6.25**

## **charcuterie**

parma prosciutto, sopressata, cappicola, imported provolone, piquillo peppers, marinated olives, fig jam, olive oil, balsamic vinegar, ciabatta bread, focaccia crisps, san

**10.75**

## **cheese selections**

a selection of domestic, imported and artisan cheeses, dried and seasonal fruits, assorted crisps, flatbreads and crostini

**7.75**

## **mesa Latina**

a 7 layer dip of cheeses, refried beans, tomatoes, sliced black olives, jalapenos, sour cream, avocado chunks, served with tortilla chips

**6.00**

## **tea sandwich buffet**

- turkey, arugula, boursin;
- ham, brie, honey mustard;
- smoked salmon, chive crème fraiche, cucumber;
- cucumber, mint crema;

served with garden salad, two dressings, house made FLIK chips, cookies, brownies, coffee and tea service

**17.50**

## **chicken and chips**

- buffalo chicken wings
- plain chicken wings
- breaded oven fried chicken fingers

selection of sauces:

- bbq
- bleu cheese
- spicy ranch
- honey mustard

served with carrot and celery sticks, FLIK chips

**8.50**

## **ice cream sundae bar**

assorted ice cream, sorbet, hot fudge, whipped cream, marshmallow, candies, cherries, served with cold beverage service

**7.00**



**Celebrations have a minimum of 10 people. Orders for less than 10 people will be subject a \$15 service charge.**

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# chef attended stations

## **the art of carving (choice of two)**

- horseradish crusted sirloin of beef, wine demi glace
    - lacquered pork loin, pineapple relish
    - maple glazed turkey breast, turkey gravy
    - rosemary, garlic, leg of lamb, mint glaze
- served with freshly baked rolls, butter and spreads

**18.50**

## **taqueria station**

choose your meat and toppings for your made to order tortilla  
southwestern Caesar salad, carnitas pulled pork, chicken, black beans,  
queso blanco, jalapenos, sour cream, salsa, guacamole, rice pudding

**21.50**

## **pasta bar**

bowtie pasta, cheese tortellini, grilled chicken, shrimp, roasted vegetables, vodka sauce,  
pesto cream, roasted garlic, basil leaf, grilled flatbreads, grated parmesan, crushed red  
chilies

**18.50**

## **lobster roll station**

mini lobster rolls made fresh to order!

**market**

## **sushi bar**

get fresh rolled sushi made to order by the chef's from BASHO

**market**

## **raw bar**

cherry stones clams, West Coast oysters, Dungeness crab, shrimp cocktail, lemon,  
tabasco, horseradish, classic mignonette sauce

**market**

***additional labor charges apply***

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# hors d'oeuvres

## earth - cold

traditional Italian bruschetta	2.75
tomato, fresh mozzarella, balsamic glaze, crisp	2.75
brie, apple brioche grilled cheese	2.75
falafel, house made tzatziki	2.75
goat cheese, parmesan crisp	2.75

## earth- - hot

mini grilled cheese, tomato basil soup shooter	3.25
Spanakopita	3.00
spring rolls	2.75
vegetable dumplings	2.75
roasted corn hushpuppy, tangerine honey	2.75
seasonal vegetable arancini	2.75

## sea - cold

mini lobster roll, micro celery	market
smoked salmon on rye, dill cream grapefruit pearls	3.50
tuna tartar, wakame, sesame cone	3.75
shrimp cocktail	3.50
smoked salmon, cucumber, dill crème fresh, crisp	3.50

## sea - hot

pancetta wrapped shrimp, mango glaze	3.75
coconut shrimp, sweet and sour pineapple dipping sauce	3.50
Maryland crab cakes, fennel, pepper jelly	3.75
maple glazed bacon wrapped scallops	3.75

## land - cold

sliced sirloin, Tuscan crisp, tomato fondue	3.50
prosciutto crostini, fig jam, mascarpone	3.50
smoked pulled pork, tomato confit, crostini	3.50
beef tenderloin, horseradish cream, baguette crisp	3.50

## land - hot

chicken sesame scallion dumplings, tamari	3.00
chorizo hushpuppy, smoked paprika aioli	3.00
mini short rib arancini, truffle parmesan cream	3.75
chicken empanada, fire roasted tomato salsa	3.25
mini grilled cheese, pulled brisket, Swiss, caramelized onion	3.50
individual mini beef wellington	3.50
jerked beef, plantain chip, mango chutney	3.75
pigs in blanket, honey mustard	3.00