

Created with *you* in mind

CATERING

Jacksonville

MCKESSON

Food by FLIK

2023



Table of CONTENTS

Welcome	1
BEVERAGES	2
BREAKFAST	3
SANDWICHES	4
BYO SALAD	5
LUNCH BUFFETS	6
LET'S TAKE A BREAK	7

At FLIK, *every customer* is our priority.

Welcome

For all orders, call 757.254.6652,
email
our Chef Manager at
marco.gravedeperalta@compass-usa.com



To ensure availability and secure delivery times, we encourage you to place catering orders at least 24 hours prior to your event. 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.

Delivery and Service Fees

There are no service fees for any FLIK catered service provided during normal operating hours; after-business hours may require a service charge.

Cancellation Policy

Standard orders cancelled with at least 24 hours' notice will not be charged. If less than 24 hours' notice is given, and the items have not already been prepared, no charges will be incurred. If some or all of the order has been prepared, a cancellation fee will be assessed.

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.



Refreshing BEVERAGES

Prices are per guest

Full Beverage Service 5.75
Regular and Decaffeinated Coffee, Hot Tea, Assorted Soft Drinks, Still & Sparkling Water

Morning Beverages 5.95
Regular and Decaffeinated Coffee, Hot Tea, Freshly Squeezed Orange Juice, Still & Sparkling Water

Coffee Time 3.30
Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Tea Service 2.45
Hot Teas, Still & Sparkling Water

Soft Beverage Service 2.75
Soft Beverages, Still & Sparkling Water

Water Service 1.95
Still & Sparkling Water

Additional Beverages

Prices are per guest

Iced Tea	1.95	Freshly Squeezed Lemonade	2.10
Hot Chocolate	2.10	Seasonal Aqua Fresca	2.10
Freshly Squeezed OJ	3.45	Fruit Smoothie Strawberry, Pineapple, Mixed Berry	3.85

Eye Opening BREAKFAST

Prices are per guest

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	4.75
Fresh Fruit Platter	4.75
Assorted Yogurt Cups	2.95
Bagels and Cream Cheese	2.75
Freshly Squeezed Orange Juice	3.50
Freshly Brewed Iced Tea	1.95
Freshly Brewed Iced Coffee	1.95

Breakfast Sandwiches 19.75

Selection of breakfast sandwiches to include:

- Egg Whites, Spinach, Turkey Bacon, Alpine Lace Swiss Cheese, Flatbread
- Pork Sausage, Egg, American Cheese, Toasted English Muffin
- Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito
- Egg White, Vegetable Frittata on Sandwich Thin

Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Continental Breakfast 11.85

Freshly Baked Mini Muffins, Scones, Bagels, Pastries and Croissants, Butter, Preserves, Cream Cheese, Seasonal Sliced Fruit, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Healthy Start 13.80

Freshly Baked Mini Muffins, Tea Bread, Whole Grain Raisin Walnut Bread, Yogurt, Granola, Raisins, Sliced Seasonal Fruit Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Greek Yogurt Bar 13.80

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Avocado Toast Bar 14.50

Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Fresh Dill, Cilantro Sprigs, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Executive Breakfast Buffet 19.75

French Toast, Pure Maple Syrup, Scrambled Eggs and Ham (Egg Whites or Just Egg Available Upon Request), Smoked Bacon, Sausage Patties, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Hot Cereal Bar 7.35

Oatmeal, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Freshly Squeezed Orange Juice, Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water

Specialty SANDWICHES

Prices are per guest

Lunch Additions

Soup of the Day	3.25
Side Salad	2.25
House Made Guacamole & Tortilla Chips	5.25
Fresh Fruit Platter	4.75



Deli Platter 21.95

Protein: In-House Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheese: American, Swiss, Provolone, Pepper Jack Cheese.

Toppings: Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers.

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

Flatbreads and Paninis 22.95

Crispy Pancetta, Arugula, Fresh Mozzarella, Fig Balsamic Glaze Flatbread, Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini, Chicken, Sliced Strawberry, Spinach, Smoked Gouda Panini, Grilled Vegetable, Red Pepper Hummus, Sandwich Thin

Specialty Sandwich Spread 23.95

Assortment of Five Chef Selected Sandwiches Provided

Sample Menu

- House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette
- Smoked Ham, Arugula, Swiss Cheese, Ciabatta
- Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette
- Heirloom Tomato, Sliced Avocado, Black Bean Spread, Mini Telera Roll
- Cajun Shrimp Salad, Toasted Roll

Included with Platters & Specialty Sandwich Spreads:

Mixed Green Salad, Grain Salad, House Made Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water



Build Your Own

SALADS

Prices are per guest

Harvest Salad

20.25

Crisp Romaine Lettuce, Baby Spinach Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots, Peppers, Seasonal Grilled Vegetables, Grated Parmesan, Crumbled Feta Cheese, Two House Made Dressings

Grain Salad

22.25

Mixed Baby Greens, Arugula, Quinoa, Wheat Berries, Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Broccoli, Cauliflower, Chopped Walnuts, Sunflower Seeds, Goat Cheese, Parmesan Cheese, Two House Made Dressings

Cobb Salad

22.25

Iceberg Wedges, Arugula, Tomatoes, Roasted Corn, Fresh Avocado, Chopped Egg, Red Onion, Cucumber, Crumbled Bacon, Crumbled Bleu Cheese, Two House Made Dressings

Add (2) Proteins to any salad choice

- Grilled Marinated Chicken Breast
- Lemon Pepper Spiced Shrimp
- Balsamic Grilled Flank Steak
- Herb Marinated Salmon

Included with salad choice

Mixed Green Salad, Grain Salad, House Made Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

Specialty

LUNCH BUFFETS

Prices are per guest

Chef's Table Buffet 23.95

choose 2 entrees

Poultry

- Chicken Parmigiano, Marinara Sauce
- Oven Roasted Turkey, Rosemary Gravy
- Chicken Teriyaki

Meat

- Seared Beef Tenderloin, Demi Glace
- Sundried Tomato, Spinach, Mozzarella Stuffed Pork
- Grilled Flank Steak, Chimichurri

Seafood

- Seared Salmon Filet, Corn Relish
- Cajun Blackened Catfish
- Shrimp Scampi

Vegetarian/ Plant Based

- Eggplant Parmigiano
- Penne Pasta, Beyond Sausage
- Chipotle BBQ Tempeh Meatloaf

Included with your selection

Mixed Green Salad, Grain Salad, House Made Dressing, FLIK Potato Chips, Hand Fruit, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

American BBQ 24.95

BBQ Beef Brisket, Pulled Pork, Glazed Cauliflower Steak, Cole Slaw, Braised Local Greens Caramelized Onions, Mixed Green Salad, Ranch Dressing, Corn Bread, Honey Butter

Classic Italian 24.95

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

Taqueria 23.95

Served with Flour Tortillas. Chicken Tinga, Pork Carnitas, Chili Spiced Black Beans, Cilantro Rice, Fajita Vegetables, Tortilla Chips, House Made Guacamole, Fire Roasted Tomato Salsa, Mexican Crema, Pickled Red Onions, Cilantro, Limes

Ambient Lunch 24.95

Lemon Poached Salmon, Balsamic Grilled Chicken, Grilled Seasonal Vegetable Platter, Tri Color Carrots, German Potato Salad

Southeast Asia 24.95

Vietnamese Caramel Chicken, Lemongrass Ginger Shrimp, Sweet Chili Tofu, Jasmine Rice, Green Curry Coconut Vegetables, Asian Edamame Salad, Sesame Ginger Dressing

Spirit of India 24.95

Chicken Tikka Masala, Coconut Curry Shrimp, Chana Masala, Steamed Basmati Rice, Roasted Cauliflower, Tomato Chutney, Naan Bread

Mediterranean 24.95

Chicken Oreganato, Classic Moussaka, Steamed Brown Rice, Artichokes, Tomato, Olives, Hummus, Grilled Asparagus, Marinated Greek Vegetable Salad, Cucumber Raita, Pita

Included with each spread

Mixed Green Salad, Grain Salad, House Made Dressing, Sliced Fruit Platter, Freshly Baked Cookies, Specialty Desserts, Assorted Soft Beverages, Still & Sparkling Water

Let's Take a BREAK

Prices are per guest

AM BREAK

- Build Your Own Parfait 4.25**
Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Wheat Germ, Granola
Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water
- Mini Biscuits 4.95**
Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese, Egg White and Turkey Bacon,
Regular and Decaffeinated Coffee, Hot Teas, Still & Sparkling Water
- Smoothie Shooters 3.85**
Strawberry Banana, Golden Pineapple Ginger,
Creamsicle, Home Made Flax Seed Granolas Bars
Morning Trail Mix
- Tea and Scones 7.35**
House Made Assorted Scones, Devonshire Cream,
Assorted Jams, Hot Teas, Still & Sparkling Water
- Pound Cake Break 7.35**
Assorted Miniature Pound Cakes, Whipped Cream,
Seasonal Berry Compote, Regular and Decaffeinated
Coffee, Hot Teas, Still & Sparkling Water

PM BREAK

- Tortilla Chip Bar 5.75**
Regular and Baked Corn Tortillas,
Fried Plantain Chips, Guacamole,
Black Bean Salsa, Corn Tomato
Salsa, Sour Cream, Jalapeno
Cheese Sauce, Assorted Soft
Beverages, Still & Sparkling Water
- Pretzel Bites 4.95**
Honey Mustard, Horseradish
Mustard, Spicy Mustard, Queso
Dip, Assorted Soft Beverages, Still &
Sparkling Water
- Grilled and Raw Vegetables 7.95**
Grilled Eggplant, Zucchini, Summer
Squash, Asparagus, Raw Carrots,
Red Peppers, Radishes, Red
Pepper Hummus, Baked Pita
Chips, Assorted Soft Beverages, Still
& Sparkling Water
- Bruschetta Break 4.95**
Assorted Crisps and Flatbreads
Tomato Basil, Kalamata Olive,
Cranberry Pear, Assorted Soft
Beverages, Still & Sparkling Water
- Hummus Break 4.95**
Traditional Chickpea Hummus,
Roasted Red Pepper Hummus,
Assorted Crisps and Pita Chips
Assorted Soft Beverages, Still &
Sparkling Water
- Air Popped Popcorn Break 4.95**
Sweet Caramel Spiced Popcorn
White Cheddar Popcorn
Cinnamon Toast Popcorn
Assorted Soft Beverages, Still &
Sparkling Water
- Cookie Break 6.95**
Chocolate Chip Cookies,
Oatmeal Cookies,
Snickerdoodles, Peanut Butter
Cookie, Regular and
Decaffeinated Coffee, Hot
Teas, Still & Sparkling Water
- Artisan Cheese 11.50**
A Selection Of Domestic,
Imported and Local Cheeses,
Dried and Seasonal Fruits, Crisps,
Flatbreads and Crostini, Assorted
Soft Beverages, Still & Sparkling
Water

OTHER BREAK SELECTIONS

- | | | | |
|-----------------------------|------|-------------------------|------|
| Sliced Fruit Platter | 4.75 | Mini Cupcakes | 2.90 |
| Crudite with Dip | 3.40 | Chocolate Dipped Fruit | 2.65 |
| Hummus and Pita | 3.70 | Health Bars | 4.85 |
| Freshly Baked Cookies | 2.65 | Cheese and Flatbreads | 9.45 |
| Brownie Bars | 2.90 | Mini Specialty Desserts | 3.70 |
| Tortilla Chips w/ Guacamole | 4.70 | | |
| Whole Fruit | 2.60 | | |
| Chips and Pretzels | 3.00 | | |
| Popcorn | 3.00 | | |