

Catering



Food by FLIK

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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.

At **FLIK**, **every customer** is our priority.

Ordering Info

Please place orders online here: [catering orders](#)

If you need any assistance, please contact Matthew Watts: 404-710-1489 or at matthew.watts@compass-usa.com

Orders need placed by 2:00 PM for the following day, Saturdays & Sundays are excluded. Therefore Monday catering orders need placed Friday by 2 pm. 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. However, due to our open kitchens, we cannot guarantee that items will be completely "free" of any ingredient.

Delivery and Service Fees

There are no service fees for any pickup orders, delivery orders under \$100 is a flat \$10 fee, and a 15% service fee is added on all delivered catering orders provided they are during normal operating hours. Late order requests will have a \$150 fee added for all orders within 24 hours and for receptions placed within 72 hours.

Cancellation Policy

Standard orders cancelled with at least 24 hours' notice will not be charged. If less than 24 hours' notice is provided, 100% of the estimated charge will be charged. Reception orders need cancelled with at least 48 hours' notice or they will be charged at a 100% of the order confirmation.

Special Events

Our catering manager will be happy to assist you with your next special function. We offer wait staff, equipment rentals, and a variety of other non-food services. Bar service is available upon request. Please allow at least a 10-business day lead time for all rentals. Events requiring a server, bartender, dishwasher, culinarian, or dedicated attendant will be charged \$50 per hour per staff member, with a four-hour minimum. Additional Fees or Chef Attendant Fees may apply. Additional charges, including staffing, will apply to all events that are scheduled or run after/after 4:00pm. Events after 4:00pm have a minimum of 35 guests.

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

INDIVIDUAL BEVERAGE ADDITIONS:

minute maid orange juice	2.00
minute maid cranberry juice	2.00
minute maid apple juice	2.00
coffee (96 fl. oz. box) – serves 8	28.00
decaf coffee (96 fl. oz. box) – serves 8	28.00
coffee (per person, minimum of 10)	3.50
decaf coffee (per person, minimum of 10)	3.50
teavana hot tea (96 fl. oz. box) – serves 8	28.00
teavana hot tea (per person, minimum of 10)	3.50
dasani water	2.00
smart water	2.50
san pellegrino	3.00
coca-cola	2.50
diet coke	2.50
coke zero sugar	2.50
sprite	2.50
sprite zero	2.50
gold peak unsweet tea	3.00
gold peak sweet tea	3.00
simply lemonade	3.00
red bull 8.4 oz.	4.00
sugar free red bull 8.4 oz.	4.00

Breakfast Simplified

BREAKFAST SANDWICHES: (minimum 10)

choose any 3

bacon, egg, cheese croissant	6.75
bacon, egg, cheese biscuit	6.75
bacon, potato, egg, cheddar burrito	7.25
sausage, egg, cheese english muffin	6.75
sausage, egg, cheese biscuit	6.75
sausage, potato, egg, american burrito	7.25
egg, cheese croissant - V	6.75
egg, potato, peppers & onions, cheddar burrito - V	7.25

BYO PASTRY BOX: (minimum 10)

choose any 3

blueberry muffin - V	2.50
chocolate muffin - V	2.50
cherry danish - V	2.50
croissant - V	2.50
chocolate croissant - V	2.50
pumpkin bread - V	3.00
spinach & feta filled croissant - V	6.00
bacon & cheese filled croissant	6.00

BAGEL BOX: (minimum 10)

everything bagel	4.00
asiago bagel	4.00
blueberry bagel	4.00
plain bagel	4.00
add tomato, red onion, capers, smoked salmon	5.00

INDIVIDUALS:

seasonal hand fruit - FIT – V+	1.75
strawberry fruit cup - FIT – V+	3.50
mixed berry cup - FIT – V+	3.50
vanilla yogurt, berries, granola parfait	4.50
strawberry yogurt, berries, granola parfait	4.50

Breakfast

BYO YOGURT PARFAIT veg (minimum 10 guests) 10.50
greek yogurt, vanilla yogurt, strawberry yogurt, blueberries, strawberries, dried cranberries, honey, toasted coconut, chia seeds, granola

HEALTHY START (minimum 10 guests) 14.00
peppers, tomato, onion egg white scramble, chicken sausage, salsa, avocado, steel cut oatmeal, cinnamon, dried cranberry, brown sugar, blueberries

SOUTHERN BREAKFAST (minimum 10 guests) 15.00
cage-free scrambled eggs, buttermilk biscuits, sausage gravy, bacon, hashbrown patty, fruit

ALL AMERICAN BREAKFAST (minimum 10 guests) 18.00
mini muffins, pastries, tea bread, seasonal fruit platter, cage-free scrambled eggs, potato hash: choice of two: bacon, pork sausage, chicken sausage, vegetarian sausage

BREAKFAST SANDWICHES (minimum 10 guests)
choose any 3

Selection of breakfast sandwiches to include:

- Bacon, cage free egg, American buttermilk biscuit 6.25
- Bacon, cage free egg, American, plain bagel 6.75
- Bacon, cage free egg, cheddar, croissant 7.75
- Sausage, cage free egg, cheddar, buttermilk biscuit 6.25
- Sausage, peppers & onion, cage free eggs, red potato hash, cheddar cheese, salsa, burrito 7.00
- Crispy fried chicken biscuit, cage free eggs 6.25
- Chicken sausage, egg whites, cheddar, English muffin 6.25
- Ham, cage free egg, American cheese, croissant 7.75
- Egg, American cheese, English muffin – **FIT - V** 6.25
- Cage free egg, peppers & onions, cheddar cheese, salsa, burrito – **V** 6.75
- Vegetarian sausage, cage free egg, cheddar, biscuit - **V** 6.25

Breakfast

INDIVIDUALS

hard boiled egg	2.00
biscuits	2.00
hashbrown patty	3.00
red potato hash peppers onions	3.50
seasonal fruit display	4.00
bacon	4.00
sausage	4.00
chicken sausage	4.00
vegetarian sausage	4.00
vanilla yogurt, berries, granola parfait	4.50
strawberry yogurt, berries, granola parfait	4.50
greek yogurt, berries, granola parfait	4.50
blueberry muffin	2.50
chocolate muffin	2.50
cherry danish	2.50
croissant	2.50
chocolate croissant	2.50
pumpkin bread	3.00
spinach & feta filled croissant	6.00
bacon & cheese filled croissant	6.00
everything bagel	4.00
asiago bagel	4.00
blueberry bagel	4.00
plain bagel	4.00

Box Lunches

INDIVIDUAL & GROUP BOX LUNCHES: (minimum 10)
comes with kettle chips and choice of cookie or hand fruit
Choose any 4

balsamic roasted vegetables, arugula, goat cheese, whole wheat tortilla - V	11.25
fresh mozzarella, tomato, basil, balsamic, telera roll - V	11.25
roasted curried cauliflower banh mi, pickled veggies, sriracha mayo, baguette - V	11.25
smoked ham, arugula, swiss, pretzel roll	12.25
smoked turkey, cabbage slaw, swiss, rye	12.25
ham, turkey, bacon club, lettuce, tomato, swiss, sourdough bread	12.25
grilled pesto chicken, fresh mozzarella, telera roll	12.25
grilled sweet chili glazed chicken banh mi, pickled veggies, sriracha mayo, baguette	12.25
grilled buffalo chicken wrap, lettuce, blue cheese, tomato, whole wheat tortilla	13.25
smoked turkey fajita wrap, avocado, peppers, pepper jack, flour tortilla	13.25
grilled chicken caesar wrap, romaine, parmesan, spinach tortilla	13.25
chicken salad croissant, lettuce, tomato	13.25
tuna salad croissant, lettuce, tomato	13.25
Italian combo, ham, salami, pepperoni, provolone, arugula, roasted red peppers, italian roll	13.25
roast beef, horseradish aioli, crispy onions, arugula, pretzel roll	14.25

Salads

caesar salad, romaine, croutons, parmesan, tomatoes, asiago caesar dressing	11.75
mediterranean salad, romaine, chickpeas, olives, cucumber, tomato, onion, feta, lemon vinaigrette - V	11.75
fall salad, spinach, romaine, apple, butternut squash, cranberry, pumpkin seeds, carrots, onion, balsamic - V+	12.75
cobb salad, romaine, bacon, boiled egg, carrots, cucumber, blue cheese, croutons, ranch	12.75
quinoa, arugula, crispy brussels sprouts, carrots, edamame, cucumber, fennel, oranges, citrus vinaigrette	12.75

Add to your salad:

grilled chicken	2.00
blackened salmon	4.00
sautéed shrimp	4.00
grilled flank steak	5.00

Lunch Simplified

PIZZA:

18" pizzas containing 8 slices

requires 48 hour notice

cheese pizza - V	20.00
roasted vegetable pizza - V	22.00
pepperoni pizza	22.00
four meat pizza	24.00
sausage, pepperoni, peppers, onions, mushrooms	24.00

INDIVIDUALS:

coleslaw - V	1.75
caprese pasta salad, tomato, mozzarella, basil, pesto vinaigrette - V	1.75
caesar salad, asiago caesar dressing	1.75
garden salad, balsamic vinaigrette – V+ - FIT	1.75
assorted cookies	1.50
ghirardelli triple chocolate chip brownie	2.00
lemon shortbread bar	3.00
deep river chips - original	2.50
deep river chips – bbq	2.50
deep river chips – jalapeno	2.50
deep river chips – rosemary & olive oil	2.50
deep river chips – sea salt & vinegar	2.50
deep river chips – maui onion	2.50
trail mix	4.00

Deli

**sandwiches are a la carte & individually wrapped & served on platters: minimum 10 guests
choose any 4 sandwiches**

ALL AMERICAN FAVORITES 10.50

- smoked ham, arugula, swiss cheese, pretzel roll
- grilled buffalo chicken wrap, lettuce, tomato, bleu cheese, whole wheat tortilla
- smoked turkey, cabbage slaw, swiss, rye bread
- ham, turkey, bacon club, lettuce, tomato, swiss, sourdough bread
- smoked turkey fajita wrap, avocado, peppers, pepper jack, flour tortilla
- chicken salad croissant, lettuce, tomato
- tuna salad croissant, lettuce, tomato
- roast beef, horseradish aioli, crispy onions, arugula, pretzel roll
- balsamic roasted vegetables, arugula, goat cheese, whole wheat tortilla - **V**

ITALIAN 10.50

- italian combo, ham, salami, pepperoni, roasted peppers, arugula, provolone, italian roll
- grilled chicken caesar wrap, shredded romaine, parmesan, spinach tortilla
- grilled pesto chicken, fresh mozzarella cheese, telera roll
- caprese, fresh mozzarella, tomato, fresh basil, balsamic glaze, telera roll - **V**

BANH MI 10.50

pickled vegetables, cilantro, sriracha mayo on baguette

- roasted curried cauliflower - **V**
- grilled sweet chili glazed chicken

SIDES

seasonal hand fruit – V+ - FIT	1.75
assorted deep river kettle chips	2.50
baby green salad, balsamic – V+ - FIT	4.00
caesar salad	4.00
caprese pasta salad, tomato, mozzarella - V	4.00
assorted cookies	1.50
ghirardelli triple chocolate chip brownie	2.00
lemon shortbread bar	3.00

BYO Salad Bowl

minimum 10 guests PICK 2 GRAINS & GREENS

6.50

- baby mesclun greens
- romaine
- spinach
- arugula
- quinoa
- farro

TOPPINGS

0.75 EACH

- tomatoes
- cucumbers
- carrots
- broccoli
- avocado
- red onions
- bell peppers
- roasted butternut squash
- radish
- roasted brussels sprouts
- roasted beets
- roasted sweet potatoes
- kalamata olives
- chickpeas
- olive oil herb croutons
- cheddar
- parmesan
- feta
- sunflower seeds
- pumpkin seeds

PROTEINS

- lemon pepper grilled chicken breast **3.00**
- sauteed old bay shrimp **4.00**
- citrus marinated grilled salmon **5.00**
- peppercorn crusted flank steak **6.00**
- crispy tofu vegan **3.00**

DRESSINGS

- balsamic vinaigrette
- buttermilk ranch
- asiago caesar
- lemon thyme vinaigrette
- cranberry vinaigrette
- maple vinaigrette

Bowls

BOWLS: (minimum 10 guests with a 48-hour notice)

MEDITERRANEAN HUMMUS BOWL - V 12.00

tabbouleh, arugula, hummus, roasted eggplant, carrots, cucumber, tomatoes, crispy chick peas, feta cheese, kalamata olives, tzatziki sauce, grilled flatbread

Add a Protein:

<i>chicken swarma</i>	5.00
<i>lemon oregano shrimp</i>	6.00
<i>mediterranean beef meatball</i>	7.00
<i>falafel - V+</i>	5.00

KOREAN RICE BOWL 12.00

sticky rice, romaine, kim chi, pickled cucumbers, mushrooms, carrots, edamame, green onion, cilantro, sesame ginger dressing

Add a Protein:

<i>crispy korean chicken</i>	5.00
<i>sweet chili shrimp</i>	6.00
<i>beef bulgogi</i>	7.00
<i>crispy gochujang tofu - V+</i>	5.00

BURRITO BOWL - V 12.00

cilantro lime rice, black beans, guacamole, pico de gallo, roasted tomato salsa, shaved lettuce, cheddar, jalapenos, lime crema, tortilla chips

Add a Protein:

<i>chipotle chicken</i>	5.00
<i>fajita shrimp</i>	6.00
<i>tex-mex ground beef</i>	6.00
<i>tofu "chorizo" - V+</i>	5.00

MAC & CHEESE BOWL 12.00

creamy 3 cheese mac & cheese, spring mix, broccoli, tomato, sauteed mushrooms, green onions, jalapeno, ham, blue cheese, ranch

Add a Protein:

<i>grilled buffalo chicken</i>	5.00
<i>bbq shrimp</i>	6.00
<i>beef chili</i>	6.00
<i>bbq tofu - V+</i>	5.00

(minimum 10 guests & 48-hour notice)

Lunch Buffets

AMERICAN BBQ

creamy 3 cheese macaroni & cheese, braised vegetarian collard greens

Choose a Protein:

<i>pulled bbq pork</i>	16.00
<i>grilled bbq spiced chicken</i>	16.00
<i>slow roasted bbq beef brisket</i>	20.00

CLASSIC ITALIAN

penne primavera, roasted broccoli, garlic bread

Choose a Protein:

<i>chicken parmesan</i>	16.00
<i>shrimp fra diavolo</i>	16.00
<i>eggplant parmesan - V</i>	16.00

SPIRIT OF INDIA

basmati rice, cabbage & cauliflower poryial, cucumber raita, naan bread

Choose a Protein:

<i>chicken tikka masala</i>	16.00
<i>butter chicken</i>	16.00
<i>channa masala chickpeas - V+</i>	16.00

TASTE OF CHINA

jasmine rice, wok fried vegetables

Choose a Protein:

<i>ginger orange chicken</i>	16.00
<i>beef & broccoli, oyster sauce</i>	18.00
<i>buddha delight tofu, veggies, teriyaki - V+</i>	16.00

CONTINENTAL

garlic mashed potatoes, balsamic roasted asparagus & roma tomatoes

Choose a Protein:

<i>grilled tenderloin, demi sauce</i>	27.00
<i>maple dijon glazed salmon</i>	21.00

FALL HARVEST

sweet potato puree, green bean onions & mushrooms

Choose a Protein:

<i>herb roasted turkey breast, pan gravy</i>	16.00
<i>brown sugar orange glazed ham</i>	16.00



Lunch Buffets (cont.)

(minimum 10 guests with a 48 hour notice)

ADD AN ENTREE

- pulled bbq pork 8.00
- grilled bbq spiced chicken 8.00
- slow roasted bbq beef brisket 12.00
- chicken parmesan 8.00
- shrimp fra diavolo 8.00
- eggplant parmesan - **V** 8.00
- chicken tikka masala 8.00
- butter chicken 8.00
- channa masala - **V+** 8.00
- ginger orange chicken 8.00
- beef & broccoli, oyster sauce 10.00
- buddha delight tofu, veggies, teriyaki - **V+** 8.00
- grilled beef tenderloin, demi sauce 19.00
- maple dijon glazed salmon 13.00
- herb roasted turkey breast, pan gravy 8.00
- brown sugar orange glazed ham 8.00

ADD A SALAD

- baby greens, tomato, carrot, cucumber, balsamic vinaigrette **V+ FIT** 5.00
- caesar salad, romaine, tomato, parmesan cheese, croutons 5.00
- fall salad, spinach, romaine, honey roasted butternut squash, radish, apples, cranberry, pumpkin seeds, maple vinaigrette - **V+** 5.00
- asian salad, iceberg, nappa cabbage, red cabbage, carrots, cucumber, tomato, edamame, orange ginger dressing - **V+** 5.00

ADD A DESSERT

- assorted cookies, chocolate chip, sugar, oatmeal raisin 1.50
- ghirardelli triple chocolate chip brownie 2.00
- lemon shortbread bar 3.00
- assorted cupcakes 4.00
- tiramisu 6.00
- new york cheesecake, strawberries 6.75

Breaks

(minimum 10 each)

AM PROTEIN POWER BREAK 7.25

cage free hard cooked eggs, prosciutto, smoked turkey swiss pinwheel, dried fruit pumpkin seed trail mix, crostini

SMOOTHIE SHOOTERS 5.50

- Strawberry banana - **V**
- mango pineapple - **V**
- berry & kale - **V**

FRUIT & DIP 5.50

strawberries, cantaloupe, pineapple, honey lime yogurt dip

TORTILLA CHIP BAR 5.50

corn tortillas, guacamole, black bean salsa, pico de gallo - **V+**

GRILLED AND RAW CRUDITES 6.00

grilled squash, asparagus, raw carrots, red peppers, radishes, cucumber, chipotle ranch and blue cheese dips, baked pita chips - **V**

BRUSCHETTA BREAK 5.50

crostini, tomato parmesan basil, olive tapenade, cranberry pear - **V**

HUMMUS BREAK 4.50

traditional hummus, roasted red pepper hummus, pita chips - **V+**

CHIP & DIPS 6.00

kettle chips, pretzels, pimento cheese, ranch, spinach dip - **V**

SNACK MIX - V 4.00

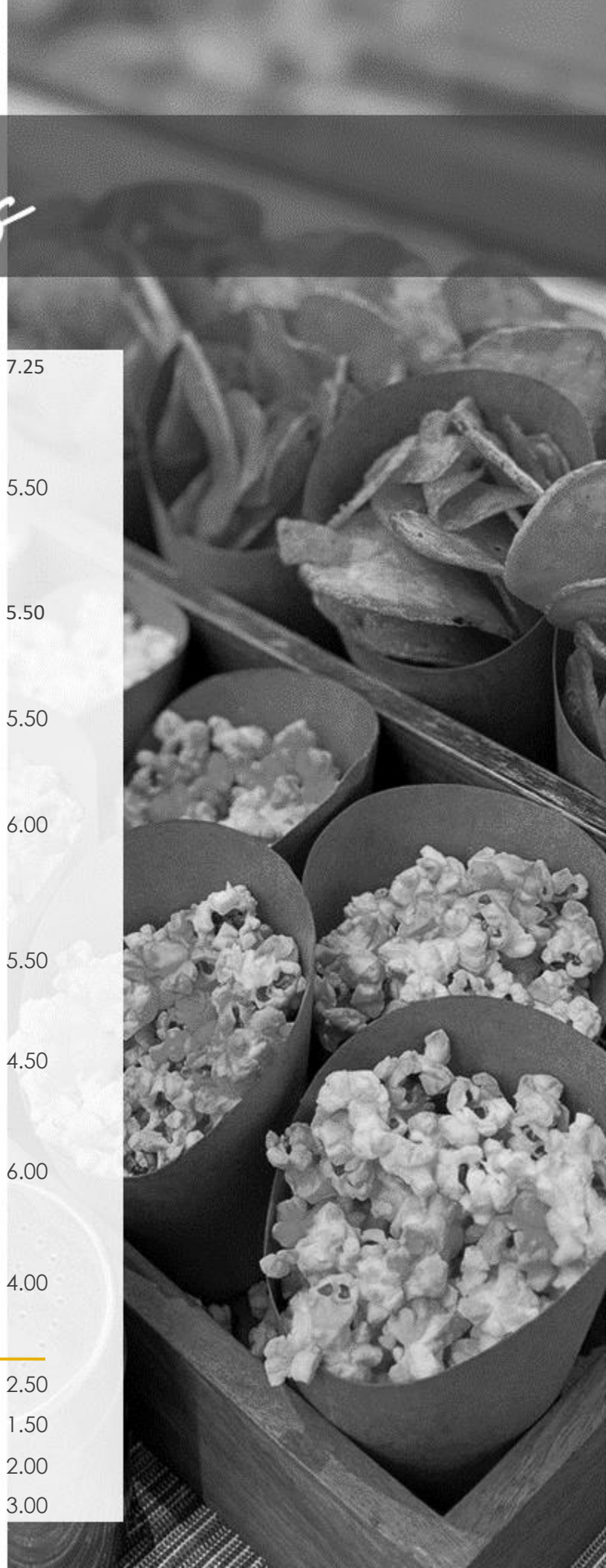
pretzels, rye chips, banana chips, m&m's, dried fruit

SUNBUTTER ENERGY BITES 2.50

ASSORTED COOKIES 1.50

GHIRARDELLI TRIPLE CHOCOLATE BROWNIE 2.00

LEMON SHORTBREAD BAR 3.00



Celebrations

(72-hour notice required)

all menu items are per person

ARTISAN CHEESE 11.00

a selection of domestic, imported, and local cheeses, dried fruits, seasonal fresh fruits, crisps, flatbreads, crostini - **V**

CHARCUTERIE 11.00

imported prosciutto, genoa salami, capicola, country pate, pickles, olives, mustards, flatbreads, artisan breads

MEZZE 12.00

baba ganoush, hummus, tzatziki, grilled vegetables, tabbouleh, marinated olives, pita chips, flatbreads - **V**

SUSHI & SASHIMI 17.00

assorted sushi & sashimi, nigiri, specialty rolls, california roll, vegetarian rolls, wasabi, pickled ginger, soy sauce

BEER & WINE BAR 18.00

FULL BAR 25.00

All alcohol needs VP approval before being ordered. Please email approvals to: employee.experience@nscorp.com

LABOR (CHARGES ARE PER HOUR) 50.00

- bartenders
- servers
- chef attendants
- dishwashers

All labor requires a 4-hour minimum, time above that will be based on the length of the event.

RENTALS

- 60" round tables 13.50
- 4'x8' stage piece 140.00
- stairs for stage 85.00
- linen for round tables 22.00
- skirt for stage 63.00

Rental company charges delivery fee and labor based on order size. 10 business day lead time required for rentals.

Hong D'Oeuvres

(72-hour notice required)

COLD

EARTH | 42.00 per dozen

burrata, crostini, basil marinated tomatoes - **V**
beet tartar, goat cheese, crisp capers, whole grain toast - **V**
kung pao brussels sprouts, toasted spiced pumpkin seeds - **V+**
oyster mushroom "tinga" mini taco, pickled onion, crema - **V**

LAND | 57.00 per dozen

sliced sirloin, tuscan crisp, tomato fondue
shaved imported prosciutto, manchego, truffle honey
pimento cheese, bacon, jalapeno, open face tartin, cilantro
curried chicken salad, dried apricot, grapes, puff pastry puff

SEA | 63.00 per dozen

rock shrimp ceviche, coconut milk, serrano, micro cilantro
tuna tataki, jalapeno, wakame, ponzu sauce
salmon gravlax, everything spiced crisp, dill, crème fraiche
shrimp & avocado tostada, pico de gallo

HOT

EARTH | 42.00 per dozen

vietnamese spring roll, shitake, carrots, ginger sauce - **V+**
tempura mushrooms & asparagus, tentsuyu sauce - **V+**
fried cheese curds, pepper jelly, ranch - **V**
wild mushroom, phyllo dough, boursin cheese - **V**

LAND | 57.00 per dozen

beef ricotta meatballs, marinara sauce
grilled steak skewer, chimichurri sauce
pork belly, cheddar cheese grits
crispy chicken, biscuit, hot honey

SEA | 63.00 per dozen

salmon sushi cup, sticky rice, nori, spicy mayo, green onion
coconut shrimp, sweet and sour pineapple dipping sauce
mini maryland lump crab cakes, remoulade
lobster mac & cheese bites

Desserts

(72-hour notice required)

DESSERT BARS 5.00

meltaway bars, marble cheese truffle bars, oreo dream bars, luscious lemon square bars

ICE CREAM SOCIAL 8.50

vanilla ice cream, chocolate ice cream, whipped cream, m&m's, chocolate chips, crushed oreos, sprinkles, strawberries, chocolate sauce

CUPCAKES 4.00

See below for flavors

PERSONALIZED CAKES

3 layer 9" round (serves 14-16 people)	50.00
2 layer quarter sheet (serves 20-24 people)	55.00
2 layer half sheet (serves 40-48 people)	95.00
2 layer full sheet (serves 80-96 people)	205.00

Choose from the Following Cake & Cupcake Flavors:

red velvet, carrot (no nuts), chocolate chocolate, yellow, white, raspberry white chocolate, Italian Cream

Additional cake flavors may be available upon request.

Frosting:

chocolate buttercream, vanilla buttercream, caramel buttercream, cream cheese frosting

Extras (5 business day lead time)

edible image for cake	10.00
fondant discs for cupcakes	2.00 each