

Catering Menu 2018

contact your campus Event Coordinator for custom
menu options

events@valopark.net

571-367-7931



Food by FLIK

Allergies & Intolerances



Please note that we will make every effort to accommodate special requests. However, due to our open kitchens that handle the major allergens, gluten and other ingredients for the preparation of other menu items, we cannot guarantee that items will be completely “free” of any ingredient.

While we make every effort to avoid cross-contact, the potential for cross-contact does still exist. We encourage guests to ask to speak to the Chef or Manager regarding any questions about the ingredients contained in the food being considered.

The FIT Advantage

Looking for a better choice, but don't want to sacrifice flavor and appearance?

We've got you covered! Reach for FIT! These better for you options will have you changing the way you think of better for you options. Add as an option or create a whole FIT menu, it is up to you!



Seal of Approval

Look for these two seals of approval and know you are on your way to better choices. These are decisions you can feel good about. Our dietitian has vetted these just for you! Each item will have nutrition information when you place your order as well as at your event. You can even add these items to MyFitnessPal or Loselt.

breakfast

Coffee Service

Freshly Brewed Regular and Decaffeinated Coffee, Hot Tea with Lemon and Honey
4.75 per person

Full Beverage Service

Freshly Brewed Regular and Decaffeinated Coffee, Hot Tea, Assorted Soda, Bottled Water
6 per person

Continental Breakfast

Freshly Baked Mini Muffins, Scones, Butter, Fruit Preserves, Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Pitchers of Ice Water, Coffee and Tea Service
10.00 per person

American Breakfast

Scrambled Eggs, Cheddar on the side (Egg Whites are available) Buttermilk Pancakes or French Toast, Maple Syrup, Smoked Bacon Strips, Sausage Patties, Home Fries

Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Pitchers of Ice Water, Coffee and Tea Service
12.50 per person

Greek Yogurt Bar **VEG** **FIT**

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed Orange Juice, Pitchers of Ice Water, Coffee and Tea Service
8 per person

Burritos Breakfast

Select 2 of the Following:

-Scrambled Egg White, Bell Peppers, Cheddar Cheese, Salsa, Whole Wheat Burrito **VEG** **FIT**

-Scrambled Egg, Potatoes, Chorizo Sausage, Pepper Jack Cheese

-Scrambled Egg, Bell Peppers, Onions, Bacon, Cheddar Cheese

Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Pitchers of Ice Water, Coffee and Tea Service
12.50 per person



breakfast

"California Avocado Breakfast"

Ripe Avocados Blended with Sea Salt and Fresh Lemon

Grilled Thick Sliced Whole Grain Bread

Toppings of, Shaved Red Onions, Radishes, Queso Fresco, Pickled Jalapenos, Maple Glazed Bacon, Smoked Salmon, Sliced Egg

Sliced Seasonal Fruit, Freshly Squeezed Orange Juice, Pitchers of Ice Water Coffee and Tea Service
12.00 per person



Breakfast Sandwiches – Individually Wrapped

-Egg Whites, Spinach, Turkey Bacon, Muenster Cheese, Flatbread **FIT**

-Canadian Bacon, Egg, American Cheese, Toasted English Muffin

-Bacon, Scrambled Eggs, Cheddar Cheese, Toasted Bagel

-Egg White, American Cheese, Whole Wheat English Muffin **VEG** **FIT**
4.75 each

The **FIT** Advantage

Follow **FIT** to skimp on calories, not on taste. Add one to your catering order today.

Something Else

Mini Danish	1 each
Mini Bagel	1 each
Mini Muffin	1 each
Mini Scone	1 each
Individual Fruit Cups	2.25 each
Fruit and Yogurt Parfait	2.75 each
Assorted Bottled Juices	2.27 each
Fresh Sliced Fruit	3.50 per person

Beverage Service

Soft Drinks	2 each
Bottled Water	1.25 each
Iced Tea	6.00 per pitcher
Lemonade	7.00 per pitcher
Seasonal Beverage	7.00 per pitcher
Orange Juice	10.00 per pitcher

lunch - sandwiches

DELI SANDWICHES

Design Your Own

choose any 4 sandwiches

All American Favorites

Roast Beef, Frizzled Onions, Cheddar Cheese, Horseradish Sauce On A Poppy Seed Roll

House Roasted Turkey, Cranberry Mayonnaise on a Sesame Kaiser Roll

Smoked Ham, Arugula, Granny Smith Apples, Alpine Lace Swiss Cheese, Honey Mustard on Ciabatta

Crispy Ranch Chicken, Avocado, Tomato on Thin Sandwich **FIT**

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Turkey and Ham, Bacon, Lettuce, Tomato, Dijonaise Sauce in a Wrap

Corned Beef, Swiss, Spicy Mustard on Pumpernickel Roll

Italian

Italian Combo, Ham, Sopressetta, Pepperoni, Spicy Pepper Relish, Provolone, French Bread

Shaved Prosciutto Ham, Swiss Cheese, Lingonberry Preserves, Whole Wheat Roll

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese, Whole Wheat Wrap **FIT**

Vegetable

Grilled Vegetables, Fresh Mozzarella, Pesto Mayonnaise on a Whole Wheat Wrap **VEG**

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll **VEG**

Grilled Portobello Mushroom, Goat Cheese, Hummus, Sandwich Thin **VEG** **FIT**

Grilled Vegetables, Hummus in a Whole Wheat Wrap **VEGAN** **FIT**

From the Sea

Mediterranean Tuna, Basil, Roasted Red Pepper, Whole Wheat Wrap **FIT**

Shrimp Salad Wrap, Shredded Lettuce, Plum Tomatoes, Saffron-Lemon Aioli (+ 1.00)

Smoked Salmon, Caper Chive Cream Cheese, Red Onion, Bagel (+ 1.00)

Sides choose any 2 items below

House Salad **VEGAN** **FIT**

Caesar Salad **VEG**

Soup of the Day

Grain Salad **VEG** **FIT**

Red Bliss Potato Salad With Hard Boiled Egg **VEG**

House Made BBQ Spiced Potato Chips **VEG**

All Sandwich Lunches include assorted regular and **FIT** cookies, Soft Drinks and Bottled Water

18 per person



lunch - sandwiches

FLIK Mini Soup and Sandwich Sampler

Chef's Soup Of The Day

Petite Sandwiches On Mini Rolls:

Roasted Beef, Arugula, Horseradish Cream, Sourdough Roll

Grilled Chicken, Cajun Mayonnaise, Mini Roll

Grilled Vegetable Muffaletta, Olive Relish
VEG **FIT**

Tuna Salad, 7-grain Roll

House Made Lemon Bars, Soft Drinks,
Bottled Water
17 per person

Flatbread and Panini's (10 Guest Minimum)

Select 3 of the Following:

Chicken Pesto, Fresh Mozzarella
Flatbread **FIT**

Smoked Turkey, Honey Mustard, Spinach,
Swiss Cheese Panini

Smoked Ham, Caramelized Pineapple,
Arugula, Brie Cheese Grilled Panini

Grilled Vegetable, Red Pepper Hummus,
Thin Sandwich **VEGAN** **FIT**

Baby Green Salad, Balsamic, Ranch
Dressing, House Made BBQ Spiced
Potato Chips, Signature Bars, Soft Drinks
and Bottled Water
17 per person

Lunch Additions

Soup of the Day

2.10 per person

Specialty Chili and Chips

2.10 per person

House-Made BBQ Spiced Chips

1.50 per person

Hummus and Vegetable Crudité **VEGAN** **FIT**

2.50 per person

Guacamole and Tortilla Chips **VEGAN**

2.75 per person

House-Made Agua Fresca

2.00 per person

House-Made Infused Water **FIT**

1.50 per person



The **FIT** Advantage

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taste. Add one to your catering order today.

Salad bowl

Caesar Salad Buffet

Crisp Romaine Lettuce, Tomatoes, Kalamata Olives, Cucumbers, Bermuda Onions, Roasted Eggplant, Garlic Herb Croutons, Shredded Parmesan Cheese, Caesar Dressing

Choose (2) Proteins:

Grilled Marinated Breast of Chicken

Herb Marinated Flank Steak

Lemon Pepper Spiced Shrimp (+ 2.00)

Balsamic Glazed Tofu **VEG**

Fresh Sliced Fruit, Artisan Breads, New York Cheese Cake, Bottled Water and Soft Drinks

15.00 per person

Around the World Salad Buffet

(10 Guest Minimum)

Caribbean Plantain Salad with Jerk Chicken

Southwestern Grilled Shrimp Salad

Mediterranean Greek Salad with Garbanzo Beans **VEG**

Hoisin Glazed Beef Salad

Focaccia, Fruit Skewers, Coconut Macaroons, Mini Cannoli's, Bottled Water, Soft Drinks

19.00 per person

Cobb Salad Lunch

Romaine and Mesclun Greens

Tomatoes, Roasted Corn, Avocado, Chopped Egg, Red Onion, Cucumber, Apple-wood Bacon, Crumbled Bleu Cheese and Shredded Cheddar

Grilled Marinated Breast of Chicken **FIT**
Grilled Portobello Mushrooms **VEGAN** **FIT**

Ranch and Balsamic Dressings

House-made Cornbread, Strawberry Short Cake, Bottled Water and Soft Drink
18.00 per person

Buffalo Chicken Salad Buffet

Romaine Lettuce, Cucumbers, Tomatoes, Roasted Corn, Frizzled Onions and Croutons

Both Grilled and Fried Buffalo Chicken

Ranch and Bleu Cheese Dressings

Rolls, Butter, Cookies, Chocolate Chip Brownies
Bottled Water and Soft Drinks
15.00 per person



Salad bowl - 2

Taco Salad Buffet

(10 Guest Minimum)

Shredded Romaine, Green Leaf Lettuce

Chipotle Spiced Beef

Lime Cilantro Marinated Chicken

Toppings to include: Tomatoes, Onions, Pico de Gallo, Sour Cream, Fire Roasted Salsa, Cheddar, Sliced Avocado, Black Beans With Roasted Corn, Tortilla Strips, Cilantro Lime and Chipotle Ranch Dressings

Key Lime Cheese Cake, Soft Drinks, Bottled Water

15.00 per person

FLIK Salad Bowl FIT

(10 Guest Minimum)

Crisp Romaine Lettuce, Spinach, Kale

Choice of (2):

Grilled Marinated Chicken

Grilled Shrimp (+ 1.50)

Flank Steak

Tofu **VEGAN**

Seasonal toppings to include: Cherry Tomatoes, Cucumber, Red Onion, Carrots, Edamame, Mushrooms, Black Olives, Quinoa, Croutons, Parmesan, Dried Cranberries, Sunflower Seeds

Balsamic and Buttermilk Avocado

Strawberry Oatmeal Bars

Whole Wheat Flatbread Crisp, Sparkling and Still Bottled Water

15.00 per person

Lunch Additions

Soup of the Day

2.10 per person

Specialty Chili and Chips

2.10 per person

House-Made BBQ Spiced Chips

1.50 per person

Hummus and Vegetable Crudité **VEGAN** FIT

2.50 per person

Guacamole and Tortilla Chips **VEGAN**

2.75 per person

House-Made Agua Fresca

2.00 per person

House-Made Infused Water FIT

1.50 per person



lunch – on the go

Sandwich Bag Lunch

Assorted Pre-made Sandwiches to Include:

- Roast Beef, Frizzled Onions, Cheddar Cheese, Horseradish Sauce On A Poppy Seed Roll
- Fresh Roasted Turkey, Cranberry Mayonnaise on a Sesame Kaiser Roll
- Ham, Cheddar Cheese on a Kaiser Roll
- Chicken Salad, Lettuce, Tomato in a Spinach Wrap
- Grilled Vegetables, Hummus in a Whole Wheat Wrap **VEG**

Piece of Fresh Whole Fruit or Individual Bag of Chips, Freshly Baked Cookie, Bottled Water
15 each

Salad Box Lunch **FIT**

Mixed Greens, Tomato, Cucumber, Red Bell Peppers, Sweet Corn, Carrots, With Homemade Cilantro Lime Dressing

Topped With:

- Grilled Chicken
- Grilled Portobello Mushroom **VEGAN**
- Grilled Shrimp
- Marinated Flank Steak

Fresh Fruit Salad, Whole Wheat Flatbread Crisp, Reduced Fat Oatmeal Cookie, Bottled Water
15 each

Sandwich Box Lunch

Assorted Pre-made Sandwiches to include:

- Grilled Buffalo Chicken Wrap, Shredded Lettuce, Blue Cheese Dressing
- Shrimp Salad Wrap, Shredded Lettuce, Plum Tomatoes, Saffron-Lemon Aioli on
- Roast Beef, Brie Cheese, Frizzled Onions on Potato Roll
- Italian Combo, Spicy Hamm, Salami, Pepperoni, Spicy Pepper Relish, Provolone, French Bread
- Shaved Prosciutto Ham, Swiss Cheese, Lingonberry Preserves on a Whole Wheat Roll
- Grilled Vegetables, Fresh Mozzarella, Pesto Mayonnaise in a Whole Wheat Wrap **VEG**

Fresh Fruit Salad, House-Made Barbecue Potato Chips, Toffee Fudge Bar, Bottled Water
15 each



The **FIT** Advantage

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lunch - buffets

Southern BBQ

Texas BBQ Beef Brisket, Carolina Pulled Pork, Cole Slaw, Baked Beans **VEGAN** **FIT**, Cornbread with Honey Butter, Soft Potato Rolls

Pecan Bars, Soft Drinks, Bottled Water
18 per person

Classic Italian

Select (2) Entrees:

Chicken Parmesan, Eggplant Parmesan **VEG** **FIT**, Italian Beef Meat Balls With Marinara

Traditional Caesar Salad, Linguine Pasta, Parmesan Garlic Bread

Mini Cannolis, Soft Drinks, Bottled Water
18 per person

Make Your Own Tacos

Southwest Caesar Salad, Seasoned Ground Beef and Chicken, Shredded Lettuce, Cheddar Cheese, Chopped Tomatoes, Onions, Black Olives, Jalapenos, Guacamole, Salsa, Sour Cream, Tri-color Tortilla Chips, Crispy and Soft Taco Shells

Tres Leches, Bottled Water and Soft Drinks
18 per person

Make Your Own Fajitas

Black Bean, Tomato, Corn Salad With Cilantro Dressing **VEG**

Cilantro Lime Beef and Chili Spice Rubbed Chicken, Cheddar Cheese, Salsa, Jalapenos, Guacamole, Sour Cream, Spanish Rice, Refried Beans, Tri-color Tortilla Chips, Soft Shell Tortillas

Key Lime Cheese Cake, Bottled Water, Soft Drinks
18 per person

Pizza Party

Choice of Caesar Salad or Garden Salad
Pick your Pizzas: Cheese, Pepperoni, Vegetarian and Supreme
Cookies, Brownies, Soft Drinks and Bottled Water
11 per person



Build Your Own Lunch

Chop Salad, Romaine, Tomato, Corn, Cucumber, Cheddar Cheese, Vidalia Onion Vinaigrette

Choose 2 entrées:

Roasted Turkey Breast, Pan Gravy
Pan Seared Salmon, Roasted Tomato Salsa **FIT**
Barbeque Spiced Pork Loin, Pineapple Compote
Chicken Marsala, Cremini Mushrooms **FIT**
Grilled Flank Steak With Wild Mushroom Sauce

Choose 3 of the following:

Smashed Yukon Potatoes **VEG**
Brown Rice Pilaf **VEGAN** **FIT**
Green Beans and Carrots **VEGAN** **FIT**
Balsamic Roasted Vegetables **VEGAN** **FIT**
Seamed Broccoli with Lemon Zest **VEGAN** **FIT**

Mini Fruit Tarts, Soft Drinks, Bottled Water
20 per person

breaks – afternoon



Tortilla Chip Bar VEG

Regular and Baked Corn Tortillas, Black Bean Salsa, Guacamole, Sour Cream, Corn, Tomato Salsa, Mango Limeade
7 per person

Ball Park Pretzel Break VEG

Soft Pretzels, Sweet Mustard, Spicy Mustard, Buttered Popcorn
6 per person

Artisan Cheese VEG

A Selection of Local and Imported cheeses, Dried Fruits, Nuts, Crostinis and Crisps, Cucumber Mint Agua Fresca
8 per person

Sweet Snacks VEG

Cookies and Brownies, Fresh Sliced Fruit Tray
6 per person

Grilled and Raw Vegetables VEGAN

Grilled Eggplant, Zucchini, Summer Squash, Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips
6 per person

Popcorn Break VEG

Sweet Caramel Spiced Popcorn, White Cheddar, Rosemary Garlic, Orange Pineapple Agua Fresca
6 per person

Ice Cream Social VEG

Strawberry, Chocolate and Vanilla Ice Cream, Assorted Toppings: Sprinkles, Chocolate Chips, Nuts, Mini Marshmallows, Shaved Coconut, Oreos, Cherries, Whipped Cream, Chocolate and Caramel Sauce
4.75 per person

Sushi Display

(10 person minimum)
California Roll, Spicy Tuna Roll, Edamame, Mint Ginger Tea
8 per person


Energy Break VEGAN

KIND Bars, Reduced Fat Oatmeal Raisin Cookies, Whole Fruit, Still and Sparkling Bottled Water
6 per person

Sweet and Salty Snacks VEG

Freshly Popped Butter Popcorn Assorted Cookies
5 per person

Hummus Break VEGAN

Traditional Chic Pea Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita Crisps, Mint Iced Tea
6 per person 

Cakes and More

10" Personalized Cake (serves 10-12 people)	45
Quarter Sheet Personalized Cake (serves 24 people)	62
Half Sheet Personalized Cake (serves 48 people)	98
Full Sheet Personalized Cake (serves 96 people)	189

Standard Flavors

Yellow, Chocolate or White Cake
with Chocolate or Vanilla Icing

Premium Flavors (Additional Charge)

Strawberry Shortcake
German Chocolate
Dark Chocolate Mousse
White Chocolate Mousse
Raspberry Mousse
Lemon
Carrot

House Linens

Wait staff / Bartender

7.75 each black scuba
standard buffet linen

\$45 / hour per person (minimum 5 hours)

15 each house cotton basic white, ivory or navy

specialty linen – market price
please ask for our linen book

For potlucks, disposable products may be purchased through catering
at \$2.50 per person, which includes
plates, forks, knives, napkins and cups.

China service, specialty linen, flowers and
other event enhancements are available upon request.

Please call the events team
for more information

We request a minimum of two business days (48 hours) for standard catering
orders.

Last-minute orders may be accommodated;
Please contact the events team for available options.