

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

To ensure availability and secure delivery times, we encourage you to place catering orders by 2:00 PM for the following day. 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.

For All Orders, Call Our Office 484-618-0142
Email cateringteam_PA@vanguard.com

2026 SPRING / SUMMER

Seasonal Menu

BREAKFAST

Roasted Tomato, Basil and Mozzarella Quiche

Smoked Mozzarella and RRP Frittata

Mini Citrus Olive Oil Cake

Lemon Meringue Overnight Oats

Coconut Chia Pudding, Macerated Berries

Grain Bowl - Quinoa or Farro, Hard Boiled Egg, Cucumber, Tomato.
Choice of Smoked Salmon/Tzatziki or Chicken Apple
Sausage/Maple Greek Yogurt

SALAD

Lemon Orzo, Herb and Roasted Vegetable Salad, EVOO

Mediterranean Chopped Salad – Tomato, Cucumber, Red Bell Pepper, Chickpeas, Red Onion, Kalamata, Pepperoncini, Feta, Lemon Oregano Vinaigrette

SANDWICHES

Prosciutto, Blue Cheese, Arugula, Fig Jam

Roasted Turkey, Baby Spinach, Whipped Blueberry Goat Cheese, Croissant

2026 SPRING / SUMMER Seasonal Menu

ENTREES

Smoked Beef Brisket Texas Chili, Pickled Jalapeno/Red Onion, Jalapeno Cheddar Cornbread

Crab, Corn and Red Pepper Quesadilla, Smoked Tomato Roja, Wild Mushroom Tagliatelle – Spring Onions, Cream

SIDES

Sage Infused Browned Butter Mashed Sweet Potatoes

Cauliflower Gratin

Roasted Parsnips and Carrots

Snacks/Dessert

Banana Pudding Parfait

Blueberry Crumble Bars

Honey Ricotta with Berries and Chocolate Biscotti Crumble

HORS D'OEUVRE

Glamorgan – 3 Cheese Croquette

Salmon Leek and Gruyere Cakes, Dijon Cream Sauce

Mini Pupusa, Cortido Verde, Cotija

Mini Hot Dogs

Crab and Corn Fritters, Herb Aioli

Beverages

FULL BEVERAGE SERVICE

Regular and Decaffeinated Coffee, Dammann Freres Teas, Assorted Soft Drinks, Still & Sparkling Water	7.11
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COFFEE SERVICE

Regular and Decaffeinated Coffee, Dammann Freres Teas, Bottled Water	4.19
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SOFT BEVERAGE SERVICE

Soft Drinks, Still & Sparkling Water	4.19
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WATER SERVICE

Still & Sparkling water	3.00
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INDIVIDUAL ADDITIONS: Priced Per Person

Iced Tea	2.05
Iced Coffee Tower	2.95
Hot Chocolate	3.07
Bottled Juice: Apple, Grapefruit, Cranberry	1.97
Freshly Squeezed OJ	2.60
Freshly Squeezed Lemonade	2.05
Seasonal Aqua Fresca	3.06
La Colombe Iced Cans	3.45

Breakfast

CONTINENTAL BREAKFAST 17.26
Freshly Baked Danish, Chocolate Chip Croissant, Beignet, Streusel Coffee Cake,
Sliced Seasonal Fruit, Regular Coffee, Herbal Teas, Still Water

AVOCADO TOAST BAR
Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions,
Cucumbers, Capers, Hard Cooked Eggs, Baby Arugula, Cilantro, Applewood
Bacon +ADD Smoked Salmon 3.38 15.60

HEALTHY START
Freshly Baked Mini Muffin, Whole Grain Breakfast Bread, Yogurt,
Granola, Dried Cranberry, Sliced Seasonal Fruit, Regular Coffee, Herbal Teas, Still
Water 18.72

EXECUTIVE BREAKFAST BUFFET
Scrambled Eggs, Smoked Bacon, Pork Sausage, Home Fries, Sliced Fresh Fruit,
Breakfast Pastries, Regular Coffee, Herbal Teas, Still Water 20.79

GREEK YOGURT BAR
Greek Yogurt, Granola, Seasonal Fruit & Berries, Dried Cranberries, Honey,
Regular Coffee, Herbal Teas, Still Water 16.25

BREAKFAST SANDWICHES
• Egg White, Spinach, Turkey Bacon, Swiss Cheese, Flatbread 15.60
• Pork Sausage, Egg, American Cheese, English Muffin
• Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito
• Egg White, Vegetable Frittata, Sandwich Thin

ALL INCLUDE: coffee and tea service & still water

BREAKFAST ADDITIONS

Yogurt Parfait Cups with Fruit FIT	2.58
Fresh Fruit Platter FIT	4.94
Bagels, Cream Cheese/Jams	2.60
Hard Boiled Eggs FIT	2.60
Plant Based Breakfast Meat	2.03
Biscuits & Gravy	5.15

AM Breaks

MORNING

BYO PARFAIT

Greek Yogurt, Seasonal Berries, Dried Fruits, Toasted Pumpkin Seeds, Wheat Germ, Granola

8.09

MINI BUTTERMILK BISCUITS

- Smoked Ham and Caramelized Onion
- Sausage and Cheddar Cheese
- Egg White and Turkey Bacon

9.31

SMOOTHIE SHOOTERS

- Strawberry Banana
- Golden Pineapple Ginger
- Orange Creamsicle
- House-made Flax Seed Granolas Bars

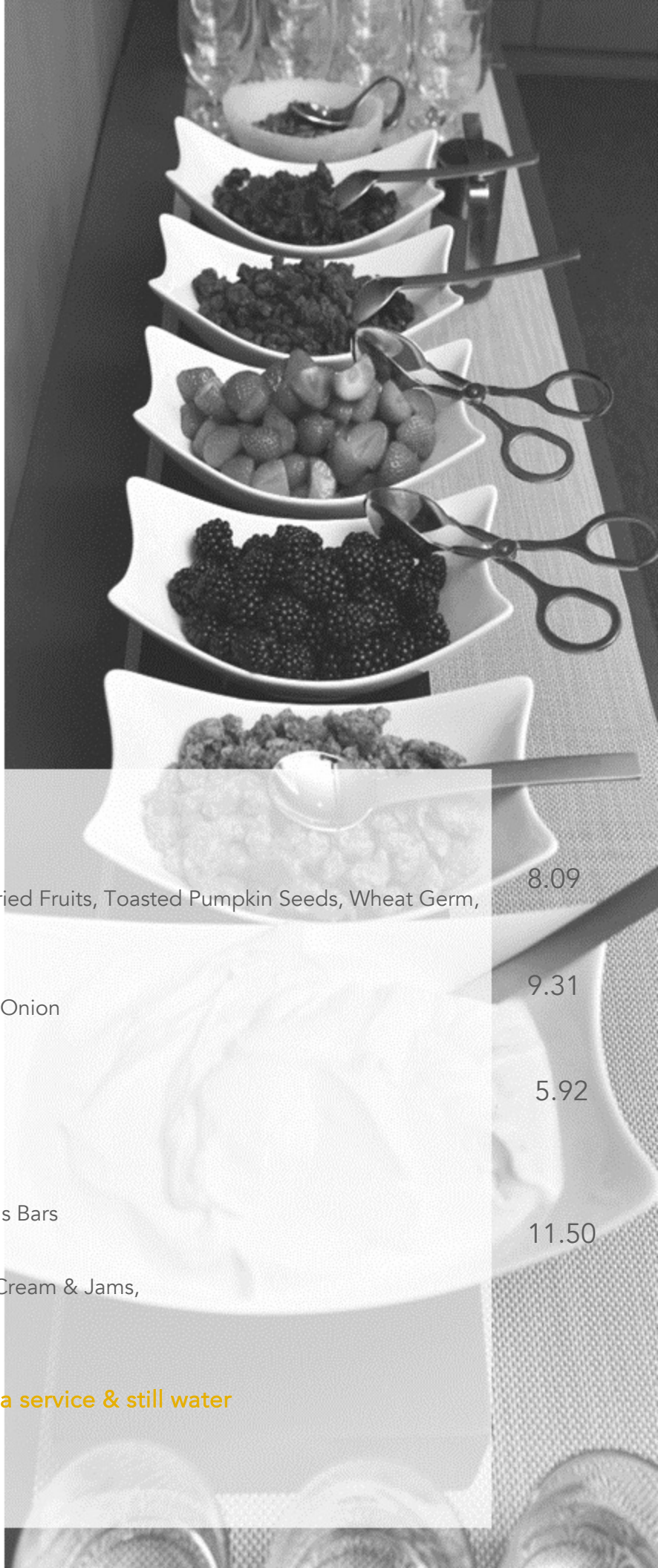
5.92

TEA & SCONES

House Made Scones, Devonshire Cream & Jams, Mini Tea Sandwiches

11.50

ALL INCLUDE: coffee and tea service & still water



Deli

DELI SANDWICHES (CHOOSE 5)

19.76

- House Roasted Turkey, Brie, Honey Mustard Baguette
- Smoked Ham, Arugula, Swiss Cheese, Ciabatta
- Roast Beef, Onions, Jack Cheese, Chipotle Mayo, Baguette
- Grilled Buffalo Chicken Wrap, Shredded Lettuce, Bleu Cheese
- Turkey BLT on a Roll
- Corned Beef, Cabbage Slaw, Swiss Cheese, Pretzel Roll
- Chicken Salad, Grapes, Ciabatta Bread
- Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese
- Grilled Sweet Chili Glazed Chicken
- Grilled Hoisin Flank Steak Wheat Wrap
- Caprese Sandwich, Mozzarella, Tomato, Basil, Balsamic Glaze
- Grilled Portobello Mushroom, Goat Cheese, Pesto, Thin Roll
- Balsamic Roasted Vegetables, Goat Cheese, Whole Wheat Wrap
- Cajun Shrimp Salad on a Toasted Roll

DELI PLATTER

19.07

- Assorted Breads & Wraps
- House Roast Beef, Roasted Turkey, Smoked Ham, Grilled Chicken Breast & Tuna
- American, Swiss, Provolone, Pepper Jack Cheese
- Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers
- Mayo, Mustard, No-Nut Pesto

HOAGIE PLATTER

17.67

Choice of 3 Hoagies

- Turkey Hoagie
- Italian Hoagie
- Ham & Swiss Hoagie
- Grilled Vegetable & Red Pepper Hummus Hoagie

FLATBREADS & PANINIS

20.79

- Crispy Pancetta, Arugula, Mozzarella
- Fig & Balsamic Glaze Flatbread
- Smoked Turkey, Honey Mustard Spinach & Swiss
- Chicken, Sliced Strawberry, Spinach & Smoked Gouda
- Grilled Vegetables, Red Pepper Hummus, Sandwich Thin

ALL INCLUDE: FLIK kettle chips, green salad, cookies,, soft drinks, and still water

BYO Salad Bowl



HARVEST SALAD

Crisp Romaine, Baby Spinach, Tomatoes, Olive, Cucumber, Mushrooms, Broccoli, Carrots, Peppers, Seasonal Grilled Vegetables, Grated Parmesan Cheese, Crumbled Feta, Two House Dressings

18.72

GREEK SALAD

Mixed Baby Greens, Romaine, Cucumber, Grilled Eggplant, Kalamata Olive, Tomato, Capers, Feta, Dolmas, Toasted Pita, Two House Dressings

18.72

COBB SALAD

Iceberg Wedges, Baby Arugula, Tomatoes, Roasted Corn, Avocado, Hard Boiled Egg, Red Onion, Cucumber, Bacon, Bleu Cheese, Ranch, Two House Dressings

18.72

Add to your salad:

Seared Salmon

2.54

Grilled Shrimp

2.54

Cilantro-lime Flank Steak

2.54

ALL INCLUDE: grilled marinated chicken breast, cookies, FLIK kettle chips assorted soft drinks, & still water

Bowls & Bentos

20.79

CLASSIC STEAKHOUSE SALAD BOWL

Grilled Flank Steak, Chopped Salad, Butter Lettuce
Red Onion, Heirloom Tomato, Avocado, Scallion, Grilled
Corn, Green Goddess Dressing

STREET CORN CHICKEN SALAD

Chicken Breast, Corn, Mayo, Cotija Cheese, Cilantro,
Red Onion, Black Beans, Brown Rice,
Cherry Tomato, Lime Wedge, Avocado

ASIAN CHICKEN SALAD

Lettuce Blend, Sweet Chili Crispy Chicken, Mandarin
Orange, Sliced Cucumber, Carrots, Edamame, Sweet
Sesame Soy Dressing

HAWAIIAN CHICKEN TERIYAKI BOWL

Marinated Chicken, Bell Pepper, Fresh Pineapple, Zucchini,
Lime Wedge, Teriyaki Sauce

SOUTHWEST CHIPOTLE RANCH BOWL

Iceberg & Romaine Lettuce, Grilled Chicken, Avocado,
Corn & Bean Medley, Diced Tomatoes, Pepperjack
Cheese, Chipotle Ranch

CLASSIC GREEK SALAD BOWL

Iceberg & Romaine Lettuce, Diced Tomatoes, Sliced
Cucumbers, Kalamata Olives, Diced Red Onion, Feta
Cheese

VEGAN BUDDHA BOWL

Sweet Potato, Quinoa, Chickpea, Kale, Cucumber, Carrots,
Tomatoes, Tahini Sauce

**ALL INCLUDE: FLIK kettle chips, cookies, soft drinks,
and water**

Lunch Buffets

CLASSIC ITALIAN BUFFET 22.66

Chicken Parmesan, Penne Ala Vodka, Broccolini,
Traditional Caesar Salad, Garlic Bread

+ADD Cannoli 2.54

TAQUERIA 20.79

Served With Flour & Corn Tortillas

Chicken Tinga & Seasoned Ground Beef

Chili Spiced Black Beans, Cilantro Rice, Fajita Vegetables,
Tortilla Chips, House Made Guacamole, Fire Roasted Salsa
& Mexican Crema

+ADD Cilantro Lime Flank Steak, Chili Lime Shrimp or Pork
Carnitas 2.54

CHEESESTEAK BAR 18.72

Beef & Chicken, Fresh Baked Club Roll

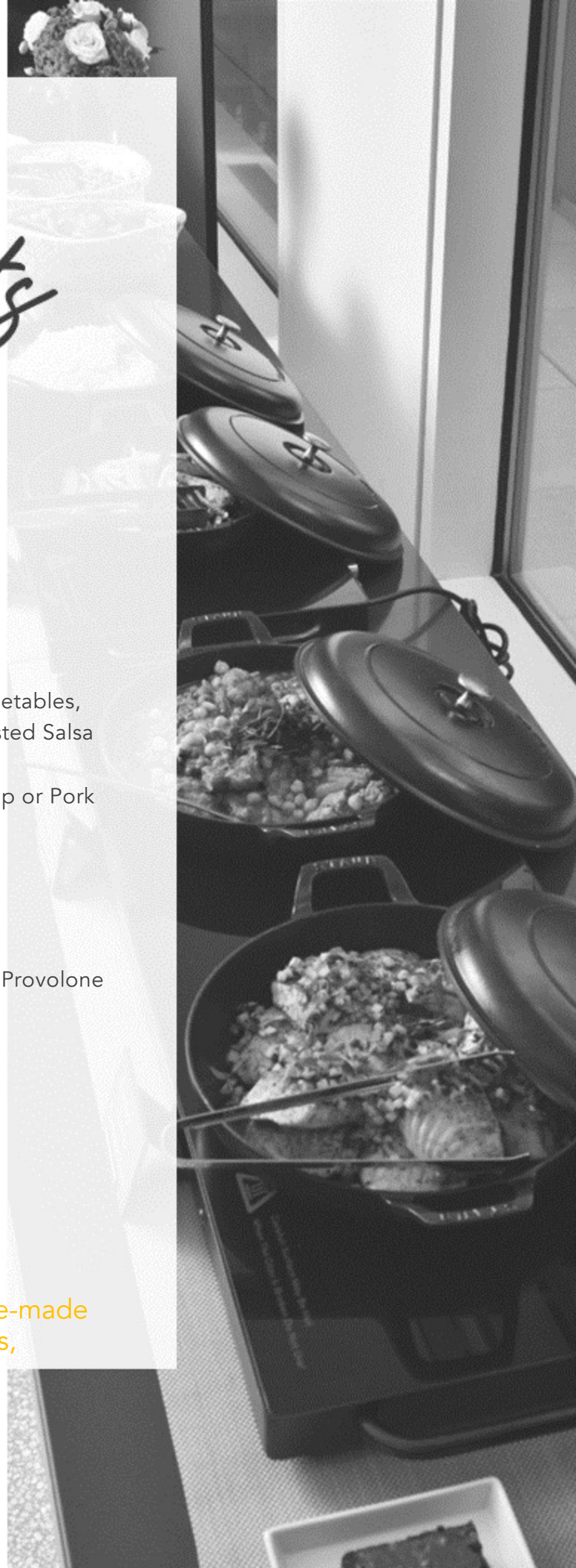
Onions, Peppers, Mushrooms, American Cheese, Provolone

ASIAN FLAVORS 20.79

General Tso's Chicken or Mongolian Beef,
Sesame Garlic Tofu, Chinese Vegetable Stir-Fry
Jasmine Rice

+ADD Egg Roll 2.55

ALL INCLUDE: mixed green salad, house-made
dressing, freshly baked cookies, brownies,
assorted soft drinks, still water



Lunch Buffets (cont.)

TANDOORI GRILL 20.79

Butter Chicken, or Tikka Masala,
Chana Masala, Steamed Basmati Rice, Roasted Cauliflower,
Tomato Chutney, Garlic Roasted Naan Bread
+ADD Coconut Curry Shrimp 2.54

GYRO BAR 20.79

Classic Gyro (Beef & Lamb) or Chicken Gyro
Crispy Falafel, Grilled Pita, Feta Cheese, Tzatziki Sauce
Shredded Lettuce, Cucumber, Tomato, Pickled Onions,
And Tabbouleh Grain Salad

SLIDER BAR 18.72

**3 Sliders Per Guest
(Choice of 3)**

Carolina Pulled BBQ Pork
Nashville Hot Chicken Slider
Philly Cheesesteak Slider
Mini Meatball Sandwich Slider
Classic All Beef Cheeseburger Slider

Vegetarian

Black Bean Burger
Portobello Mushroom Slider
Buffalo Cauliflower Slider

ALL INCLUDE: mixed green salad, house-made dressing, freshly baked cookies, assorted soft drinks, & still water

PM Breaks

TORTILLA CHIP BAR

Fried Corn Tortillas, Fried Plantain Chips
Guacamole, Black Bean Salsa, Corn Tomato Salsa,
Sour Cream, Jalapeno Cheese Sauce 6.84

GRILLED AND RAW VEGETABLES

Grilled Eggplant, Zucchini, Squash, Asparagus
Raw Carrots, Radishes, Red Pepper Hummus,
Baked Pita Chips 9.51

BRUSCHETTA BREAK

Assorted Crisps, Flatbreads, Tomato Basil, Olive
Tapenade, Seasonal 5.92

HUMMUS BREAK

Traditional Hummus, Roasted Red Pepper
Hummus, Pita Chips, Carrots & Cucumbers 7.11

ARTISAN CHEESE

A Selection Of Domestic, Imported and Local
Cheese, Dried and Seasonal Fruits, Chips,
Flatbreads, Crostini 13.76

FRESH BAKED COOKIES

2.83

NOSTALGIC CANDY BARS

3.38

BROWNIE BARS

3.07

MINI CUPCAKES

2.86

SOFT PRETZEL NUGGETS

2.34

HEALTH BARS

4.68

SLICED FRUIT PLATTER

4.94

MINI SPECIALTY DESSERTS

4.11

CHOCOLATE DIPPED FRUITS

2.86

CHIPS & PRETZELS

2.03



Hors D'Oeuvres

MARKET PRICE

EARTH

King Mushroom "Tinga" Mini Taco, Pickled Onion, Crema
Beet Tartar, Labneh, Crisp Capers, Whole Grain Toast
Kung Pao Brussels Sprouts, Toasted Spiced Pumpkin Seeds
Mini Cauliflower Banh Mi, Pickled Vegetables, Sriracha Aioli

SEA

Rock Shrimp Ceviche, Coconut Milk, Serrano, Micro Cilantro
Tuna Tataki, Lotus Chip, Wakame, Wasabi Cream
Salmon Gravlox, Everything Spiced Crisp, Dill , Crème Fraiche
Fluke Crudo, Chili Crisp, Yuzu, Scallion

LAND

Curried Chicken Salad, Toasted Almond, Coconut
Sliced Sirloin, Tuscan Crisp, Tomato Fondue
Smoked Breast of Chicken, Ciabatta Crisp, Peppadew Aioli
Shaved Imported Prosciutto, Manchego, Truffle Honey

HOT

EARTH

Crisp Japanese Eggplant, Roasted Tomato, Burrata
Quinoa Samosa Cake. Tomato Chutney
Caramelized Black Mission Fig. Local Bleu Cheese, Truffle Honey
Mini Grilled Cheese, Tomato Basil Soup Shooter

SEA

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

LAND

Chicken Sesame Scallion Dumplings, Tamari
Chorizo Hushpuppy, Smoked Paprika Aioli
Everything Crusted Chicken Apple Sausage, Horseradish Mustard
Masa Harina Crusted Fried Chicken, Orange Horseradish Dip
Lamb Kofta, Pomegranate, Mint Yogurt

ASK ABOUT OUR SEASONAL ITEMS

Desserts

LOCAL DESSERT BAR

MP

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

ICE CREAM PARTY

12.25

Assorted Ice Creams and Toppings with Attendant

PERSONALIZED CAKES

Quarter Sheet (Serves 15-20 People) 52.00

Half Sheet (Serves 30-40 People) 67.60

Full Sheet (Serves 60-75 People) 98.80

SPECIALTY SERVICES

LINEN

From Elegant Tablecloths & Formal Events To Durable, Easy-care Options For Everyday Use, The Appropriate Linen Selection Caters To Diverse Preferences And Practical Requirements.

EQUIPMENT

Enhance your Catering Event with Rustic Farm Tables, Modern Custom-Built Bars, or Chiavari Chairs.

FLORALS

From Small Bud Vases To Elegant Centerpieces, We Can Work With Any Budget To Elevate the Look of Your Event!

ADDITIONAL SERVICES

ASK US ABOUT...



DÉCOR . LINENS . CHINA



FLOWERS . FOODTRUCKS

Food by FLIK