

Boston Catering Guide

LOCAL by FLIK

from Verrill Farm
Concord, MA

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

2023

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 20% administrative charge for all non-firm related events.
- there is a service delivery fee for all orders based on number of attendees (1-10 \$10.00, 11-20 \$15.00, 21+ \$20.00)
- External Catering: The firm has exclusive contracts in place with Flik and Seasons for onsite catering services in our Boston, New York, and Washington offices. Firm policy dictates catering orders be placed with the onsite caterer and prohibits the utilization of external catering vendors. On occasion it may be necessary for the local caterer to work with an external vendor to accommodate a specific or specialty catering request (e.g. sushi, specialty ice cream, etc.), but these requests must still be placed via Flik or Seasons.
- A variety of individually wrapped items are also available. Please contact Conference Services to learn more.

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 to be connected with an event planner.

breakfast

morning start

seasonal whole fruit, bananas
assorted low fat yogurt cups
seasonal fit granola bar
freshly squeezed orange juice,
coffee and tea service

13.25

continental breakfast

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

13.25

deluxe breakfast add sliced fresh fruit **16.50**

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

15.75

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

20.75

organic yogurt bar

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

6.75

hot cereal bar

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

5.50

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 be served as 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

20.25

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

19.25

something else

fresh fruit platter	6.00
pastries, bagels, cream cheese	5.75
seasonal berries	5.50
granola parfaits	5.00
individual Greek yogurt cups	3.50
organic nutrition bars	3.75
hot or cold breakfast	
cereal with milk	4.25
croissants and jam	5.50
home fries	2.50
tater tots	2.50
bacon	2.00
sausage	2.75

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

4.75

cold beverage service

assorted soda, still and sparkling water

3.50

full beverage service

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

6.00

coffee and juice service

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

6.50

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

5.00

hot chocolate bar

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

5.75

smoothie shooters

choice of 2 flavors

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

morning trail mix

granola bars

6.75

FLIK wellness cold beverage service

assorted sparkling water, assorted flavors of Aha, Kombucha, seasonal unsweetened iced tea, and plain (unflavored) still and sparkling water

\$5.50

something else

freshly brewed iced tea **1.50**

freshly squeezed orange juice **3.25**

assorted bottled juice **4.25**

substitute Starbucks coffee **1.75**

local cold apple cider **3.75**

local hot apple cider **3.75**



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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.

meeting well options have a minimum of 10 people.

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

17.50

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

20.25

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

25.50

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

26.25

break

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

7.00

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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.

24.25

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

25.50

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.

25.50

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.

26.50

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.

26.00

something else

FLIK chips	4.25
cookie/brownie	5.50
soup of the day	5.50
fresh fruit platter	6.00
guacamole	6.00
salsa	4.25
hot beverage service	4.75
freshly brewed iced tea	1.50
freshly squeezed orange juice	3.25
assorted bottled juice	4.25

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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,

24.00

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

25.00

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

27.00

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

26.25

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

24.00

Greek salad

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

24.25

something else

FLIK chips	4.25
soup of the day	5.50
fresh fruit platter	6.00
guacamole	6.00
salsa	4.25
hot beverage service	4.75
freshly brewed iced tea	1.50
freshly squeezed orange juice	3.25
assorted bottled juice	4.25

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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

25.75

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

25.50

taco bar

build your own taco bar:

- chipotle pulled beef
- Latin chicken tinga
- 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

27.25

The hot buffets have a minimum of 5 people.

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taste of India

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

26.50

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

28.25

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

26.50

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

24.25

something else

FLIK chips	4.25
soup of the day	5.50
fresh fruit platter	6.00
guacamole	6.00
salsa	4.25
hot beverage service	4.75
freshly brewed iced tea	1.50
freshly squeezed orange juice	3.25
assorted bottled juice	4.25

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

32.75

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

30.00

pilgrim

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

26.25

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

27.25

The hot buffets have a minimum of 5 people.

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sliders

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

31.50

pizza party

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

19.00

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

31.50

- 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

26.50

Additional protein add \$5.50

breaks

tea and scones

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

7.75

air popped popcorn break

sweet caramel spiced popcorn
white cheddar spiced popcorn
buttered popcorn
seasonal aqua fresca

7.75

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

8.00

pretzel bar

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

8.00

break time

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

7.75

power break

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

9.25

Boston

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

12.00

hummus break

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

6.75

tortilla chip break

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

7.75

bruschetta

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

10.75

chocolate

FLIK chocolate chip cookies
chocolate truffle brownies
chocolate dipped strawberries
chocolate dipped pineapple
seasonal chocolate beverage

12.00

rice krispie break

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

7.75

taste of New England

seasonal tea bread, whoopee pie,
apple cider

7.75

Breaks have a minimum of 10 people.

celebrations

mediterranean

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

8.75

charcuterie

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

15.25

cheese selections

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

11.00

mesa latina

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

8.50

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

23.50

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

12.00

ice cream sundae bar

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

9.00



Celebrations have a minimum of 10 people.

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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

25.25

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

28.50

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

26.00

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	3.25
tomato, fresh mozzarella, balsamic glaze, crisp	3.25
brie, apple brioche grilled cheese	3.25
falafel, house made tzatziki	3.25
goat cheese, parmesan crisp	3.25

Earth - hot

mini grilled cheese, tomato basil soup shooter	4.00
Spanakopita	3.50
spring rolls	3.25
vegetable dumplings	3.25
roasted corn hushpuppy, tangerine honey	3.25
seasonal vegetable arancini	3.25

Sea - cold

mini lobster roll, micro celery	market
smoked salmon on rye, dill cream grapefruit pearls	4.25
tuna tartar, wakame, sesame cone	4.50
shrimp cocktail	4.25
smoked salmon, cucumber, dill crème fresh, crisp	4.25

Sea - hot

pancetta wrapped shrimp, mango glaze	4.50
coconut shrimp, sweet and sour pineapple dipping sauce	4.25
Maryland crab cakes, fennel, pepper jelly	4.50
maple glazed bacon wrapped scallops	4.50

Land - cold

sliced sirloin, Tuscan crisp, tomato fondue	4.25
prosciutto crostini, fig jam, mascarpone	4.25
smoked pulled pork, tomato confit, crostini	4.25
beef tenderloin, horseradish cream, baguette crisp	4.25

Land - hot

chicken sesame scallion dumplings, tamari	3.50
chorizo hushpuppy, smoked paprika aioli	3.50
mini short rib arancini, truffle parmesan cream	4.50
chicken empanada, fire roasted tomato salsa	4.25
mini grilled cheese, pulled brisket, Swiss, caramelized onion	4.25
individual mini beef wellington	4.25
jerked beef, plantain chip, mango chutney	4.25
pigs in blanket, honey mustard	3.50