



UNDER ARMOUR®
CATERING MENU



GUIDELINES

We're here for you. We offer personalized catering services for every event no matter the size and always with your safety in mind. Daily breakfast, lunch, and breaks can all be ordered online via our catering website. If you need any assistance with placing your order please email natalie.thomas@compass-usa.com

PRICING & CANCELLATIONS

We require a 48-hour notice and headcount guarantee for all catering orders. Should the guest count decrease, the group will be charged for the guaranteed number.

Pricing is per guest unless otherwise stated. Orders require 5 people minimum to order. We require a 48-hour notice and headcount guarantee for all catering orders. Should the guest count decrease or the event is canceled less than 48-hours in advance, the requesting group will be charged for the guaranteed number.

Cancellations require 48-hour notice.

Any cancellation that is less than the required notice is subject to the full event charge.

CUSTOM MENUS

FLIK's creative Catering and Culinary teams are here to help! Our Culinary team will create specialized menus for any occasion.

Please speak with the Catering Manager to make arrangements.



BREAKFAST

Menu items are priced per person unless otherwise noted and require an 5 guest minimum.
Buffets are self-service; served buffets are available at an additional cost.

Includes Freshly Squeezed Orange Juice, Water and Hot Beverage Service

THE CONTINENTAL 11

- House-Baked Mini Pastries
- Miniature Breakfast Pastries
- Bagels, Cream Cheese, Butter, Preserves
- Sliced Fresh Fruit

FUEL UP GREEK YOGURT BAR 11

- Greek Yogurt
- House-Made Granola
- Assorted Berries
- Toasted Coconut
- Pumpkin Seeds
- Flax Seeds
- Chia Seeds
- Honey

HOT BREAKFAST BUFFET 14

- Scrambled Eggs
- Bacon
- Sausage Links
- Home Fries
- Cinnamon Buns
- Seasonal Fruit Platter

BREAKFAST ADD ONS

- Fruit Cup 3.50
- Yogurt Parfait, Mixed Berries, Granola 3.50
- Greek Yogurt Cup 2
- Hard Boiled Eggs 2
- Mini Bagels Cream Cheese, Butter, Jam 3
- Assorted Muffins Assorted 10/doz
- Cinnamon Buns 12/doz

SMOOTHIE BOWLS 13

Acai Bowl

Granola, Banana, Blueberries, Blackberries, Cacao Nibs, Coconut Flakes

Pitaya and Coconut Yogurt Bowl

Banana, Strawberries, Coconut Flakes, Chia Seeds

Green Bowl

Granola, Banana, Pineapple, Mango, Honey Sun Butter Drizzle

AVOCADO TOAST BAR 15

- Mini Bagels
- Sliced Sourdough
- Multigrain
- Toppings: Crushed Avocado, Cucumber, Tomato, Roasted Red Pepper, Bacon, Smoked Salmon, Shaved Parmesan, Cream Cheese

FRITTATA BAR 13

Served with sliced fruit

- Egg White, Spinach, Turkey Bacon, Swiss Frittata
- Pork Sausage, Broccoli Rabe, Cheddar Frittata
- Bacon, Onion, Gruyere Frittata



SANDWICHES

Menu items are priced per person unless otherwise noted and require a 5 guest minimum.

All sandwich lunches include water service and assorted sodas minimum (5) guests, all individually packaged in ½ sandwiches. Sandwich Boards Include: Mixed Green Salad and Pasta Salad

CLASSIC SANDWICH BOARD 17

Udi's Bread is available upon request

CHOOSE 3

- House Roasted Turkey & Provolone
- Roast Beef & Cheddar
- Grilled Vegetables & Mozzarella
- Smoked Ham & Cheddar
- Chicken Salad
- Tuna Salad
- Egg Salad

HOAGIE BOARD 17

All hoagies come with shredded lettuce, tomato, and hoagie oil. Hot pepper relish and pickles served on the side. Udi's Bread is available upon request.

CHOOSE 3

- House Roasted Turkey & American
- Roast Beef & Cheddar
- Classic Italian
- Tuna Salad
- Roasted Vegetable Pesto

FUEL UP SANDWICHES 17

Served with mixed green salad and sliced fruit

CHOOSE 3

- Tomato, Turkey Bacon BLT, Avocado Spread, Multigrain Bread
- Chicken, Mozzarella, Artichoke Pesto Spread, Light Mayonnaise, Wheat Bread
- Salmon Caper Salad, Light Mayonnaise, and Arugula Served on Sliced Cucumber
- Mashed Chickpea Salad, Whole Wheat Sandwich Thin
- Grilled Portobello, Goat Cheese, Pesto, Whole Wheat Sandwich Thin

WRAPS 17

Udi's Bread is available upon request

CHOOSE 3

- Italian- Salami, Prosciutto, Sharp Provolone, Lettuce, Tomato, Oregano
- Turkey Breast, Brie, Fresh Spinach, Cranberry Mayo
- Chicken Caesar - Romaine, Caesar Dressing, Shaved Locatelli Cheese
- Crispy Buffalo Chicken, Blue Cheese, Shredded Lettuce, Tomato
- Grilled Chicken Cobb - Egg, Bacon, Avocado, Shaved Red Onion, Blue Cheese Dressing
- Greek Salad Wrap - Grilled Chicken, Kalamata Olives, Hummus, Red Onion, Feta, Shredded Lettuce, Roasted Peppers, Tomato, Oregano, Red Wine Vinaigrette
- Grilled Zucchini, Tomato, Basil Aioli, Lettuce
- Falafel, Tahini, Hummus, Cabbage Salad
- Roasted Salmon, Shaved Red -, Bibb Lettuce, Chopped Tomato, Avocado Dill Cream

LUNCH ADD ONS

- House Made Chips 2
- Assorted Bagged Chips 1.50
- Bagged Pretzels 1.50
- Cookies and Brownies 2.50



LUNCH BUFFETS

Menu items are priced per person unless otherwise noted and require an 5 guest minimum.

All lunches include water service and assorted sodas

TACOS 20

Choice of 2 Proteins, Toppings, Rice and Beans, and Churros

Choose 2 Proteins:

- Achiote Coffee-Rubbed Flank Steak
- Cilantro Lime Chicken
- Chili Shrimp
- "Chorizo" Tofu

Toppings:

- Guacamole
- Salsa
- Shredded Cheese
- Sour Cream
- Shredded Lettuce
- Sliced Olives
- Flour Corn Tortillas

FUEL UP MEDITERRANEAN 20

"Build Your Own Bowl" Set Up, Served with Proteins and Sides

Sides:

- Tabbouleh Salad
- Tomato and Cucumber Salad
- Mint and Lemon Rice
- Roasted Chickpeas
- Pickled Cauliflower
- Jalapenos
- Tzatziki

Proteins:

- Chicken Shawarma
- Roasted Shrimp Shawarma
- Tahini
- Harissa Hot Sauce
- Hummus
- White and Whole Wheat Pita

ASIAN 20

Served with Sesame Soy Sauce and Sweet Thai Chili Sauce

Proteins:

- Beef and Broccoli
- Sweet and Sour Chicken

Sides:

- Egg Rolls
- Sesame Cucumber Salad
- Fried Rice
- Lo Mein Noodles
- Sautéed Bok Choy
- Szechuan Eggplant

ITALIAN 20

Served with Garlic Breadsticks and Classic Caesar Salad

- Eggplant Parmesan, Grilled Chicken
Bruschetta, Balsamic Reduction
- Three Cheese Ravioli, Marinara, Shaved
Parmesan
- Roasted Long Hot Peppers
- Sautéed Broccoli Rabe



SALADS

Menu items are priced per person unless otherwise noted and require an 5 guest minimum.

All lunches include water service and assorted sodas

BUILD YOUR OWN SALAD 18

Greens: CHOOSE 2

- Romaine
- Iceberg
- Kale
- Spring Mix
- Spinach

Dressings: CHOOSE 2

- Caesar
- Lemon Thyme Vinaigrette
- Sesame Ginger
- Ranch
- Green Goddess
- Olive Oil
- Balsamic Vinegar
- Balsamic Vinaigrette

Toppings: CHOOSE 5

- Farro
- Bell Peppers
- Roasted Red Peppers
- Roasted Mushrooms
- Roasted Beets
- Corn
- Spiced Pumpkin Seeds
- Avocado
- Chickpeas
- Cucumber
- Shredded Carrot
- Cherry Tomatoes
- Croutons
- Bacon Bits
- Cheddar Cheese
- Blue Cheese
- Parmesan Cheese
- Sunflower Seeds
- Wasabi Peas
- Chow Mein Noodles
- Feta Cheese

Proteins: CHOOSE 2

- Grilled Chicken
- Grilled Shrimp
- Marinated Flank Steak
- Grilled Salmon
- Grilled Tofu
- Grilled Portobello

COMPOSED SALADS 17

COBB GRAIN BOWL

Chopped Romaine, Baby Spinach, Farro, Quinoa, Roasted Corn, Crumbled Bacon, Cherry Tomatoes, Avocado, Crumbled Blue Cheese, Sliced Cucumber, Diced Egg, Buttermilk Avocado Dressing and Lemon Thyme Dressing. Served with Grilled Chicken and Shrimp.

SOUTHWESTERN

Baby Gem Lettuce, Shaved Cucumbers, Cherry Tomatoes, Red Peppers, Fire Roasted Corn, Shaved Red Onion, Chick Peas, Black Beans, Chipotle Cream, Cotija Cheese, Tortilla Strips, Avocado Cilantro Vinaigrette, Green Goddess Dressing. Served with Grilled Chicken and Shrimp.

GREEK SALAD

Chopped Romaine Radicchio Mix, Crispy Chickpeas, Roasted Red Peppers, Feta, Kalamata Olives, Tomatoes, Cucumbers, Red Wine Vinaigrette. Served with Hummus, Flatbread, Zaatar Chicken and Falafel.



SNACK BREAK

Menu items are priced per person unless otherwise noted and require an 5 guest minimum.

CRUDITES 6.50

Seasonal Vegetables, Fromage Blanc, Chipotle Ranch, Sorento Lemon and Smoked Paprika
Hummus Dip, Crostini

ANTIPASTI 8.50

Grilled and Marinated Vegetables, Artisanal Cheeses, House Made Mostardo, Fresh Fruit,
Crostini, Crackers

CHIPS & DIPS 6

Kettle Chips, Tortilla Chips, Pita Chips, Black Bean Chipotle Salsa, Roasted Garlic
Hummus, Green Goddess Ranch

POPCORN BAR 2.50

Popcorn with Specialty Seasonings

DESSERT BAR 3.50

Fresh Fruit Salad, Assorted Cookies, Cupcakes, Brownies, Lemon Bars, Rice Krispies Treats

FUEL UP TRAIL MIX BAR 4

Cashews, Walnuts, Almonds, Peanuts, Spiced Pepitas, Dried Cranberries, Dried Apricots,
Banana Chips, Dark Chocolate Chips, Yogurt Pretzels
