

FLIK CATERING MENU

SPRING/SUMMER 2015



BREAKFAST

pricing per person

ALL BREAKFAST COMES WITH FRESHLY SQUEEZED ORANGE JUICE, COFFEE, TEA SERVICE

Minimum of 10 guests for all orders

HEALTHY START	12
house baked low-fat muffins, tea bread, granola nut bar low fat assorted greek yogurt, fresh seasonal fruit,	
THE BAKERY	13
mini assorted muffins, mini danish, mini bagels, fresh seasonal fruit, butter, fruit preserves, cream cheese whole wheat english muffins or donuts available upon request	+1.5
SUMMER BERRY BAR M	14
fresh strawberry, blueberry, raspberry and a summer berry with honey, yogurt and granola	
FLIK HOT BUFFET	15
house baked croissants, danish, muffins, butter, fruit preserves, sliced fruit, berries, scrambled eggs, smoked bacon, sausage, breakfast potato, choice of french toast or pancakes add fresh fruit compote	+1.5
OMELET	16
house baked croissants, danish, muffins, butter, fruit preserves, sliced fruit, berries, breakfast potato of the day egg white, low-fat swiss, onion, spinach, tomato M goat cheese-tomato omelet denver omelet	
BREAKFAST SANDWICHES	13
house baked croissants, danish, muffins, butter, fruit preserves, sliced fruit, berries egg white, tomato, spinach, wheat english muffin M egg, honey cured ham, wisconsin cheddar croissant egg, bacon, american, everything bagel	

M is Motiva Select - a better for you choice.



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
assorted donuts	15 per dozen
fresh fruit platter	
sm 5-10pp	20 per platter
med 10-20pp	35 per platter
large 20-30	50 per platter

HOT

scrambled eggs	3.50 per person
hard boiled eggs	5.50 per dozen
pastries	17 per dozen
muffins	17 per dozen
bacon or sausage	1.50 per 2 piece
turkey sausage or turkey bacon	1.75 per 2 piece
french toast or pancake	1.95 each
oatmeal, brown sugar	3.25 per bowl

BEVERAGE SERVICE

Please specify the type of coffee service you prefer

STARBUCKS COFFEE SERVICE



freshly brewed Starbucks coffee, tazo tea, decaf upon request

9 per person

STARBUCKS FULL BEVERAGE SERVICE



freshly brewed Starbucks coffee, assorted soda, bottle water, tazo tea, decaf upon request

12 per person

COFFEE, TEA SERVICE

freshly brewed coffee, mighty leaf tea, decaf upon request

6 per person

FULL BEVERAGE SERVICE

freshly brewed coffee, assorted soda, bottled water, mighty leaf tea, decaf upon request

9 per person

bottled juices	1.95
canned 12oz sodas and water	1.50
freshly squeezed orange juice	11.50 Liter
la croix	2.25
honest tea	2.50
gold peak tea	2.50
flavored ice tea	2.50

BETWEEN THE BREAD

pricing per person

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

FLIK DELICATESSEN

15

turkey breast, ham, roast beef, salami
choice of: yellow fin tuna salad, grilled chicken salad, egg salad
assorted buns and rolls
traditional accompaniment
add soup

+3

SANDWICH & WRAP SELECTIONS

smoked turkey with sweet cranberry mayo, crisp lettuce, sliced tomatoes
roast beef with balsamic onion, arugula, horseradish cream
grilled chicken breast, cranberry ginger chutney, sandwich thin
roasted red pepper hummus, grilled zucchini, sandwich thin ^M
salami, ham, tomato, lettuce, olive tapenade ^M

WRAPS

turkey, bacon, cheddar cheese, ranch dressing, crisp lettuce & tomato
salami, ham, cappicola, mustard, balsamic, pickle, tomato, lettuce
roasted red pepper hummus, kalamata olive, wheat wrap
chicken salad with grapes, dried cranberries, green apples ^M, crisp lettuce

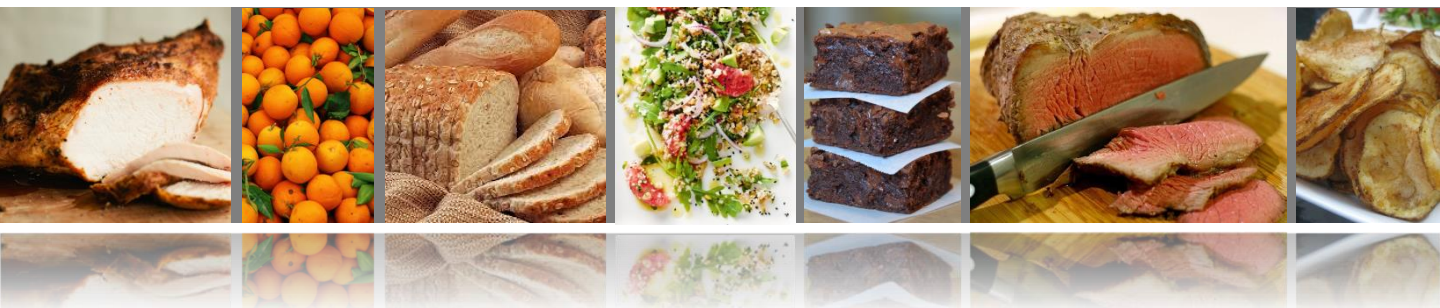
Choose

2 types \$12 3 types \$14 4 types \$17 5 types \$20

ON THE RUN BOX LUNCH

14

Includes: hand fruit, bag chips, deli salad, house baked cookie, bottled water or soda
choose any of the sandwiches or wraps for your box lunches



SALAD

individual salads accompanied with dessert, bread roll

individual/ platter

(10 people)

STRAWBERRY AND ALMOND M

spinach, edamame, strawberry, goat cheese, almond, champagne vinaigrette

9/ 35

GREEK QUINOA SALAD M

quinoa, kalamata olives, tomato, feta, red wine vinaigrette

8/ 35

MIXED GREENS

organic mesculin lettuce, tomato, cucumber, sliced red onion, radish, balsamic vinaigrette

7 / 30

ARUGULA BRUSCETTA

baby arugula, fresh mozzarella, cherry tomatoes, red onion, crumbled blue cheese, balsamic dressing

9/ 35

ITALIAN CHOP SALAD

ice berg lettuce, tomato, artichoke, kalamata olives, roasted red pepper cucumbers, Italian dressing

9/ 35

CAESAR SALAD

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

7/ 30

DECONSTRUCTED COBB SALAD

ice berg mix, hard boiled eggs, avocado, tomato, bacon, blue cheese

15/ 45

add chicken, salmon, tofu, shrimp to any salad

4/ 20

M is Motiva Select - a better for you choice. Ask for a Motiva Select salad with any lunch. All salads you see in the cafe can be ordered through catering with a 48 hour notice.



THEMED LUNCH

pricing per person

THEME LUNCHES INCLUDES CHEF'S SEASONAL SALAD, FULL COLD BEVERAGE SERVICE

Minimum of 10 Guests Required for Themed Lunch Selections

COLD LUNCH PLATTER ^M	19
grilled chicken, lemon caper sauce/ roast salmon, roasted tomato tabbouleh salad/ roasted brussels sprouts low-fat oatmeal raisin cookies / seasonal fruit	
THE MIDWEST COMFORTS	16
oven fried chicken/ bbq brisket ranch spiced potato wedges/ broccoli, rice, cheese casserole trifle on the rocks	
BELLA CUCINA	15
chicken bella/ spicy sausage & peppers, baked ziti rattatouille lemon ricotta cookies	
TAM POPO そこぽぽ	16
sweet and sour chicken/ beef, broccoli, ginger stir-fry steamed jasmine rice/ sesame, snow peas almond cookies	
LA VIDA FAMILIAR (choose two entrees)	16
pork carnitas/ chicken tinga/ steak empanadas red beans and rice/ chili lime roasted squash assortment of mexican cookies	
accompanied with cheese, salsa, pico de gallo, sour cream, corn, flour tortillas add guacamole	+2
FRENCH BISTRO	20
grilled salmon, sweet cider dill sauce hangar steak, shoe string fries, balsamic onions rice pilaf/ lemon green beans Carmel cream puffs & éclairs	
CHICAGO FAVORITES (requires 48 hour notice)	15
italian beef, giardiniera/ chicago style hot dog relish, mustard, onions, ketchup cole slaw/ FLIK chips/ poppy seed buns, french bread rice krispy bars	

OUT OF THE OVEN

PIZZA PARTY – MINIMUM OF 10 PEOPLE TO ORDER

16 per person

INCLUDES PIZZA ORDER WITH CHICAGO CHOPPED SALAD, COOKIES, BROWNIES, DESSERT BARS, AND FULL COLD BEVERAGE SERVICE

A LA CARTE

per pizza

16 INCH THIN CRUST

CHEESE

15

ONE TOPPING

17

sausage
pepperoni
ham
chicken
mushroom

SPECIALTY Choose any Three Types

19

Each additional Pizza add

3

weekly Motiva Select special M
pear, goat cheese, onion
chicken pesto
margharita (pesto added upon request)
supreme
barbeque chicken
hawaiian
veggie lovers (spinach, pepper, onion, mushrooms, tomato, olives)
meat's lover (sausage, pepperoni, ham)
cajun lover (andouille sausage, peppers, onions, spicy tomato sauce)

additional toppings

+1

OVEN BAKED SANDWICH BUFFET

14

INCLUDES SANDWICH ORDER WITH CHICAGO CHOPPED SALAD, COOKIES, BROWNIES, BARS, AND FULL COLD BEVERAGE SERVICE

CHOOSE THREE

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

M is Motiva Select - a better for you choice.

DID YOU KNOW?

we make our pizza dough and sauce from scratch daily.



BREAK

pricing per person

M

CRUDITE

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
cinnamon toast pretzel, caramel cream cheese dip
root beer

5

FLIK CHIPS AND DIP

ranch spiced chips/ barbeque chips/ sea salt, pepper chips
caramelized onion dip/ chipotle, jalapeno cream cheese dip
spindrift half and half soda

5

SWEET

chocolate chip cookies/ seasonal dessert bar/ seasonal hot beverage

4

ENHANCE

add any of the following to your catering order

grain salad

2.85

individual ^Mside garden salad

3.25

cookies/ brownies

9.00 per dozen

fruit cup

2.50

trail mix bag

1.85

homemade flaxseed bar ^M

1.50

low-fat oatmeal raisin cookie

8.00 per dozen

kind bar

1.55

FLIK Chips

1.25

house popped popcorn (requires 48 hr. notice)

1.50

garret's popcorn + **applicable taxes and delivery fee**

4.25

chef selection of soup (specific flavor request requires 48 hr. notice)

3.75

^M is Motiva Select - a better for you choice. You may request a Motiva Select grain salad, soup or dessert bar. Requires 48 hr. notice.



BREAKING BREAKS

pricing per person

FRUIT AND LOAF

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

7

BRUSCHETTA

blue cheese and clove honey/ walnut raisin crisp
tomato, basil bruschetta/ baguette crisp
spindrift blackberry sparkle

8

ARTISAN CHEESE SELECTIONS

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

9

SUPER FOODS M

roasted red pepper hummus, baked whole wheat pita chips, flax-seed granola bars
dark chocolate bark, scented water

6

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

CHOCOHOOLIC

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

12



NO FRILLS

pricing per pan*

BUFFALO WINGS

wing pieces
whole wing
side bowl of buffalo sauce/ bbq sauce/ ranch

50 ea/ 100 ea
35/ 60
60/ 105
+5

POULTRY (choose one)

grilled chicken, lemon **M**
chicken parmesan
chicken vesuvio
chicken picatta
chicken marsala
carved turkey breast, gravy

65

LASAGNA (choose one)

italian sausage
ground beef
vegetable

65

PASTA (choose any pasta type, white or wheat, and one sauce)

marinara
butter
alfredo
pesto

35

POTATO sweet/ white

roasted
mashed

35

VEGETABLE **M**

broccoli
green beans
vegetable medley

35

SALAD (choose one salad and one dressing)

caesar
mixed greens **M**
baby spinach **M**
additional dressing

30

+7

*each pan feeds 25 people.

M Motiva Select is the better for you choice.

STATION BY STATION

pricing per person

FOR PARTIES OF 25 OR MORE

TEX MEX

jalapeno cheese sauce
refried bean dip
fire roasted salsa/ pico de gallo
jalapenos/ black olives/ sour cream
tortilla chips

11

CHICAGO LOVE

chicago dog
italian beef
mini hoagies/ giardiniera/ cheddar cheese

13

WING THING

buffalo wings/ spicy cheese bites
celery/ carrot sticks
ranch/ blue cheese dressing

17

EAST

chicken pot sticker, niúròu bāozi (beef bun)
rice noodle salad
sweet chili sauce/ hoisin sauce

13

MEDITERRANIAN

potato samosa/ goat cheese, pear, onion flatbread
baba ghanoush/ hummus
crisps/ flatbread/ pita chips

15

CARVERY STATION (choose one entrée, one sauce)

roasted turkey/ prime rib/ beef tenderloin
cranberry sauce/ apple rosemary chutney,
horseradish crème/ gravy/ au jus
silver dollar rolls
*includes a chef attendant

MARKET PRICE

THE FINALE

apple cobbler, oatmeal cinnamon streusel M	15 serves 12
dark and milk chocolate covered strawberries M	1.75 per two
strawberry shortcake on the rocks	4.25 each
assorted mini chocolate pastries	15.00 per dozen
assorted mini cupcakes	13.50 per dozen
assortment of truffles	30.00 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)	



NOTE: A MINIMUM OF 2 BUSINESS DAYS ARE REQUIRED FO ALL CAKES please contact catering director @ ext 3-7091 to customize your function, review requirements and determine pricing.

INFORMATION

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

SERVICE CHARGES

Service charges will be applied to all orders received less than two full business days before the event. After hour and weekend events occur a service charge.

CANCELLATION POLICY

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

SPECIAL NEEDS

Please let us know any food allergies 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 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. Please ask the catering team for a list of ingredients for any item on the menu.

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.

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**