

Catering



Food by FLIK

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Culinary Conference
Center
At Hudson County
Community College

161 Newkirk Street
Jersey City, NJ 07306

At **FLIK**, *every customer* is our priority.

Ordering Info

For all orders please email Fernando Mazo fmazo@hccc.edu or Karen MacLaughlin kmaccloughlin@hccc.edu

To ensure availability and secure delivery times, we encourage you to place catering orders one week prior. Menu items and prices 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 team 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.

Beverages

FULL BEVERAGE SERVICE 12.00

Regular and Decaffeinated Coffee, Teavana or Tazo Teas, Assorted Sodas (Coke, Coke Zero, Sprite, Ginger Ale) and Bottled Water

COFFEE SERVICE 6.50

Regular and Decaffeinated Coffee, Teavana or Tazo Teas, Hot Water

SODA AND WATER SERVICE 6.00

Assorted Sodas (Coke, Coke Zero, Sprite, Ginger Ale) and Bottled Water

INDIVIDUAL BEVERAGE ADDITIONS:

Iced Tea 4.00

Iced Coffee 4.00

Hot Chocolate 4.00

Miniature Water Bottle 2.00

Bottled Juice: Apple, Cranberry 2.00

Freshly Squeezed OJ 4.00

Freshly Squeezed Lemonade 4.00

Seasonal Aqua Fresca 5.00

Customized Refreshment (non-alcoholic) 6.00

Breakfast

HUDSON BAGEL BUFFET **10.00**

Assorted Bagels and Spreads (Butter, Cream Cheese & Preserves), Coffee and Tea Service, plus Bottled Water

GOOD MORNING CONFERENCE **11.75**

Selection of Croissants, Muffins, Danishes and Spreads (Butter, Cream Cheese and Preserves, Coffee and Tea Service, plus Bottled Water

HUDSON CONTINENTAL **13.75**

Selection of Muffins, Scones and Spreads (Butter, Cream Cheese & Preserves), Sliced Fresh Fruit, Mini Frittatas, Coffee and Tea Service, plus Bottled Water

HOT AMERICAN BREAKFAST **21.00**

Cooked Eggs (choice of Scrambled Eggs, Egg Whites or Mini Egg Bites), French Toast Casserole (with Maple Syrup and Berry Compote), Bacon (choice of Applewood or Turkey), Sausages (choice of Pork or Turkey), Traditional Home Fries, Assorted Bagels and Spreads (Butter, Cream Cheese & Preserves), Sliced Fresh Fruit, Freshly Squeezed Orange Juice, Cranberry Juice, Coffee and Tea Service, plus Bottled Water

ADD-ONS

Mini Strata Bites (pick two; 2 per guest) **4.00**

- Egg, Applewood Smoked Bacon, Spinach, Gruyere Cheese
- Egg, Turkey Sausage, Pepper Jack Cheese
- Egg, Seasonal Mixed Vegetables, Cheddar Cheese
- Egg Whites, Spinach, Swiss Cheese

Breakfast

AVOCADO TOAST BAR

17.50

Thick-cut 7-Grain Bread, Fresh Avocado (Mashed) and Vegetables (Arugula, Dill, Capers, Tomatoes, Red Onions and Cucumbers), Protein (Hard-boiled Eggs, Applewood and Turkey Bacons), Freshly Squeezed Orange Juice, Cranberry Juice, Coffee and Tea Service, plus Bottled Water

RICOTTA TOAST BAR

18.25

Thick-cut 7-Grain Bread, Fresh Ricotta Cheese Spread, Honey, Agave Nectar, Freshly Squeezed Orange Juice, Cranberry Juice, Coffee and Tea Service, plus Bottled Water

BUILD-YOUR-OWN YOGURT BAR

10.50

Selection of Low-fat Yogurts (Vanilla, Strawberry, Plain Greek), Seasonal Harvest Berries, Low-fat Honey & Oat Granola, Honey, plus Bottled Water

*Pricing is subject to change

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Sandwiches & More

ALL INCLUDE: mixed greens salad (with 2 dressings),
cookies, brownies, assorted sodas & bottled water

SANDWICHES & WRAPS SERVICE 19.00

*Pricing is subject to change

CAPRESE

Balsamic-glazed Tomatoes, Basil, Fresh Mozzarella and Pesto on a Ciabatta Roll

ITALIAN

Italian Ham, Salami, Provolone Cheese, Olive Tapenade, Extra Virgin Olive Oil and Red Wine Vinegar on a Baguette

GRILLED CHICKEN SANDWICH

Grilled Chicken, Roasted Red Peppers, Fresh Mozzarella, Baby Arugula and Balsamic Glaze on a Ciabatta Roll

ROAST TURKEY SANDWICH

House-roasted Turkey, Brie Cheese, Fresh Lettuce and Tomatoes with Honey Mustard on a Baguette

ROAST BEEF SANDWICH

Rare Roast Beef, Frizzled Onions and Horseradish Mayo on a Baguette

ROASTED VEGETABLE WRAP

Balsamic-roasted Seasonal Vegetables and Sundried Tomato Hummus on a Multigrain Wrap

GRILLED CHICKEN CAESAR WRAP

Grilled Chicken, Freshly Shredded Romaine, Parmesan Cheese and Caesar Dressing on a Multigrain Wrap

TUNA SALAD WRAP

Yellowfin Tuna, Diced Celery and Red Onions, Lettuce, Tomatoes and Mayonnaise on a Multigrain Wrap

MEDITERRANEAN TUNA WRAP

Yellowfin Tuna, Diced Celery, White Onions, Roasted Red Peppers, Olive Tapenade and Extra Virgin Olive Oil on a Multigrain Wrap

Sandwiches & More

ALL INCLUDE: FLIK house chips, cookies, brownies, assorted sodas & bottled water

MINI SANDWICHES & SALAD PACKAGE 20.50

*Pricing is subject to change

CHOOSE 3 SANDWICHES

CHICKEN WALDORF SANDWICH

All-White Meat Chicken Waldorf Salad with Freshly-diced Apples and Celery on a Mini Roll

TUSCAN CHICKEN SANDWICH

Tuscan Chicken Salad with Sundried Tomatoes and Red Pesto on a Mini Roll

EGG SALAD SANDWICH

Traditional Egg Salad with Romaine Lettuce on a Mini Roll

SHRIMP AVOCADO SALAD WRAP

Shrimp Salad with Diced Avocados, Tomatoes and Red Onions on a Multigrain Wrap

CHOOSE 2 SALADS

CAESAR SALAD

Freshly Shredded Romaine with In-house Croutons, Parmesan Cheese, tossed in Creamy Caesar Dressing

MEDITERRANEAN SALAD

Cooked Orzo and Couscous, Baby Arugula and Cherry Tomatoes tossed in a Lemon Parsley Vinaigrette

RED BLISS POTATO SALAD

Cooked, Mashed Red Bliss Potatoes with Dill, accompanied with a Custom-House Dressing

PASTA PRIMAVERA SALAD

Cooked Penne or Rotini with Seasonal Spring Vegetables, served with a Custom-House Dressing

BYO Salad Bowl

Build Your Own Salad Bowl

Have your guests experience our de-constructed bowls and let them take part in their own creations

ALL INCLUDE: one protein of your choice, FLIK house chips, cookies, brownies, assorted rolls/butter, assorted soft drinks, bottled water.

CAESAR SALAD

Crisp Romaine, Baby Spinach, Tomatoes, Olive, Croutons, Parmesan, Avocado

23.00

GRAIN SALAD

Mixed Greens, Baby Arugula, Quinoa, Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Roasted Cauliflower, Feta Cheese, Parmesan

27.50

COBB SALAD

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

23.00

Add and additional protein to your salad:

Flank Steak

12.00

Ahi Tuna

12.00

Salmon Filet

12.00

Sauteed Shrimp

10.00

*Pricing is subject to change

Lunch Buffets

ALL INCLUDE: artisan rolls mixed green salad (with 2 dressings), choice of grain, starch and two proteins. Served with cookies, brownies and full beverage service

All orders are customizable. One of our catering experts will build a menu with our culinary team to create a memorable experience for you and your guests

CHEF'S TABLE BUILD YOUR OWN

*Pricing is subject to change

35.00

SINGLE

45.00

DOUBLE

POULTRY

- Chicken w/ Wild Mushroom Ragout
- Chicken w/ Artichoke and Tomato
- Oven Roasted Turkey, Rosemary Pan Gravy

MEAT

- Pepper Crusted Beef Tenderloin, Demi Glace
- Roast Pork Tenderloin, Rosemary Shallot Demi-Glace
- Grilled Flank Steak, Chimichurri

SEAFOOD

- Grilled Salmon, Black Bean Corn Salsa
- Roasted Cod, Cherry Tomato Vinaigrette
- Shrimp Scampi

VEGETARIAN/ PLANT-BASED

- Baked Eggplant Parmesan
- Penne Pasta, Garden Vegetables, Pesto



Lunch Buffets (cont.)

ALL INCLUDE: mixed green salad (with 2 dressings), seasonal fruit platter, artisan rolls, butter, cookies, brownies, iced tea and lemonade, assorted sodas, bottled water

MEDITERRANEAN

0.00

Middle Eastern Salad, Traditional and Roasted Pepper Hummus, Falafel with Yogurt Dipping Sauce, Yogurt-marinated Chicken with Yogurt Dipping Sauce (Halal)

CLASSIC ITALIAN

0.00

Salad Choice (Caesar, Caprese Platter, Tricolore Salad, Panzanella Salad), Pasta Choice (Baked Penne, Sauteed Vegetables & Farfalle, Tomato and Cheese Ravioli), Chicken Entree Pick (Chicken Parmesan, Chicken Marsala, Chicken Milanese), Pescatarian Entree of Choice (Basil-crusted Cod, Salmon Filet with Olive Tapenade, Sauteed Lemon and Fennel Shrimp)

ASIA

0.00

Cold Noodle Salad, 1 Starch Dish Choice (Vegetable Fried Rice, Jasmine Rice or Lo Mein), 1 Vegetable Dish Choice (Sesame Cauliflowers, Steamed Broccoli or Sauteed Mixed Vegetables). 2 Entree Picks (Sesame Chicken, Orange Chicken, Pineapple-glazed Salmon Filet)

MEXICAN TAQUERIA

0.00

Corn and Flour Tortillas, Spanish Yellow Rice, Mexican-style Ratatouille, Marinated Grilled Chicken Breast, Mojo Shrimp, Tortilla Chips and Toppings (Pickled Jalapenos and Red Onions, Avocado Crema and Sour Cream, Pico de Gallo, Mild Red Salsa, Pineapple Salsa and Shredded Cheddar Cheese)

ALL-SUMMER BBQ

0.00

Salad Choice (Potato Salad, Pasta Salad, Vegetable Slaw), Beef and Impossible Sliders (Portions with and without American Cheese, Condiments on Side), Chicken Sausage, Onions and Peppers with Hawaiian Sweet Rolls, Gourmet Rice Krispies Treats

THANKSGIVING

0.00

Choice of Seasonal Vegetables (Sauteed Haricot Vert, Roasted Root Vegetables, Mashed Potatoes), House-roasted Turkey Breast. Cranberry Orange-glazed Salmon, Cornbread Stuffing, Cranberry Chutney, Butternut Squash Ravioli with Apple Cider Cream Sauce and Autumn Harvest Fruit Tarts

PM Breaks

TORTILLA CHIP BAR

Regular and Baked Corn Tortillas, Mild Red Salsa, Avocado Crema,, Pineapple Salsa, Pico de Gallo, Pickled Jalapenos and Red Onions, Cheddar Dipping Sauce

11.00

CRUDITE

Assorted Seasonal Vegetables, Avocado Ranch Dressing, Traditional and Roasted Red Pepper Hummus, Baked Pita Chips

8.50

BRUSCHETTA BREAK

Assorted Crisps & Flatbreads, Tomato Basil, Olive Tapenade

14.00

HUMMUS BREAK

Traditional Hummus, Roasted Red Pepper Hummus, Pita Chips

10.00

POPCORN BREAK

Choose from 3 popcorn flavors: Plain, Truffle, BBQ, Lemon & Pepper, White Cheddar Cheese

6.50

ARTISAN CHEESE BOARD

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

16.00

HOT PRETZEL BITES & CHEESE ALE SAUCE

7.50

FLIK HOUSE CHIPS

6.00

FRESH FRUIT PLATTER

8.00

COOKIES & BROWNIES

6.00

PM breaks include assorted sodas, bottled water.

*Pricing is subject to change



Celebrations

CHARCUTERIE BOARD

22.00

Domestic, Imported and Local Assortments of Italian Meats (Genoa Salami, Prosciutto, Capicola, Pepperoni), Assortments of Cheeses (Brie, Camembert, Gorgonzola), Fresh Fruit (Grapes, Strawberries), Assortments of Crackers and Artisan-baked Chips

DUMPLING BAR

15.00

Steamed Vegetable Dumplings, Fried Chicken Teriyaki Dumplings, Duck Sauce, Wasabi Soy Sauce and Sweet Thai Chili Sauce

SEAFOOD BAR

20.00

Classic Shrimp Cocktail, Crab Cakes,

ADD-ONS

Full Bar

0.00

Beer & Wine

0.00

Assorted Soft Drinks & Bottled Water

0.00

*Pricing is subject to change

Desserts

MINIATURE DESSERTS AND COFFEE 12.50

- Mini Seasonal Fruit Tarts
- Mini Lemon Bars
- Mini Chocolate Chip Cannolis
- Regular and Decaffeinated Coffee, Teavana or Tazo Teas, Hot Water

RICE KRISPIES TREATS 6.00

Assortment of Hand Crafted Rice Krispies Treat

- Classic
- Chocolate Dip
- Carmel Drizzle

FLIK COOKIES AND BROWNIES

- FLIK Chocolate Chip Cookies
- FLIK Brownies 6.00

FULL BEVERAGE SERVICE

Regular and Decaffeinated Coffee, Teavana or Tazo Teas, Assorted Sodas (Coke, Coke Zero, Sprite, Ginger Ale) and Bottled Water 12.00

COFFEE SERVICE

Regular and Decaffeinated Coffee, Teavana or Tazo Teas, Hot Water 6.50

SODA AND WATER SERVICE

Assorted Sodas (Coke, Coke Zero, Sprite, Ginger Ale) and Bottled Water 6.00

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