

Created with you in mind
CATERING

Food by FLIK

2024

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

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

Additional Beverages

Iced Tea	1.89	Bottled Soda	1.89
Iced Coffee	1.95	Canned Seltzer	1.95
Hot Chocolate	2.95	Seasonal Infused Water	2.95
Bottled Water	1.89	Freshly Squeezed Lemonade	1.89
Bottled Juice Apple, Cranberry, Orange	1.89		
Freshly Squeezed OJ	2.50		

Eye Opening BREAKFAST

Breakfast Additions

Fresh Fruit Granola Yogurt Parfaits	2.25
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) 15.00

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 15.00

Freshly Baked Strawberry Danish, Chocolate Chip Croissant, Beignet, and Streusel Coffee Cake, Sliced Seasonal Fruit
Regular Coffee, Herbal Teas, Still & Sparkling Water

Healthy Start 18.00

Freshly Baked Mini Bran Muffin, Whole Grain Raisin Walnut Bread, Yogurt, Granola, Dried Cranberry, Sliced Seasonal Fruit
Regular Coffee, Herbal Teas, Still & Sparkling Water

Greek Yogurt Bar 18.00

Greek Yogurt, Granola, Seasonal Berries, Fresh Fruit, Bananas, Dried Cranberries, Honey, Regular Coffee, Herbal Teas, Still & Sparkling Water

Avocado Toast Bar 15.00

Grilled Thick-cut Seven Grain Bread, Mashed Avocado, Tomatoes, Red Onions, Cucumbers, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Herbed Gremolata
Regular Coffee, Herbal Teas, Still & Sparkling Water

Executive Breakfast Buffet 19.99

Scrambled Eggs, Smoked Bacon, Pork Sausage, Home Fries, Sliced Fresh Fruit, Breakfast Pastries
Regular Coffee, Herbal Teas, Still & Sparkling Water

Iced Coffee Bar 14.95

Salted Carmel, French Vanilla, or Hazelnut
Chocolate Chip Croissant, Beignet, and Streusel Coffee Cake, Sliced Seasonal Fruit
Still & Sparkling Water

Delicious SANDWICHES



Sandwich Boxes

19.00

Assortment of Five Sandwiches

Included with Sandwich Boxes

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

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

19.99

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

Deli Sandwiches

19.00

Assortment of Five Selected Sandwiches Provided

Hoagie Platter (Choice of 3)

16.99

Turkey & Cheddar, Ham & Swiss, Italian Hoagie, Grilled Vegetable & Red Pepper Hummus, Assorted Hoagie Spreads & Sides

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 18.00

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 18.00

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

Cobb Salad 18.00

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

Boxed Salads 18.00

- Harvest Salad
- Greek Salad
- Cobb Salad

Included with salad choice

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

Individual Bowls (Choose 3)

19.99

**All Bowls are Avoiding Gluten*

Classic Steakhouse Salad

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

Classic Greek Salad

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

Asian Crispy Chicken Salad

Lettuce Blend, Sweet Chili Crispy Chicken, Mandarin Oranges, Sliced Cucumbers, Carrots, Edamame, Crispy, Sweet Sesame Dressing

Grilled Hawaiian Chicken Teriyaki Bowl

Marinated Chicken, Bell Pepper, Pineapple, Jasmine Rice

Southwest Chipotle Ranch Bowl

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

Vegan Option

•Sweet Potato, Chickpea, Kale Buddha Bowl with Tahini Sauce

Included with Each Option

Freshly Baked Cookies, Assorted Soft Beverages, Still Water

Pasta Bar

19.99

Chicken Parmesan with Tuscan Kale No-nut Pesto
Penne Pasta with Asparagus, Spring Pea, Mushroom with Garlic Cream Sauce, Caesar Salad, Garlic Bread Add Cannoli +2.45

Taqueria

19.99

Served with Flour Tortillas. Chicken Tinga & Ground Beef
Add Shrimp or Pork Carnitas +2.25
Chili Spiced Black Beans, Cilantro Rice, Fajita Vegetables, Tortilla Chips, House Made Guacamole, Fire Roasted Tomato Salsa, Mexican Crema,

Cheesesteak Bar

18.00

Beef & Chicken, Fresh Baked Club Roll
Onion, Peppers, Mushrooms, American Cheese & Provolone
Add Assorted Tastykake Treats +2.25

Asian Flavors

19.99

General Tso's Chicken, or Mongolian Beef
Sesame Garlic Tofu, Chinese Vegetable Stir Fry, Jasmine Rice
Add Egg Roll +2.25

Gyro Bar

19.99

Traditional Gyro or Chicken Gyro & Falafel
Grilled Pita, Feta Cheese, Tzatziki Sauce, Shredded Lettuce,
Cucumber, Tomato, Tabbouleh Grain Salad, Add Baklava +2.25

Tandoori Grill

19.99

Butter Chicken, Tikka Masala, or Coconut Curry Shrimp +2.25
Chana Masala, Steamed Basmati Rice, Roasted Cauliflower, Tomato Chutney, Garlic Roasted Naan Bread

Slider Bar

18.00

Carolina Pulled Pork, Nashville Hot Chicken, Philly Cheesesteak Slider,
Classic All Beef Burger or Black Bean Burger

Included with Each Option

Mixed Green Salad & Two Dressings, Freshly Baked Cookies, Assorted Soft Beverages, Still & Sparkling Water

PIZZA

Hot & Ready



Enjoy Fresh Baked Pizza

Plain	16.00
Topping	19.00

Specialties 21.00

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	6.84
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	5.69	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			

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		

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

12.00

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.