CATERING



FALL / WINTER 2026

Food by **FLIK**

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At FLIK, every customer is our priority.

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

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 (704) 724-8777 / (704) 490-0131

Email cateringteam_NC@vanguard.com

2026 SEASONAL MENU

Breakfast & Sandwiches

BREAKFAST

Pumpkin Spice Overnight Oats, Cinnamon, Maple Syrup, Pepitas • Vegetarian

Roasted Apple Yogurt Parfait, Maple Syrup, Toasted Oats • Vegetarian

Butternut Squash, Potato, Kale And Sausage Scramble, Cheddar, Chipotle Crema • AG

Harvest Burrito With Egg, Sweet Potato, Black Beans, Spinach, Cheddar And Salsa Verde

SANDWICHES

Autumn Cubano: Roasted Chicken, Smoked Turkey, Swiss, Cider Mustard, Pickles, Ciabatta

Corned Beef, Caramelized Onions, Gruyère, Dijon Horseradish, Grilled Sourdough

Cranberry Chicken Salad, Apple, Celery, Herb Mayo, Spinach, Croissant

Pear And Prosciutto, Fontina, Arugula And Fig Jam On Grilled Baguette • Cold

Seasonal selections are subject to market availability.

2026 SEASONAL MENU

Fall / Winter

ENTREES

Rigatoni With Sausage And Fennel, Creamy Butternut Squash Velouté

Herb-crusted Roast Turkey, Citrus Cranberry Relish • AG

Maple-miso Salmon, Crispy Rice, Scallion Slaw • AG

SALADS

Kale Harvest Salad • Vegetarian

Quinoa, Roasted Butternut Squash, Cranberry, Sunflower Seeds, Goat Cheese, Honey Balsamic Vinaigrette

Spinach Salad With Warm Bacon Dressing, Hard-boiled Egg, New Potatoes And Red Onion

Seasonal selections are subject to market availability.

Snacks, Breaks & Dessert

SEASONAL SIPS & SNACKS

Harvest Hibiscus Cooler With Cranberry, Apple, Orange And Rosemary

Butternut Squash Hummus Shooter, Pita Strip And Carrot Sticks

Fall Trail Mix With Popcorn, Pumpkin Seeds, Dried Apples, Dried Cranberries, Pretzels And Cinnamon Cereal

DESSERT

Maple Panna Cotta, Apple Compote And Cinnamon Crumble

Pumpkin Tiramisu With Pumpkin Mascarpone, Espresso-soaked Ladyfingers And Cinnamon Cocoa

Seasonal selections are subject to market availability.

Hors D'oeuvres

PASSED OR STATIONARY

Mini Cider-glazed Turkey Sage Meatball • AG

Pastrami Slider, Swiss, Whole Grain Mustard, Pretzel Roll

Apple-cheddar Quesadilla Bites, Caramelized Onion, Cranberry Hot Honey

Pumpkin And Pancetta Risotto Cake, Boursin • AG

Roasted Mushroom Tartlet, Gruyère, Thyme, Puff Pastry • Vegetarian

Ask your catering manager about presentation styles, service options and seasonal substitutions.

Seasonal selections are subject to market availability.

Beverages

FULL BEVERAGE SERVICE 7.11

Regular and Decaffeinated Coffee,
HerbalTeas, Assorted Soft Drinks, Still & Sparkling Water

COFFEE SERVICE 4.19

Regular and Decaffeinated Coffee, Herbal Teas, Bottled Water

SOFT BEVERAGE SERVICE 4.19

Soft Drinks, Still & Sparkling Water

WATER SERVICE 3.00

Still & Sparkling water

INDIVIDUAL ADDITIONS: Priced Per Person

Iced Tea	2.05
Iced Coffee Tower	2.95
Hot Chocolate	3.07
Bottled Juice: Apple, Grapefruit, Cranberry	2.05
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 — 15.60
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

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

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

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

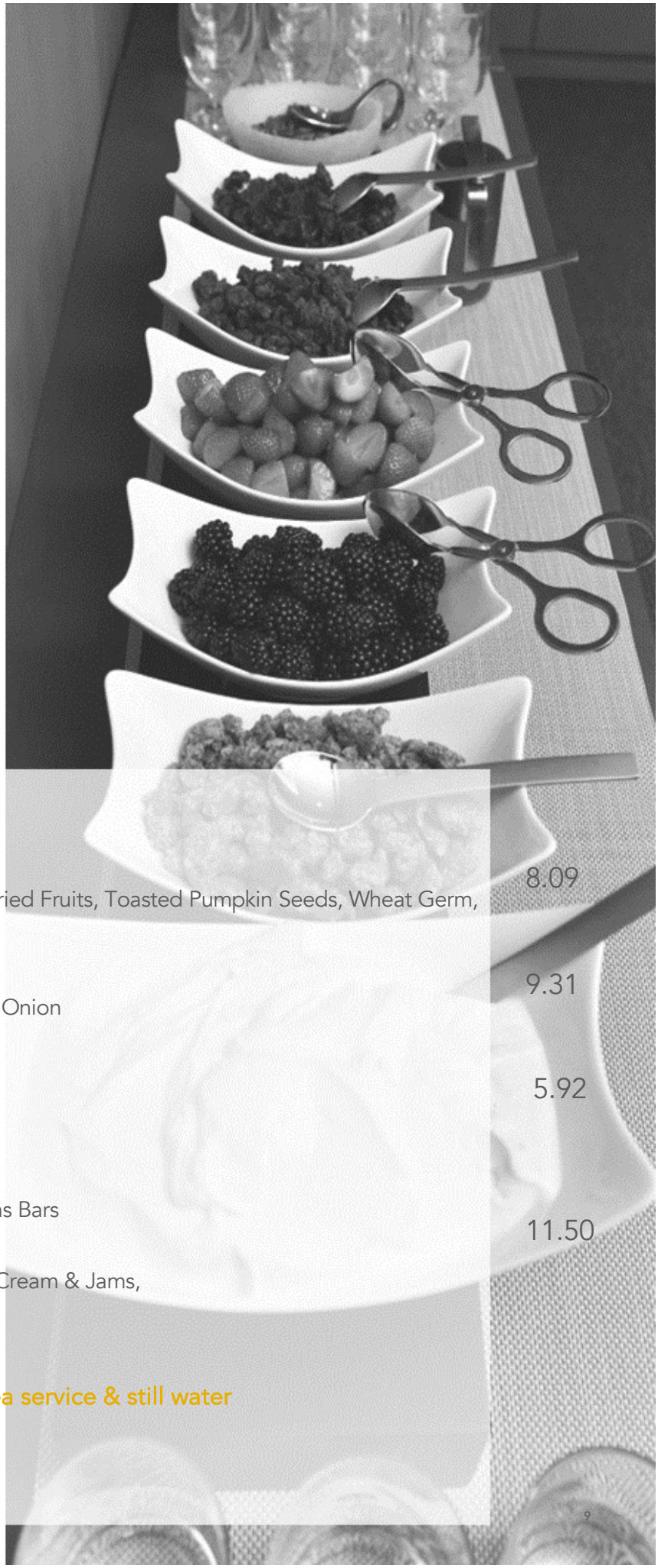
BREAKFAST SANDWICHES — 15.60
- Egg White, Spinach, Turkey Bacon, Swiss Cheese, Flatbread
- Pork Sausage, Egg, American Cheese, English Muffin
- Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito
- Egg White, Vegetable Frittata, Sandwich Thin

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 — 8.09
Greek Yogurt, Seasonal Berries, Dried Fruits, Toasted Pumpkin Seeds, Wheat Germ, Granola

MINI BUTTERMILK BISCUITS — 9.31
- Smoked Ham and Caramelized Onion
- Sausage and Cheddar Cheese
- Egg White and Turkey Bacon

SMOOTHIE SHOOTERS — 5.92
- Strawberry Banana
- Golden Pineapple Ginger
- Orange Creamsicle

House-made Flax Seed Granolas Bars — 11.50

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

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, Whoel 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 — 18.72
Crisp Romaine, Baby Spinach, Tomatoes, Olives, Cucumber, Mushrooms, Broccoli, Carrots, Peppers, Seasonal Grilled Vegetables, Grated Parmesan Cheese, Crumbled Feta, Two House Dressings

GREEK SALAD — 18.72
Mixed Baby Greens, Romaine, Cucumber, Grilled Eggplant, Kalamata Olives, Tomato, Capers, Feta, Dolmas, Toasted Pita, Two House Dressings

COBB SALAD — 18.72
Iceberg Wedges, Baby Arugula, Tomatoes, Roasted Corn, Avocado, Hard-Boiled Egg, Red Onion, Cucumber, Bacon, Bleu Cheese, Ranch, Two House Dressings

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, Pepper Jack 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, Chickpeas, 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, 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 6.84

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

GRILLED AND RAW VEGETABLES 9.51

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

BRUSCHETTA BREAK 5.92

Assorted Crisps, Flatbreads, Tomato Basil, Olive Tapenade
Chef's Choice of a Seasonal Bruschetta will Be Provided

HUMMUS BREAK 7.11

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

ARTISAN CHEESE 13.76

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

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 Gravlax, 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

ICE CREAM PARTY 14.25

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

CATERING

Some of our work...











