

Catering



Food by FLIK

Contents

Ordering Info	2
Beverages	3
Breakfast	4
AM Breaks	5
Deli	6
BYO Salad Bowl	7
Bowls & Bentos	8
Lunch Buffets	9-10
PM Breaks	11
Hors D'oeuvres	12
Desserts	13

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

**For All Orders, Call Our Office 302.685.1759 Or Email
Cateringteam_PA@vanguard.com**

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.

Looking for a better choice, but don't want to sacrifice flavor or cost? FIT has you covered!

Choose from 100% **FIT** menus or add-on a **FIT** beverage or side to your menu, it's up to you!

Have a dietary restriction? Please be sure to talk with our manager to assure we can accommodate.

Beverages

FULL BEVERAGE SERVICE

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

COFFEE SERVICE

Regular and Decaffeinated Coffee, Dammann Freres Teas, Still & Sparkling Water 4.20

SOFT BEVERAGE SERVICE

Soft Drinks, Still & Sparkling Water 4.20

WATER SERVICE

Still & Sparkling water 3.00

INDIVIDUAL ADDITIONS:

Iced Tea 1.96

Iced Coffee 2.02

Hot Chocolate 3.06

Bottled Juice: Apple, Grapefruit, Cranberry 1.96

Freshly Squeezed OJ 2.60

Freshly Squeezed Lemonade 1.96

Seasonal Aqua Fresca 3.06

Breakfast

CONTINENTAL BREAKFAST 15.60
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 3.25

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 20.78
Scrambled Eggs, Smoked Bacon, Pork Sausage, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Regular Coffee, Herbal Teas, Still Water

GREEK YOGURT BAR 15.60
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

BREAKFAST ADDITIONS

Mini Greek Yogurt Granola Parfait **FIT** 2.34

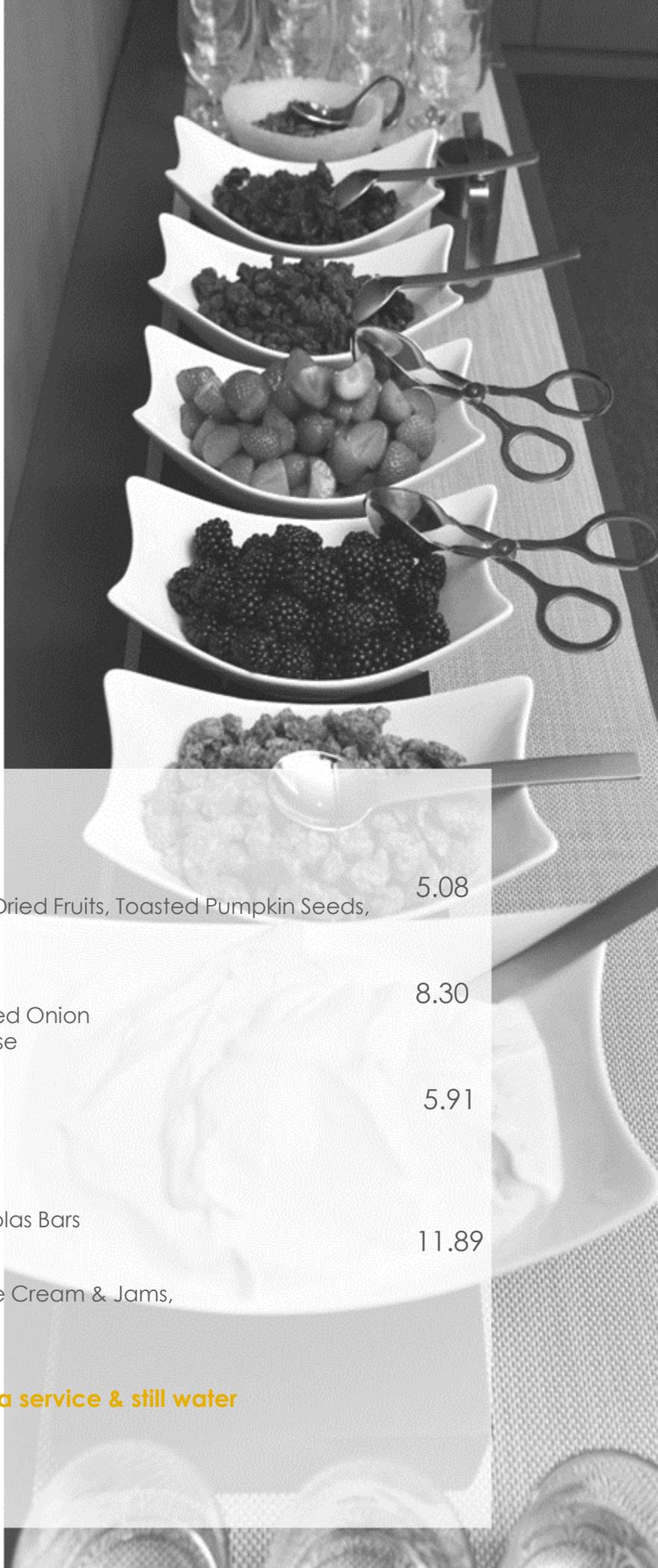
Fresh Fruit Platter **FIT** 4.94

Bagels, Cream Cheese/Jams 2.60

Hard Boiled Eggs **FIT** 2.60

ALL INCLUDE: coffee and tea service & still water

AM Breaks



MORNING

BYO PARFAIT

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

5.08

MINI BUTTERMILK BISCUITS

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

8.30

SMOOTHIE SHOOTERS

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

5.91

TEA & SCONES

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

11.89

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

17.66

Choice of 3 Hoagies

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

FLATBREADS & PANINIS

20.78

- 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, brownies, 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, brownies, flik kettle chips assorted soft drinks, & still water

Bowls & Bentos

20.78

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, brownies, soft drinks, and water

Lunch Buffets

CLASSIC ITALIAN BUFFET 20.78

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

+ADD Cannoli 2.54

TAQUERIA 20.78

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 20.78

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

+ADD Egg Roll 2.54

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



Lunch Buffets (cont.)

TANDOORI GRILL 20.78

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 20.78

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

Black Bean Burger
Portobello Mushroom Slider
Buffalo Cauliflower Slider

ALL INCLUDE: mixed green salad, house-made dressing, freshly baked cookies, brownies, 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

9.50

BRUSCHETTA BREAK

Assorted Crisps, Flatbreads, Tomato Basil, Olive
Tapenade, Cranberry Pear

5.91

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

13.75

PM breaks include assorted soft drinks, & still water.

FRESH BAKED COOKIES	2.82	NOSTALGIC CANDY BARS	3.38
BROWNIE BARS	3.06	MINI CUPCAKES	2.86
SOFT PRETZEL NUGGETS	2.34	HEALTH BARS	4.68
FRESH FRUIT PLATTER	4.94	MINI SPECIALTY DESSERTS	4.10
CHOCOLATE DIPPED FRUITS	2.86	CHIPS & PRETZELS	2.00



Hong 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

Desserts

LOCAL DESSERT BAR

MP

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

ICE CREAM PARTY

12.48

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!