

Catering

**Everest Global
2024/2025**



Food by FLIK

Contents

Ordering Info	3
Beverages	4
Breakfast	5
Deli	6
Sandwiches & More	7
BYO Salad Bowl	8
Lunch Buffets	9-10
AM Breaks	11
PM Breaks	12
Celebrations	13
Hors D 'Oeuvres	14
Desserts	15

ICONS



V+ = Vegan. Contains absolutely no ingredients from animals or animal byproducts such as milk, eggs, honey, gelatin, whey, casein, rennet.



V = Vegetarian. Does not contain meat, fish or poultry but may contain milk or eggs.



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

Ordering Info

We require all orders to be placed 48-business hours advanced notice to ensure availability and secure delivery times. There is a required 10 guests minimum for all orders except where noted. Menus are subject to change based on market availability.

Allergy and Dietary Preferences

We want to ensure that we have optionality for all our guests. Please advise if you have any allergy or dietary preferences with your catering orders. Kosher meals are available upon request and will be prepared and delivered from Rye Deli. Charges plus delivery fees will be added.

Delivery and Service Fees

There are no service fees for standard FLIK catering services provided during normal hours of operation. After-business hours, events will incur additional service fees. Multiple day events and large attendee meetings over 50 guests are subject to additional fees.

Cancellation Policy

Standard orders cancelled with at least 48 hours' notice will not be charged. If some or all of the order has been prepared, a cancellation fee will be assessed.

Last-Minute Orders Requests

We will do our best to accommodate last minute requests but cannot guarantee they will be accepted. Orders will be handled in the order they are received and will be subject to chef's selection of available items. A late fee will be assessed if the order is accepted.

Special Events

Our Chef and dining service experts will be happy to assist you with your next special function. To give us the opportunity to better serve your special occasion, we kindly request it be booked with 7 days advanced notice. The same is requested for multi-day events or events 50+ guests. Please contact Pat Gomez (patricia.gomez@compass-usa.com) to assist in planning your special event.

Room re-configuration needs to be scheduled with CBRE. Please contact Kim Wallis (Kim.Wallis@cbre.com).

Looking for a better choice, but don't want to sacrifice flavor or cost? FIT has you covered!

Choose from 100% **FIT** menus or add-on a **FIT** beverage or side to your menu, it's up to you!

Have a dietary restriction? Please be sure to talk with our manager to assure we can accommodate.

Beverages

FULL BEVERAGE SERVICE 4.75

Regular Coffee, Assorted Tea Bags,
Assorted Soft Drinks, Bottled Water
*Decaffeinated Coffee Included by Request

COFFEE SERVICE 3.50

Regular Coffee, Assorted Tea Bags,
Bottled Water
*Decaffeinated Coffee Included by Request

SOFT BEVERAGE SERVICE 3.95

Soft Drinks, Bottled Water

WATER SERVICE 3.25

Bottled Water

INDIVIDUAL BEVERAGE ADDITIONS:

Iced Tea 3.85

Iced Coffee 3.15

Hot Chocolate 4.25

Bottled Juice: Apple, Grapefruit, Cranberry 3.00

Freshly Squeezed OJ 2.95

Strawberry Banana Yogurt Smoothie 4.95

Mixed Berry Smoothie 4.95

Seasonal Aqua Fresca Dispenser (serves 25) 31.75

Breakfast

MORNING START 12.50
Mini Greek Yogurt Parfait, Blueberry Tea Bread,
Cage Free Hard-Boiled Egg, Fruit Platter, Mini Muffins

AVOCADO TOAST BAR 11.50
Thick-cut Seven Grain Bread, Ripe Avocado, Tomatoes,
Red Onions, Cucumbers, Capers, Hard Cooked Eggs,
Baby Arugula, Cilantro
* Add Smoked Salmon (+ 3.00) or Applewood Bacon (+ 1.00)

HOT BREAKFAST 17.95
Crispy Waffles, Pure Maple Syrup, Scrambled Eggs, Bacon,
Turkey Sausage, Breakfast Potatoes, Sliced Fresh Fruit **FIT**,
* Egg Whites and Turkey Bacon Available Upon Request

BREAKFAST SANDWICHES : Select 3 14.95

- Classic - Bacon, Scrambled Egg, Cheddar Cheese, Brioche Roll
- NJ Staple - Taylor Ham, Fried Egg, American Cheese, Ketchup, Kaiser Roll
- Heart Healthy Burrito - Egg Whites, Spinach, Turkey Sausage, Low Fat Swiss, Salsa, 10" Flour Tortilla
- The Slider - Pork Sausage Patty, Cheddar Scrambled Egg, Maple Sriracha, Crispy Waffle (+1.00)
- **FIT** Egg, American Cheese, English Muffin

CONTINENTAL BREAKFAST 14.95
Local Full-Size O 'Bagels, Assorted Pastries, Fruit Platter

Included: Regular Coffee, Tea Service, Bottled Water, Fresh Squeezed Orange Juice

INDIVIDUALS

Mini Greek Yogurt Granola Parfait **FIT** 5.25
Fresh Fruit Platter **FIT** 4.95
Yogurt Cups 4.35
Full-Size Local Bagel (O 'Bagels), Cream Cheese/Jams 5.00
Hard Boiled Eggs (2) **FIT** 3.50
Smoked Salmon 7.50

Deli

ALL AMERICAN FAVORITES

14.25

- Smoked Ham, Arugula, Swiss Cheese, Pretzel Roll
- Roasted Buffalo Chicken Wrap, Lettuce and Bleu Cheese
- Smoked Turkey, Cabbage Slaw, Swiss Cheese, Rye Bread
- House Roasted Turkey, Cheddar, Honey Mustard, Ciabatta Roll
- Balsamic Roasted Vegetables, Hummus, Sandwich Thin
FIT

ITALIAN

14.25

- Italian Combo, Ham, Salami, Pepperoni, Roasted Peppers, Provolone, Ciabatta
- Roasted Chicken Caesar Wrap, Shredded Romaine, Parmesan
- Roasted Pesto Chicken, Fresh Mozzarella Cheese, Tomato, Focaccia
- Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll

ASIAN

14.25

- Roasted Curried Cauliflower, Cucumber, Cilantro, Sweet Chili Slaw, Wrap
- Grilled Sweet Thai Chicken, Cilantro, Sweet Chili Slaw, Spicy Pickles, Baguette

FROM THE SEA

14.25

- Dill Caper Tuna Salad, Whole-Grain Roll
- Shrimp Salad, Roasted Lemon Aioli, Dill, Shredded Lettuce, Brioche Roll (+1.00)

SIDES

Baby Green Salad, Dressing on the side

Caesar Salad, Dressing on the side

Grain Salad of the Day

Potato Salad

BBQ Spiced Potato Chips

Fruit Salad

Included: Choice of 4 Sandwiches, 2 Sides, Cookies, Brownies, Soft Drinks, and Bottled Water

Sandwiches & More

Included: Cookies, Brownies, Soft Drinks, and Bottled Water

DELI LUNCH PLATTER

14.75

PROTEIN

House Roast Turkey, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

CHEESE

American, Swiss, Provolone, Pepper Jack

TOPPINGS

Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

SPREADS

Mayo, Mustard, Honey Mustard, No-Nut Pesto, Assorted Rolls, Artisanal Breads

PIZZA PARTY

21.95

Plain Pie and Chef's Choice Toppings

Includes Garden Salad, Dressings on Side

Stromboli

* Available Upon Request. Please Call to Schedule

ADD-ON

Chef's Soup of the Day 6.25

FLIK Chips 2.60

FIT Grain Salad 4.25

House Made Guacamole & Tortilla Chips 7.95

Vegetable Crudit , Hummus **FIT** 7.95

BYO Salad Bowl

CAESAR SALAD 19.00
Crisp Romaine, Baby Spinach, Tomatoes, Olive, Croutons, Parmesan

GRAIN SALAD 20.35
Mixed Greens, Baby Arugula, Quinoa, Wheatberries, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Cauliflower, Pepitas, Goat Cheese, Parmesan

COBB SALAD 20.35
Iceberg Wedges, Baby Arugula, Tomatoes, Roasted Corn, Avocado, Hard Boiled Egg, Red Onion, Cucumber, Bacon, Bleu Cheese, Ranch

STEAKHOUSE WEDGE SALAD 17.00
Iceberg Wedges, Red Onions, Cherry Tomatoes, Bleu Cheese, Bacon, House Dressing

BURRITO SALAD FIT 20.35
Quinoa, Brown Rice, Black Beans, Guacamole, Queso Fresco, Roasted Corn, Jalapeno, Lettuce, Tomato, Pico de Gallo, Greek Yogurt Crema

Add to your salad:

Seared Salmon 5.00
Grilled Shrimp 4.50
Cilantro-Lime Flank Steak 5.00
Avocado 2.00

Included: Grilled Marinated Chicken Breast, Cookies, Brownies, Assorted Rolls/Butter, Assorted Soft Drinks, Bottled Water. * Grilled Marinated Tofu Available Upon Request

Lunch Buffets

Included: Mixed Green Salad, House-Made Dressing, Seasonal Fruit Platter, Artisan Rolls, Butter, Freshly Baked Cookies, Brownies, Assorted Soft Drinks, Bottled Water
MINIMUM OF 20 GUESTS REQUIRED

CHEF'S TABLE – SELECT 2 22.00

POULTRY

- Chicken Marsala
- Oven Roasted Turkey, Rosemary Pan Gravy **FIT**
- Chicken Teriyaki

MEAT

- Pepper Crusted Roast Beef, Demi Glace
- Roast Pork Loin, Rosemary Shallot Demi Glace
- Grilled Flank Steak, Chimichurri

SEAFOOD

- Tomato Crusted Salmon, Black Bean Corn Salsa
- Roasted Cod, Cherry Tomato Vinaigrette **FIT**
- Shrimp Scampi

VEGETARIAN/ PLANT-BASED

- Baked Eggplant Parmesan **FIT**
- Penne Pasta, Garden Vegetables, Pesto



Lunch Buffets (cont.)

Included: Mixed Green Salad, House-Made Dressing, Seasonal Fruit Platter, Artisan Rolls, Butter, Freshly Baked Cookies, Brownies, Assorted Soft Drinks, Bottled Water

MINIMUM OF 20 GUESTS REQUIRED

MEDITERRANEAN

20.75

Chicken Oreganato, Lemon Roasted Zucchini, Brown Rice Lentil Pilaf, Tomato Feta Salad, Grilled Asparagus, Hummus, Tzatziki, Olives, Warm Grilled Pita

20.75

SPIRIT OF INDIA

Chicken Tikka Masala, Coconut Curry Shrimp, Chana Masala Chickpeas, Basmati Rice, Cauliflower Potato Korma, Tomato Chutney, Cucumber Raita, Naan Bread

MEXICAN TAQUERIA

22.55

Chicken Tinga, Pork Carnitas, Chili Cilantro Shrimp, Soft Flour Tortillas, Cilantro Rice, Braised Black Beans, Tortilla Chips, House-Made Guacamole, Fire Roasted Tomato Salsa, Crema, Cilantro, Limes, Cinnamon Sugar Churros

SOUTHEAST ASIA

20.75

Vietnamese Lacquered Chicken, Lemongrass Ginger Shrimp, Sweet Chili Tofu, Jasmine Rice, Coconut Curry Vegetables, Edamame Scallion Salad, Carrot Ginger Dressing

CLASSIC ITALIAN

20.75

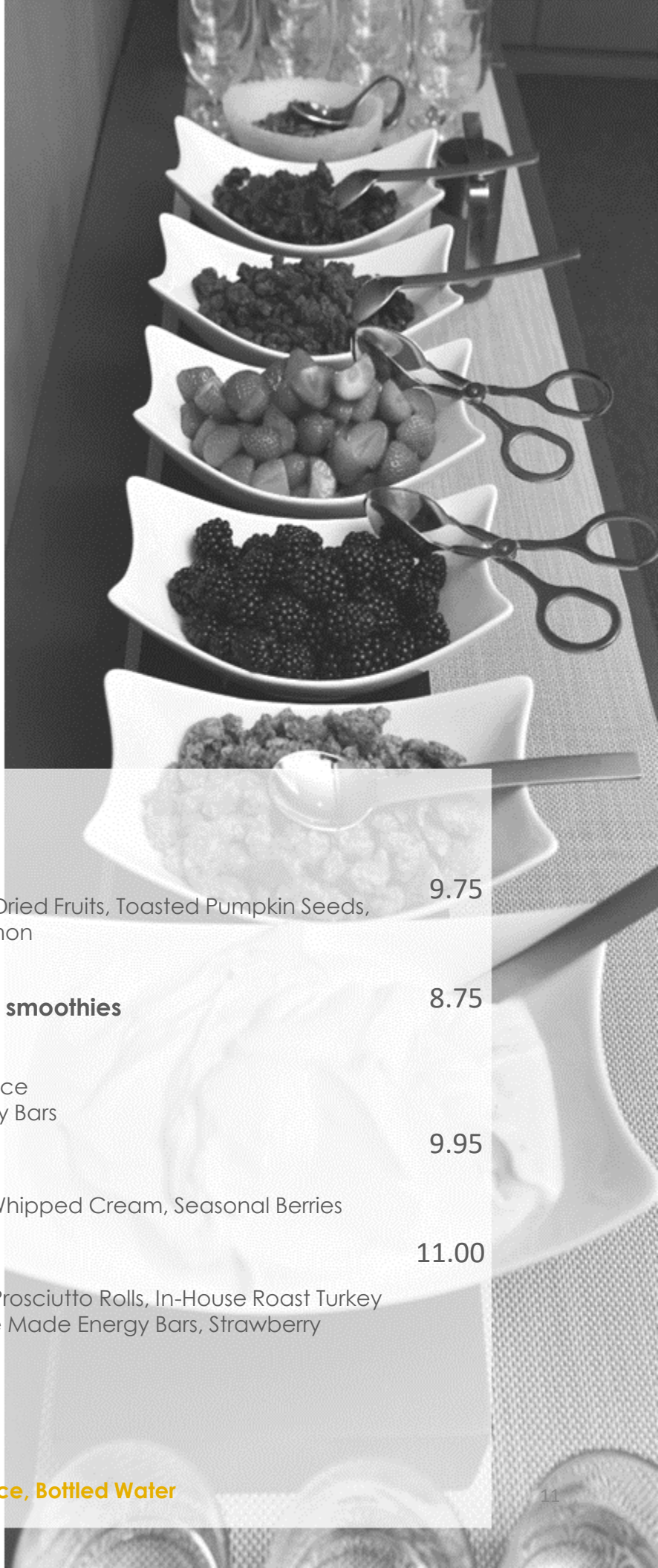
Chicken Parmesan, Shrimp Fra Diavolo, Penne Primavera, Roasted Broccoli Rabe, Caprese Salad over Arugula, Garlic Bread

AMERICAN BBQ

20.75

Bourbon Mustard Pulled Pork, BBQ Roasted Cauliflower, Cole Slaw, Molasses Baked Beans, Jalapeno Cheddar Corn Bread, Honey Butter

AM Breaks



MORNING

BYO PARFAIT

Greek Yogurt, Seasonal Berries, Dried Fruits, Toasted Pumpkin Seeds, No-Nut Granola, Honey, Cinnamon

9.75

SMOOTHIE & MORE: Choose 2 smoothies

- Strawberry Banana Yogurt
- Golden Pineapple Ginger
- Blueberry Spinach Orange Juice
- House-Made Flax Seed Energy Bars

8.75

TEA BREAD BREAK

Assorted Seasonal Tea Breads, Whipped Cream, Seasonal Berries

9.95

PROTEIN POWER BREAK

Cage Free Hard Cooked Eggs, Prosciutto Rolls, In-House Roast Turkey Rolls, Sharp Cheddar, FLIK House Made Energy Bars, Strawberry Banana Smoothie

11.00

Included: Coffee and Tea Service, Bottled Water

PM Breaks

TORTILLA CHIP BAR

Baked Corn Tortillas, FLIK Chips, Guacamole, Black Bean Salsa, Pico de Gallo, Jalapeño Cheese Sauce

8.50

RAW CRUDITES

Zucchini, Squash, Raw Carrots, Red Peppers, Cucumber, Chipotle Ranch and Blue Cheese Dips

7.95

BRUSCHETTA BREAK

Assorted Crisps, Flatbreads
Tomato Basil
Olive Tapenade
Basil Cucumber Chili

7.95

HUMMUS BREAK

Traditional Hummus, Roasted Red Pepper Hummus, Pita Chips

7.95

POPCORN BREAK

Sweet Caramel Spiced Popcorn, White Truffle Popcorn, Cinnamon Toast Popcorn

6.95

ARTISAN CHEESE

A Selection Of Domestic, Imported and Local Cheese, Dried and Seasonal Fruits, Tomato Bruschetta, Crisps, Flatbreads, Crostini

15.95

ADD-ON

Cookies & Brownies

4.00

FLIK Spiced Chips & Dip

3.90

FIT Fresh Fruit Platter

4.50

Tortilla Chips, Guacamole

7.95

PM Breaks Include Assorted Soft Drinks, Bottled Water



Celebrations

ARTISAN CHEESES A Selection of Domestic and Local Cheeses, Dried Fruits, Seasonal Fresh Fruits, Crisps, Flatbreads, Crostini	15.95
MEZZE Baba Ganoush, Hummus, Sunflower Seed Muhammara, Marinated Olives, Pita Chips, Crostini and Flatbread	14.00
CHARCUTERIE Imported Prosciutto , Genoa Salami, Capicola, Country Pate, Pickles, Olives, Mustards, Olives, Flatbreads, Artisan Breads	15.95
SUSHI & SASHIMI – BY YAMATO SUSHI Assorted Sushi & Sashimi, Nigiri, Specialty Rolls, California Roll, Vegetarian Rolls, Wasabi, Soy, Pickled Ginger	Market price
CARVING BOARD (choose 2 Proteins) NY Sirloin Strip Loin, Maple Basted Roast Breast of Turkey, Fennel Cracked Pepper Pork Loin, Mini Rolls, Mustards, Aioli and Spreads	22.50
DUMPLING BAR Shrimp Shu Mai, Pork Gyoza, Steamed Vegetable Dumplings, Vegetable Spring Rolls. Hoisin BBQ, Thai Red Chili, and Ponzu Dipping Sauce	16.00
SHRIMP COCKTAIL Classic Shrimp Cocktail, Lemon, Tabasco, Cocktail Sauce	19.00
Beer & Wine – (Purchased by Everest), FLIK Bartender Minimum Charge	400.00
Assorted Soft Drinks & Bottled Water	3.95

Minimum of 40 Guests Required

Hong D'Oeuvres

COLD

EARTH

Beet Tartar, Labneh, Crisp Capers, Whole Grain Toast
Kung Pao Brussels Sprouts, Toasted Spiced Pumpkin Seeds

SEA

Shrimp Ceviche, Coconut Milk, Serrano, Micro Cilantro
Salmon Gravlax, Everything Spiced Crisp, Dill , Crème Fraiche

LAND

Curried Chicken Salad
Shaved Imported Prosciutto, Manchego, Truffle Honey

HOT

EARTH

Caramelized Black Mission Fig, Bleu Cheese, Truffle Honey
Mini Grilled Cheese, Tomato Basil Soup Shooter

SEA

Pancetta Wrapped Shrimp, Mango Glaze
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
Mini Maryland Lump Crab Cakes, Remoulade

LAND

Chicken Dumplings, Tamari
Masa Harina Crusted Fried Chicken, Orange Horseradish Dip

If you have a special event with a need for specialized menus or services, please don't hesitate to contact us. To give us the opportunity to better serve your special occasion, we kindly request it be booked with 7 days advanced notice. The same is requested for multi-day events or events with 50+ guests.

We also offer wait staff, equipment/linens rentals, floral arrangements. Beer and Wine service is available (with Everest alcohol purchase) upon request. We are here to help! Don't hesitate to contact one of our experts.

Pat Gomez (patricia.gomez@compass-usa.com)

Room re-configuration needs to be scheduled with CBRE. Please contact Kim Wallis (Kim.Wallis@cbre.com).

Desserts

DESSERT BAR

8.75

A Curated Selection of Bars, Cakes, Cookies, Parfaits, Tarts & More

ICE CREAM SOCIAL *Call to Plan Your Event*

Assorted Ice Creams and Toppings with Attendant

*** 7-day notice required ***

PERSONALIZED CAKES

Quarter Sheet (Serves 15-20 People) 108.00

Half Sheet (Serves 30-40 People) 145.00

Full Sheet (Serves 60-75 People) 295.00

Choose from the Following Cake Flavors:

Yellow, Chocolate, Red Velvet

Fillings:

Strawberries, Chocolate, Cannoli, Vanilla Cream, Pineapple, Chocolate Fudge

Frosting:

Cream Cheese Butter Cream, Chocolate Mousse, Vanilla Mousse

Specialty Cakes *Extra Charges will Apply*

Carrot, Triple Chocolate Layer, German Chocolate, Strawberry Shortcake, Tres Leches

Bringing your Own Cake?

Add Plates, Cake Cutter, Forks, Napkins 3.00