

FLIK CATERING MENU



Food by FLIK

BREAKFAST

ALL BREAKFASTS COME WITH FRESHLY SQUEEZED ORANGE JUICE, COFFEE AND TEA SERVICE.
minimum of ten guests for breakfast orders

pricing per person

HEALTHY START

12

house baked low-fat mini muffins, tea bread, pistachio flaxseed bites
 low fat assorted greek yogurt, fresh seasonal fruit

YOGURT BERRY BAR

14

fresh strawberries, blueberries, raspberries, honey, yogurt, granola

BREAKFAST SANDWICHES

13

egg white, turkey sausage, feta, whole wheat english muffin
 egg, honey cured ham, wisconsin cheddar, croissant
 egg, bacon, american, everything bagel
 includes: house baked croissants, danish, muffins, butter,
 fruit preserves, seasonal fruit, berries

THE CONTINENTAL

13

mini assorted muffins, mini danish, mini bagels,
 seasonal fruit, butter, fruit preserves, cream cheese

FLIK HOT BUFFET


15

house baked croissants, danish, muffins, butter, fruit preserves, seasonal fruit,
 berries, scrambled eggs, smoked bacon or sausage, breakfast potatoes,
 choice of french toast or pancakes

add fresh fruit compote

+1.5



recipes reviewed by our dietitian to help you
 make healthier choices. Look for the 
 symbol to identify Motiva Select items.



ENHANCE YOUR MORNING

BREAKFAST ENHANCEMENTS

COLD

assorted greek yogurts	1.75 each
cold breakfast cereal, milk	2.25 each
berry granola parfaits	4.85 each
large assorted donuts	15 per dozen
large pastries	17 per dozen
large muffins	17 per dozen
seasonal fruit platter	2.25 per person

HOT

scrambled eggs	3.50 per person
hard boiled eggs	5.50 per dozen
bacon or sausage	1.50 per 2 piece
turkey bacon or turkey sausage	1.75 per 2 piece
french toast or pancakes	1.95 each
oatmeal, brown sugar	3.25 per person

BEVERAGE SERVICE

COFFEE, TEA SERVICE

freshly brewed coffee, mighty leaf tea, decaf upon request	6 per person
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FULL BEVERAGE SERVICE

freshly brewed coffee, assorted soda, bottled water, mighty leaf tea, decaf upon request	9 per person
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STARBUCKS FULL BEVERAGE SERVICE



freshly brewed coffee, assorted soda, bottled water, tazo tea, decaf upon request	12 per person
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bottled juices	1.95 each
canned sodas and water	1.50 each
freshly squeezed orange juice	11.50 liter
la croix	2.25 each
honest tea	2.50 each
gold peak tea	2.50 each
homemade flavored ice tea	2.50 each

BETWEEN THE BREAD

ALL DELI LUNCHES ARE ACCOMPANIED BY CHEF'S SPECIALTY SALAD, HOUSE CHIPS, RELISH PLATTER, COOKIES, BROWNIES AND FULL COLD BEVERAGE SERVICE.

pricing per person

FLIK DELICATESSEN

15

roast turkey, ham, roast beef, salami
choice of: albacore tuna salad, grilled chicken salad, egg salad
assorted buns, rolls
traditional accompaniments

add soup

+3

SANDWICH & WRAP SELECTIONS

Please select up to four types of sandwiches/wraps

SANDWICHES

roast turkey, cranberry light mayo, arugula, multigrain bread M
chicken breast, tomato, balsamic, spinach, wheat bread M
spinach, artichoke, roasted red pepper hummus, feta, wheat thin M
roast beef, balsamic onions, arugula, horseradish cream, pretzel hoagie
salami, ham, tomato, lettuce, olive tapenade, ciabatta

WRAPS

grilled chicken, avocado, tomato, whole wheat wrap M
mediterranean vegetables, hummus, whole wheat wrap M
chicken salad, whole wheat wrap M
roast turkey, bacon, cheddar cheese, ranch dressing, crisp lettuce & tomato
buffalo chicken, blue cheese, lettuce, tomato, ranch dressing

ON THE RUN BOX LUNCHES

SANDWICH BOX LUNCH

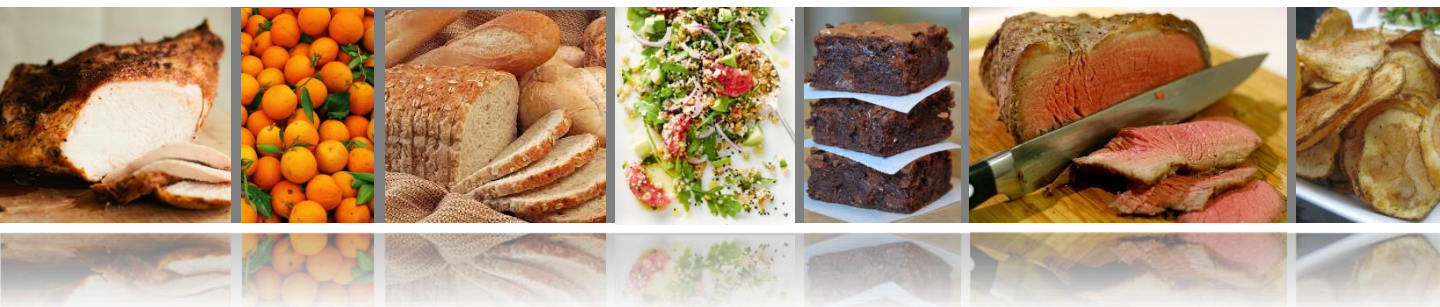
14

includes: choice of sandwiches or wraps from above, hand fruit, bagged chips, deli salad, house baked cookie, bottled water or canned soda

SALAD BOX LUNCH

14

includes: choice of entrée salad from the following page, hand fruit, reduced fat chips, fruit oat bar, bottled water or canned soda



SALAD

INDIVIDUAL SALADS ARE ACCOMPANIED BY DESSERT AND BREAD ROLL.

Platters do not include dessert or bread roll.

individual / platter for ten

ARUGULA BLACKBERRY

9 / 35

arugula, blackberries, sunflower seeds, lemon-thyme dressing

ROASTED PEAR & GORGONZOLA

8 / 35

roasted pear, gorgonzola, walnut, balsamic vinaigrette

MEDITERRANEAN GREEK

9 / 35

cucumbers, tomato, red onions, kalamata olives, garbanzo beans, oregano vinaigrette

MIXED GREENS

7 / 30

organic mesclun lettuce, tomato, cucumber, red onion, radish, balsamic vinaigrette

CHICAGO CHOPPED

9 / 35

iceberg lettuce, tomato, artichoke, kalamata olives, roasted red pepper cucumbers, italian dressing

CAESAR SALAD

7 / 30

romaine hearts, tomato, parmesan, brioche croutons, caesar dressing

ADD PROTEIN TO YOUR SALAD


chicken, tofu

4 / 20

shrimp, salmon

6 / 25



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THEMED LUNCH and Salad Bar

THEMED LUNCHES INCLUDE CHEF'S SEASONAL SALAD AND FULL COLD BEVERAGE SERVICE.

Minimum of ten guests for themed lunch orders, please

pricing per person


LITE AND FIT

19

broccoli, sun dried tomatoes, lemon, garlic
quinoa, corn, tomatoes
oven fried potatoes, rosemary
lemon herb salmon
fire braised garlic rosemary chicken breast
pumpkin cookies

ITALIANO BELLA

15

baked chicken parmesan 
spicy sausage, peppers
baked vegetable ziti
lemon ricotta cookies

AL PASTOR

16

carne asada
chicken fajitas
refried beans, spanish rice
assorted mexican cookies
cheese, salsa, pico de gallo, sour cream, corn, flour tortillas
add guacamole

+2

SALAD BAR

16

Minimum 10 guests for salad bar orders, please

choose two greens

mixed greens romaine arugula baby spinach


select one protein

chicken breast sliced turkey grilled salmon tofu

select six toppings

tomato	shredded carrots	radishes
mushrooms	grilled vegetables	roasted beets
cucumber	edamame	roasted brussels sprouts
red onion	sliced bell pepper	shredded cheese
broccoli	kalamata olives	blue cheese
carrot	quinoa	feta cheese
hard boiled egg		



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CREATE YOUR OWN HOT LUNCH BUFFET

BUILD YOUR OWN LUNCH BUFFET

Minimum of ten guests, please

ENTRÉE- Choose one entrée

Choose two entrées

15 per person

17 per person

chicken marsala 
oven fried chicken
cantonese chicken & mushrooms 
grilled lemon chicken 
chicken parmesan 
carne asada 
chicken piccata
grilled chicken alfredo
chicken fajitas
carved turkey breast
bbq brisket
ginger beef, broccoli
italian beef, giardiniera
grilled salmon, sweet cider dill sauce

SIDES – Choose two

lemon green beans 
roasted broccoli 
grilled vegetable pasta
baked ziti, italian sausage
roasted sweet potatoes
mashed potatoes
steamed jasmine rice
refried beans
spanish rice
ranch spiced potatoes
broccoli cheddar rice casserole
rice pilaf


SALAD- Choose one

mixed green salad 
caesar salad
chicago chopped salad

add dessert bar or cookies
add water or assorted sodas

.75/each
1.50/each



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OUT OF THE OVEN

PIZZA PARTY – MINIMUM OF 10 PEOPLE TO ORDER, PLEASE

16 per person

includes: pizza, chicago chopped salad, cookies, dessert bars, full cold beverage service

ONE TOPPING

sausage
pepperoni
ham
chicken
mushroom
spinach
peppers
onion
black olives
giardiniera
tomato

SPECIALTY PIZZA PARTY- Choose any 3 pizzas

19 per person

includes: pizza, chicago chopped salad, cookies, dessert bars, full cold beverage service

weekly motiva select special
pear, goat cheese, onion
chicken pesto
margherita (pesto added upon request)
bbq chicken
hawaiian
veggie lovers (spinach, pepper, onion, mushrooms, tomato, olives)
meat's lovers (sausage, pepperoni, ham)
cajun lover (andouille sausage, peppers, onions, spicy tomato sauce)

additional toppings

+1 each

A LA CARTE: 16 in thin crust, one topping pizza

17 each

CHEESE PIZZA

15 each

OVEN BAKED SANDWICH BUFFET

14 per person

includes: choice of 3 types of sandwiches, chicago chopped salad, cookies, dessert bars and full cold beverage service

SANDWICH OPTIONS

meatball marinara, mozzarella
genoa salami, prosciutto, capicola, pesto, ovalini mozzarella
ham, pork, pickles, dijon mustard, swiss cheese
bbq beef, peppers, onions, provolone
tomato, basil, red onion, balsamic reduction, ovalini mozzarella
eggplant, roasted fennel, portobello, tomato, goat cheese

DID YOU KNOW?

we make our pizza dough and sauce from scratch daily.

BREAK

pricing per person

CRUDITE M

carrots, celery, radish, bell peppers, cucumber, tomato, ranch greek yogurt, carrot juice

6

SALTY

corn tortilla chips, baked flour tortilla chips, fire roasted salsa, bean dip, spindrift lemonade soda

6

PRETZEL BAR

soft baked salted pretzel, honey mustard cheddar pretzel, beer cream cheese dip
cinnamon toast pretzel, caramel cream cheese dip
root beer

5

HOUSE CHIPS AND DIPS

ranch spiced chips / barbeque chips / sea salt, pepper chips
caramelized onion dip
chipotle, jalapeno cream cheese dip
assorted la croix water

5

SWEET

chocolate chip cookies
seasonal dessert bar
seasonal hot beverage

4

ENHANCE

add any of the following to your catering order (cost is person unless otherwise indicated)

fruit cup M	2.50
grain salad M	2.85
individual side garden salad M	3.25
granola bar M	1.50
cookies, brownies	9.00 per dozen
trail mix bag	1.85
kind bar	1.55
house chips	1.25
house popped popcorn	1.50
garret's popcorn (delivery fee not included)	4.25
chef selection of soup	



BREAKING BREAKS

pricing per person

SUPER FOODS

roasted red pepper hummus, baked whole wheat pita chips, flax-seed granola bars, dark chocolate almond bark, cucumber aqua fresca

6

FRUIT AND LOAF

seasonal fruit , banana nut loaf, blueberry yogurt loaf, mini yogurt parfaits, aqua fresca

7

BRUSCHETTA

blue cheese, clove honey, walnut raisin crisps
tomato, basil bruschetta, baguette crisps
spindrift blackberry sparkling water

8

ARTISAN CHEESE SELECTIONS

local cheeses, imported cheeses, dried fruits, crisps, crostini, walnut raisin bread, non alcoholic sangria

9

CHARCUTERIE

creminelli cured meats: prosciutto, capicola, salami
english mustard & relish tray
rare bird preserves sweet pepper marmalade
spanish olives, toasted crostini, flatbreads
spindrift raspberry lime sparkling water

11

CHOCOHOLIC

chocolate dipped brownies
chocolate dipped strawberries
chocolate dipped biscotti
chocolate truffles
flavored iced coffees

12



THE FINALE

HOMEMADE TRIFLE

fruit upon request
feeds 20 people

40 each

CRANBERRY PISTACHIO FLAX BITES

GRANOLA BARS

PUMPKIN COOKIES

11 per dozen

DARK AND MILK CHOCOLATE COVERED STRAWBERRIES

white chocolate drizzle

1.75 per two

ASSORTED MINI DESSERTS

choose 1 from each category

tarts: choice of fruit, chocolate salted caramel, s'more or blackberry mousse tarts

mousse cups: choice of white chocolate or dark chocolate mousse, chocolate shell

cookies: chocolate nougat, florentine squares (contains nuts) or raspberry shortbread cookies

15 per dozen

ASSORTED FRUIT AND CHOCOLATE SHOOTERS

20 per dozen

ASSORTED MINI CUPCAKES

15 per dozen

PERSONALIZED QUARTER SHEET CAKE

serves 15-20 people


PERSONALIZED HALF SHEET CAKE

serves 30-40 people

PERSONALIZED FULL SHEET CAKE

serves 60-75 people



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NOTE: A MINIMUM OF 2 BUSINESS DAYS ARE REQUIRED FOR ALL CAKES please contact the Catering Department to customize your function, review requirements and determine pricing: 312-653-7091

INFORMATION

To ensure availability of all menu items and secure delivery times, we ask for all orders to be placed **48 hours before the event start time.**

SERVICE CHARGES

Service charges will be applied to all orders received less than two full business days before the event. After-hours and weekend events incur an additional service charge.

CANCELLATION POLICY

Standard orders cancelled with 24 hours notice will not be charged. A cancellation fee will be assessed for any orders canceled less than 24 hours before the start of the event.

SPECIAL NEEDS

Please let us know if there are any food allergies among your guests when placing your order.

Gluten Free: Due to our open kitchens that handle gluten for the preparation of other menu items, we cannot guarantee that items made without gluten-containing ingredients are "gluten-free," as defined by the FDA. While we make every effort to avoid gluten cross-contact, there is always the potential for cross-contact with other gluten-containing food items, particularly in our self-serve facilities. Our catering team can provide a list of ingredients for all menu items upon request.

SPECIAL EVENTS

Our catering department will be pleased to coordinate any event that you may need. We offer full service for plated, buffet and reception service. Special equipment rental, floral displays and a variety of other non-dining services are available.

Bar service is also available upon request.

Kosher meals are available upon request.

It will be our pleasure create a customized menu to suit any catering need. Please contact the Catering Department with any questions: **312-653-7091**