

Created with you in mind
CATERING

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
CELEBRATIONS	8
HORS D'OEUVRES	9
SWEET FINALE	10

At FLIK, *every customer* is our priority.

Welcome

For all orders, please
enter visit the catering
website on CREWNET
or email
conference services at
NCCatering@vanguard.com



To ensure availability and secure delivery times, we encourage you to place catering orders at least 48 business hours in advance. Menus and pricing 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 drop-off service provided during normal operating hours. Events requiring attendants and after-business hours will 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

Tavia, our catering manager will be happy to assist you with your next special function. We offer equipment rentals, and a variety of other non-food services. Bar service is available upon request.



Refreshing BEVERAGES

Additional Beverages

Iced Tea	1.55	Bottled Soda	1.55
Iced Coffee	1.95	Canned Seltzer	1.95
Hot Chocolate	2.95	Seasonal Infused Water	2.95
Bottled Water	1.55	Freshly Squeezed Lemonade	1.55
Bottled Juice	1.55		
Apple, Cranberry, Orange			
Freshly Squeezed OJ	2.50		

Full Beverage Service 6.84
Regular Starbucks Coffee,
Herbal Tea, Assorted Soft Beverages, Still
& Sparkling Water

Morning Beverages 7.19
Regular Starbucks Coffee,
Herbal Tea, Freshly Squeezed Orange
Juice, Still & Sparkling Water

Coffee Time 4.03
Regular Starbucks Coffee, Herbal Teas, Still
& Sparkling Water

Tea Service 3.45
Herbal Tea
Still & Sparkling Water

Soft Beverage Service 4.03
Soft Beverages, Still & Sparkling Water

Water Service 2.88
Still & Sparkling Water

Eye Opening BREAKFAST

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	2.48
Fresh Fruit Platter	4.75
Assorted Yogurt Cups	2.50
Bagels & Cream Cheese	2.50
Freshly Squeezed Orange Juice	2.50
Freshly Brewed Iced Coffee	1.95
Plant Based Breakfast Meats	1.95
Biscuits & Gravy	4.95

Breakfast Sandwiches (choice of 3) 19.26

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

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Continental Breakfast 15.81

Freshly Baked Strawberry Danish, Chocolate Chip Croissant, Beignet, and Streusel Coffee Cake, Seasonal Sliced Fruit

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Healthy Start 18.11

Freshly Baked Mini Bran Muffin, Whole Grain Raisin Walnut Bread, Yogurt, Granola, Dried Cranberry, Sliced Seasonal Fruit

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Greek Yogurt Bar 18.11

Greek Yogurt, Granola, Seasonal Berries, Fresh Fruit, Bananas, Dried Cranberries, Honey

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Avocado Toast Bar 18.98

Grilled Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions, Cucumbers, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Herbed Gremolata

Freshly Squeezed Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Executive Breakfast Buffet 20.70

French Toast, Pure Maple Syrup, Scrambled Eggs, Smoked Bacon, Pork Sausage, Home Fries, Sliced Fresh Fruit, Breakfast Pastries

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Hot Cereal Bar 8.63

Oatmeal, Cream of Wheat, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup,

Orange Juice, Regular Coffee, Herbal Teas, Still & Sparkling Water

Delicious SANDWICHES



Lunch Additions

Soup of the Day	3.50
Side Salad	3.25
House Made Guacamole & Tortilla Chips	5.25
Fresh Fruit Platter	4.75
Specialty Dessert	MP

Deli Platter 18.34

Protein: In-House Roast Beef, House Roasted 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, No-Nut Pesto, Artisan Rolls, Breads, Wraps

Flatbreads and Paninis 21.79

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 19.49

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 Tolera Roll
- Cajun Shrimp Salad, Toasted Roll

Included with Platters & Specialty Sandwich Spreads:
Mixed Green Salad, Grain Salad, House Made Dressing, FLIK Potato Chips, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water



Build Your Own SALADS

Harvest Salad **18.34**

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

Greek Salad **18.34**

Mixed Baby Greens, Romaine, Cucumbers, Grilled Eggplant, Kalamata Olives, Tomatoes, Capers, Feta, Dolmas, Toasted Pita, Two House Made Dressings

Cobb Salad **19.49**

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 - +2.00
- Lemon Pepper Spiced Shrimp - +3.00
- Balsamic Grilled Flank Steak - +3.00
- Herb Marinated Salmon - +3.00

Included with salad choice

Heirloom Grains, Seasonal Fruit Salad, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

Flavorful

LUNCH BUFFETS

Chef's Table Buffet (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, Seasonal Fruit Salad, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

** Market Price

American BBQ 30.95

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

Classic Italian 30.95

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

Taqueria 30.95

Served with Flour Tortillas. Chicken Tinga or 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 30.95

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

Southeast Asia 30.95

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

Spirit of India 30.95

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

Mediterranean 30.95

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

Included with each spread

Sliced Fruit Platter, Freshly Baked Cookies, Specialty Desserts, Assorted Soft
Beverages, Still & Sparkling Water

PIZZA

Hot & Ready



Enjoy Fresh Baked Pizza

Plain	18.40
Additional Toppings	3.00

Specialties

Meat Lover's: Pepperoni, Sausage, Bacon, Ham

Triple Cheese: Mozzarella, Parmesan, Pecorino Romano

White Pizza: Garlic Cream Sauce, Spinach, Mushroom, Sundried Tomato, Mozzarella

Buffalo Chicken: Buffalo Chicken, Bleu Cheese Drizzle

BBQ Chicken Bacon Ranchero: Grilled Chicken, Bacon, BBQ Sauce, Ranch Dressing

Supreme: Pepperoni, Sausage, Mushroom, Red Onion, Green Bell Peppers

Veggie: Spinach, Broccoli, Green Bell Peppers, Onion

Customizable – Toppings

- Pepperoni
- Ham
- Bacon
- Chicken
- Spinach
- Mushroom
- Green Peppers
- Red Onion
- Sausage
- Jalapenos
- Diced Tomato

Let's Take a BREAK

AM BREAK

Build Your Own Parfait	4.89
Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Wheat Germ, Granola	
Mini Biscuits	7.99
Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese, Egg White and Turkey Bacon	
Smoothie Shooters	5.69
Strawberry Banana, Golden Pineapple Ginger, Creamsicle, Home Made Flax Seed Granolas Bars, Morning Trail Mix	
Tea and Scones	11.44
House Made Assorted Scones, Devonshire Cream, Miniature Tea Sandwiches, Assorted Jams, Herbal Teas, Still & Sparkling Water	
Pound Cake Break	8.63
Assorted Miniature Pound Cakes, Whipped Cream, Seasonal Berry Compote, Regular Coffee, Herbal Teas, Still & Sparkling Water	

PM BREAK

Tortilla Chip Bar	6.58	Hummus Break	5.95
Fried Corn Tortillas Fried Plantain Chips, Guacamole, Black Bean Salsa, Corn Tomato Salsa, Sour Cream, Jalapeno Cheese Sauce		Traditional Chic Pea Hummus, Roasted Red Pepper Hummus, Carrots, Cucumbers, Assorted Crisps and Pita Chips	
Pretzel Bites	4.95	Cookie Break	5.69
Honey Mustard, Horseradish Mustard, Spicy Mustard, Queso Dip		Chocolate Chip Cookies, Oatmeal Cookies, Biscotti, Peanut Butter Cookie	
Grilled and Raw Vegetables	9.14	Artisan Cheese	13.23
Grilled Eggplant, Zucchini, Summer Squash, Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips		A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini	
Bruschetta Break	5.69		
Assorted Crisps & Flatbreads Tomato Basil, Kalamata Olive, Cranberry Pear			
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OTHER BREAK SELECTIONS			
Sliced Fruit Platter	4.75	Mini Cupcakes	2.75
Freshly Baked Cookies	2.75	Chocolate Dipped Fruit	2.75
Brownie Bars	2.95	Health Bars	4.50
Whole Fruit	1.50	Cheese & Flatbreads	9.50
Nostalgic Candy Bars	3.25	Mini Specialty Desserts	3.95
Chips & Pretzels	1.95	Soft Pretzel Nuggets	2.25
Mixed Nuts	3.50	Ice Cream Bars	4.25
Mini Cupcakes	2.75		

Simple • Premium • Supreme

CELEBRATIONS

SUPREME

51.75

Artisan Cheese

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

Cuisine Under The Sun

Baba Ganoush, Hummus, Muharrama (Red Pepper, Walnut, Pomegranate), Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini and Focaccia

Carving Board (choose 2)

NY Sirloin Strip Loin, Maple Basted Roast Breast Of Turkey, Fennel Cracked Pepper Pork Loin, Mini Rolls, Mustards, Aioli and Spreads

Stationary Hors D'oeuvres

Selection of Five Gourmet Hors D'oeuvres

Dessert

Seasonal Chef's Choice Dessert

Beverages

Soft Beverages, D&P Filtered Water

PREMIUM

42.55

Artisan Cheese

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

Antipasto

Imported Prosciutto, Cappicola, Hard Salami, Imported Italian Cheeses, Kalamata Olives, Crostini, Focaccia

Asian Dumplings

Shrimp Shu Mai, Pork Gyoza, Vegetable, Dumplings with Hoisin BBQ, Thai Red Chili and Ponzu Dipping Sauce

Hors D'oeuvres

Selection of Three Gourmet Hors D'oeuvres

Dessert

Seasonal Chef's Choice Dessert

Beverages

Soft Beverages, D&P Filtered Water

SIMPLE

34.50

Artisan Cheese

A Selection Of Domestic, Imported and Local Cheeses, Dried and Seasonal Fruits, Crisps, Flatbreads and Crostini

Cuisine Under The Sun

Baba Ganoush, Hummus, Muharrama (Red Pepper, Sunflower Seeds, Pomegranate), Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini and Focaccia

Hors D'oeuvres

Selection of Three Gourmet Hors D'oeuvres

Dessert

Seasonal Chef's Choice Dessert

Beverages

Soft Beverages, D&P Filtered Water

Savory or Sweet

HORS D'OEUVRES

COLD

Earth

- Goat Cheese Lollipops, Pistachios, Grapes
- Brie Cheese Crostini, Pickled Peppers
- Vegan Cauliflower Fleurette Provencal, Fennel Radish Micro Salad
- Vegan Celeriac Slaw on Herb Grilled Pita, Apple Chutney

Sea

- Mini Lobster Roll, Micro Celery
- Smoked Salmon on Rye, Dill Cream Grapefruit Pearls
- Tuna Tartar, Wakame, Sesame Cone
- Beet Salmon Gravlax, Citrus Salad Micro Mint

Land

- Curried Chicken Salad, Toasted Almond, Coconut
- Sliced Sirloin, Tuscan Crisp, Tomato Fondue
- Prosciutto Crostini, Fig Jam, Mascarpone
- Shaved Imported Prosciutto, Manchego, Truffle Honey

HOT

Earth

- Vegan Japanese Eggplant, Oven Roasted
- Tomato, Balsamic Glaze
- Vegan Curried Red Lentil Shooter
- Wild Mushroom Tartlet
- Mini Grilled Cheese, Tomato Basil Soup Shooter
- Indian Potato Pea Samosa Cake

Sea

- Sesame Crusted Salmon Skewer, Yuzu Dipping Sauce
- Pancetta Wrapped Shrimp, Mango Glaze
- Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
- Maryland Crab Cakes, Pepper Jelly

Land

- Chicken Sesame Scallion Dumplings, Tamari
- Chorizo Hushpuppy, Smoked Paprika Aioli
- Mini Croque Monsieur, Smoked Ham, Confit Cherry Tomato
- Masa Harina Crusted Fried Chicken, Tangerine Honey
- Mini Short Rib Arancini, Truffle Parmesan Cream
- Indian Spiced Lamb Meatballs, Yogurt Mint Sauce

WE ARE HAPPY TO CUSTOMIZE ANY MENU TO YOUR LIKING.



The Sweet FINALE

LOCAL Dessert Bar

MP

Selection of Assorted Treats From
Local Bakeries & Pastry Shops

Ice Cream Party

13.80

Assorted Ice Creams & Toppings
with Ice Cream Attendant

15.00

1&1/2 Hour

Personalized Cakes Available Upon Request MP

Quarter Sheet (Serves 15-20 People)

Half Sheet (Serves 30-40 People)

Full Sheet (Serves 60-75 People)

Specialty Services

Please Contact Catering For Planning

Linen

For any of your special linen needs, we have the right one for you. There are many options to choose from in the catalogue, with all different colors and textures.

Equipment

Upscale your event with farm tables.

Florals

From gorgeous centerpieces to small bouquets for the guest of honor. We can make it happen.