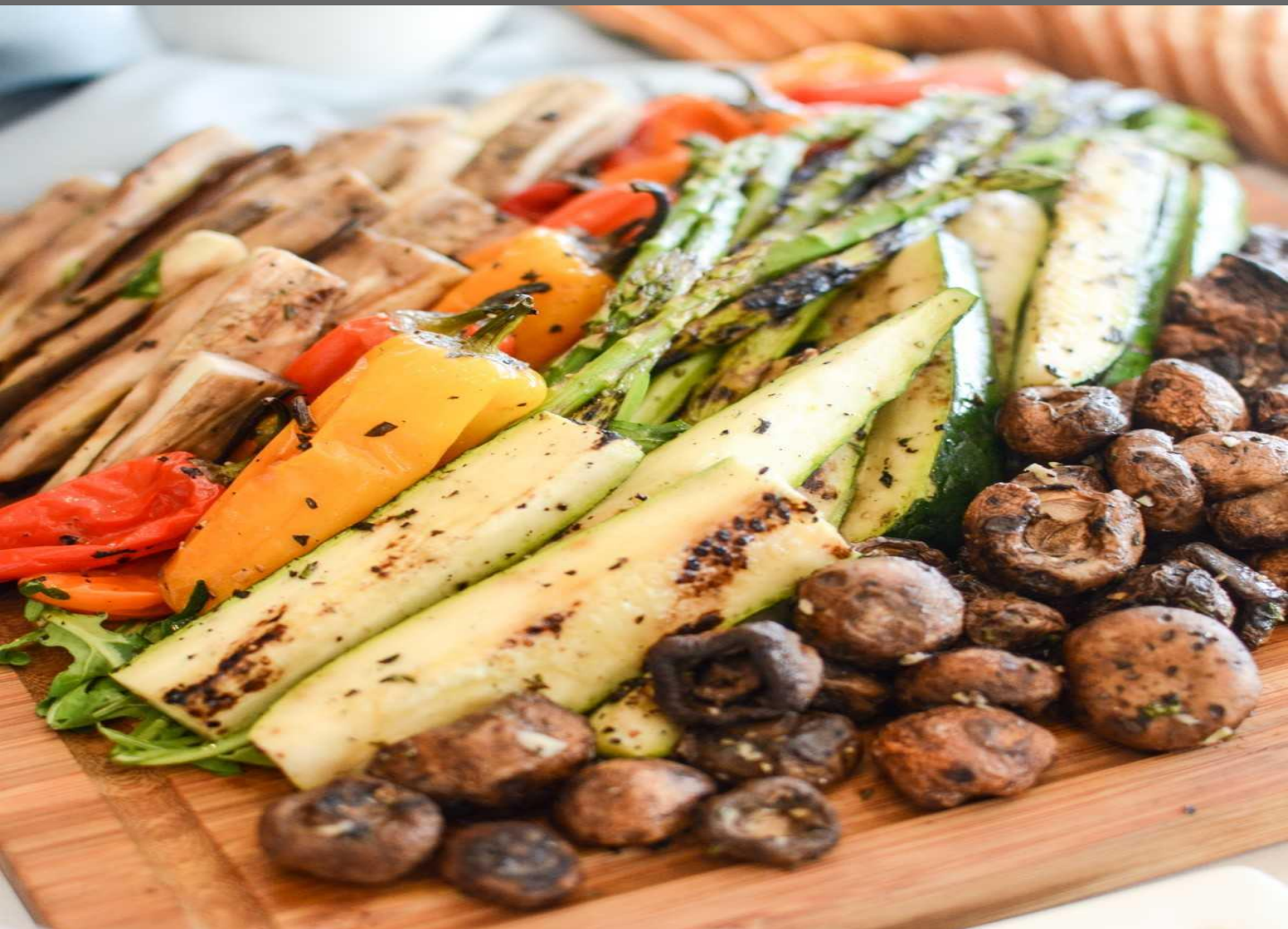


# Everest Catering Guide



Food by FLIK

# Breakfast

## **Full Continental Buffet**

Assorted Mini Pastries, Mini Croissants, Mini Bagels and accompaniments, Seasonal Fruit Salad. Includes Coffee and Tea Service with Bottled Water  
10.50 Each Person

## **Avocado Toast Bar**

Grilled Hand Sliced Whole Grain Toast, Mashed Avocado, Sliced Cucumber, Sliced Tomato, Smoked Bacon, Smoked Salmon, Sliced Red Onion, Hard Boiled Egg, Ripe Tomato. Includes Coffee and Tea Service and Orange Juice  
9.25 Each Person

## **Greek Yogurt Bar**

Greek Yogurt, No-Nut Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey  
6.15 Each Person

## **Healthy Start**

Freshly Baked Mini Muffins, Low-Fat Yogurt Parfaits, Fresh Fruit Platter, Fresh Squeezed Orange Juice, Coffee and Tea Service  
9.75 Each Person

## **Classic Breakfast Buffet**

Selection of 4 Items:  
Scrambled Eggs with Cheddar Egg Whites & Spinach Frittata  
French Toast, Maple Syrup, Bacon, Sausage, Turkey Bacon  
Home Fries Potatoes or Seasonal Fruit Platter  
Seasonal Fruit Salad. Includes Coffee and Tea Service with Bottled Water  
15.55 Each Person

## **Breakfast Frittatas**

Two Varieties of Freshly Made Frittatas. Includes Healthy Egg White and Meat & Vegetarian Options, Seasonal Hand Fruit. Includes Coffee and Tea Service with Bottled Water  
12.00 Each Person

Decaffeinated Coffee Available Upon Request at No Additional Charge



# Breakfast

**Breakfast Packages**  
**Serve approximately 10**  
**Guests and Includes**  
**disposables.**

**Bagel & Coffee**

One Dozen Bagels with Cream Cheese, Light Cream Cheese, Butter & Margarine. Pot of Regular Coffee and Seasonal Hand Fruit  
45.00 Each

**Yogurt Parfaits & Bagels**

Ten Low-Fat Yogurt Parfait, One Dozen Bagels with Spreads and Pot of Coffee  
67.50 Each

**Sliced Fruit Platter**

Sliced Honey Dew, Cantaloupe, Pineapple and Mixed Berries

Small (serves 5) \$12.00

Medium (serves 10) \$20.00

Large (serves 20) \$45

**Add Ten Juices or Waters to**  
**Any Breakfast Package**  
**\$18.50**

**Dozen Bagels with Spreads**

One Dozen Bagels, Cream Cheese, Butter. Includes Paper Goods  
15.50 Each

**Bakery Tray & Coffee**

Twenty Pieces of Assorted Pastries and Scones. Pot of Regular Coffee, Seasonal Hand Fruit. Includes Paper Goods  
42.85 Each

**Pot of Coffee**

Serves 20. Regular or Decaf Coffee  
23.00 Each

**Whole Fruit**

Ten Pieces of Seasonal Hand Fruit  
12.00 Each

**Full Beverage Service**

Coffee, Sodas (or Juice), Bottled Water  
3.50 Each



# LUNCH - SANDWICHES

## DELI SANDWICHES – 11.25

### Design Your Own

choose any 4 sandwiches and 2 sides.

### All American Favorites

House Roasted Turkey, Brie Cheese, Honey Mustard

Smoked Ham, Mixed Greens, Swiss Cheese

Rare Roast Beef, Frizzled Onions, Horseradish Mayo

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese



### Italian

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

### Asian / Bahn Mi

With pickled vegetables, cilantro, Sriracha mayo

Roasted Curried Cauliflower, Baguette

Grilled Sweet Chili Glazed Chicken, Baguette

### Vegetable

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze

Herb Roasted Vegetables, Lettuce, Tomato

### From the Sea

Tuna Salad, Lettuce, Tomato

Cajun Shrimp Salad, Croissant

### Sides choose any 2 items below

Baby Green Salad

Caesar Salad

Red Bliss Potato Salad

Cole Slaw

Pickles and Carrots

House Made Potato Chips

Fresh Fruit Platter

**All Sandwich Lunches include Cookies or Brownies and Cold Beverage Service**



# Deconstructed Salads

**Includes FLIK Signature Dessert Tray, Water & Canned Beverages**

**Caesar** 18.20  
Crisp Romaine  
Grilled Chicken \*  
\*Tofu available as vegetarian option  
Ripe Tomato, Hand-Cut Croutons,  
Marinated Olives, Grated Parmesan  
Cheese  
Low-Fat & Regular Caesar Dressing  
Freshly Baked Rolls

**Cobb** 18.20  
Crisp Romaine  
Grilled Marinated Chicken Breast  
and Smoked Applewood Bacon  
Tomato, Chopped Egg, Cheddar,  
Crumbled Blue Cheese, Scallion  
Lite Ranch Dressing, Oil & Vinegar  
Freshly Baked Rolls

**Southwest** 18.20  
Crisp Romaine  
Chili-Lime Chicken Breast \*  
Cheddar, Black Beans, Pico de  
Gallo, Jalapenos  
Baked Tortilla Chips  
Lite Chipotle Ranch Dressing, Oil &  
Vinegar

**Mediterranean** 18.20  
Mixed Greens  
Falafel and Grilled Marinated  
Chicken Breast OR Marinated  
Shrimp (+\$1)  
Feta Cheese, Kalamata Olives,  
Cucumber, Red Onion  
Pita Bread  
Greek Dressing, Oil & Vinegar

## FIT FAVORITES

**FIT Heart Smart** 20.20  
Kale  
Grilled Salmon, Grilled Chicken  
Avocado, Sunflower Seeds, Wild  
Rice, Feta Cheese, Edamame,  
Cherry Tomatoes, Cucumber  
Vinaigrette, Oil & Vinegar



# Hot Food a la Carte

## Entrees

**FIT** Cilantro Lime Flank Steak 75.00/150.00

**FIT** Roasted Chicken Breast, Rosemary, Olive, Balsamic 70.00/140.00

**FIT** Baked Eggplant Parmesan 65.00/130.00

Chicken Parmesan 70.00/140.00

Chicken Marsala 70.00/140.00

## Penne Pasta

### Choose Your Sauce

Pomodoro Sauce  
Vodka Sauce  
Parmesan Cream Sauce 52.55/105.10

## Salads

**FIT** Tuscan Kale Caesar Salad, Oven Dried Tomatoes, Caesar Dressing 26.80/53.60

Potato Salad 17.70/35.40

Macaroni Salad 17.70/35.40

Garden Salad 26.80/53.60

Caesar Salad 26.80/53.60

## Sides

**FIT** Roasted New Potatoes, Rosemary 23.55/47.10

**FIT** Roasted Tomato Rice 17.15/34.30

**FIT** Fajita Vegetable 18.60

**FIT** Roasted Broccoli, Parmesan Cheese 35.35/70.70

Baked Macaroni and Cheese 40.75/81.50

## Hot Food Trays

**Small – serves 15 guests**

**Large – serves 30 guests**

**Includes plates,  
napkins and utensils**

## TACO TUESDAY, ANY DAY

Three Proteins - Pastor, Chipotle

Chicken, Bean Chili Filling

Cilantro Tomatillo Rice

Black Beans

Guacamole

Pico de Gallo

Crema

Queso

Soft Tacos

Cinnamon Sugar Churros

**\$18/per person**

**Minimum of 20 guests**

# Breaks

## **Hummus and Crudité Break**

Spinach Hummus, Chef's Choice Hummus, Broccoli, Carrots, Celery and FLIK Seasoned Baked Pita Chips  
6.35 Each Person

## **Latin Chips and Guacamole**

Freshly Prepared Guacamole, Latin Tortilla Chips  
5.95 Each Person

## **Power Break**

Individually Packaged Nuts, Granola and Energy Bars, Trail Mix and Juices  
5.95 Each Person

## **Pretzel Break**

Seasoned Soft Pretzel Nuggets with Buffalo Blue Cheese and Mustard Dips  
6.15 Each Person

## **FLIK Signature Cheese Break**

Artisan Local and Imported Cheeses, Provisions, Spiced Nuts, Sweet Dried Cranberries, Tomato Bruschetta, Sliced Baguettes, Focaccia  
12.85 Each Person

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Artisan Local and Imported Cheeses, Provisions, Spiced Nuts, Sweet Dried Cranberries, Tomato Bruschetta, Sliced Baguettes, Focaccia  
12.85 Each Person

## **Smoothie Pitcher**

Choose one: Strawberry Banana or Spinach, Blueberry and Yogurt  
28.00 Each Pitcher

## **Simple Dessert Tray**

Cookies & Brownies and Whole Fruit.  
Serves 10 guests.  
45.00

