

NOURISHING YOUR NEEDS

Wellness Icons Defined



Items meet specific criteria and are moderate in calories, fat, and sodium



Entrees that are at least 50% plant ingredients and less than 2 oz of animal ingredient



Contains absolutely no ingredients from animals or animal byproducts; such as: milk products, eggs, honey, gelatin, whey, casein, rennet



Items are sourced within 250 miles of your location



Does not contain meat, fish or poultry but may contain milk products and/or eggs

Food by FLIK



Let's connect @FLIKhospitality