

All our menus are made with the healthiest choices, quality food, and Platinum Service®. FLIK's mission is to support sustainable, nourishing food, made with fresh ingredients that are always authentic, and prepared from scratch. Our local foods go beyond fruits and vegetables. They can include beef, chicken, seafood, dairy products, even beer.

## Hot & Cold Cycle Dinner Buffet

*(Minimum 15 guests)*

Chef's Soup of the Day

Chef's Choice of Two Hot Entrée Items

1 Vegetarian Entree

2 Each Fresh Seasonal Vegetable and Starch

Seasonal Field Greens with Assorted Dressings

1 Composed Fruit or Grain Salad

Chef's Choice of Desserts

Assorted Fresh Baked Cookies

Assorted Soft Drinks and Bottled Water

Freshly Brewed Coffee, Decaffeinated Coffee, & Specialty Teas

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## Family Style Meals

*(Minimum 15 guests)*

Most buffet and themed menus can be presented family style.

## Plated Dinner

(Minimum 15 Guests)

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### Created and designed in concert with you!

Set Menu Price is based on either a soup or seasonal composed salad as your 1st course, Main course, and Dessert. A vegetarian option will be available at no extra charge. If you would like an upgrade in choice of main course, there will be an additional charge. If you would like a second choice of either Starter or the dessert, it will be an additional charge per person for each selection.

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### SOUPS

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Bolloti Bean Soup with Iberic Ham and Black Olives  
Cauliflower Soup, Florets, Dill  
Celeriac and Apple Soup, Horseradish Cream  
Chicken Consommé, Vermicelli and Vegetables  
Cream of Parsnip Soup, Thyme Honey and Chicken Confit  
Chorizo and Red Lentil Soup  
Fish Soup, Rouille  
Onion Soup, Calvados  
Leek and Potato Soup Truffle and Chives  
White Onion, Thyme Soup  
Butternut Squash Soup, Honey, Sage, Walnuts

### STARTERS

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Seasonal Wedge Salad  
Classic Caesar Salad, Gem Lettuce, Devilled Egg, Crispy Shallots, Shaved Parmesan  
Celeriac Remoulade Tartine, Cured La Quercia Cured Ham, Mache Salad, Hazelnut Dressing  
Warm Goats Cheese Crostini, Pickled Beets, Spiced Walnuts, Frisee, Red Endive,  
Apple, Endive, Celeriac Salad, Prosciutto, Pistachio Dressing  
Wild Mushroom Tart, Pesto, Olive Tapenade, Caramelised Onions, Parsley Garlic Butter  
Tomato Tart Tatin, Herb Goats Cheese, Caramelized Onions  
Pickled Wild Mushroom Salad with Salsify Chips, Garlic Parmesan Dressing  
Artichoke, Frisee, Mache, Potato Salad, Truffle Dressing, Parmesan  
Baked beets with Pomegranate, Basil, Orange, Walnuts and Feta, Mizzuna  
Beetroot Feta Cheese, Pine Nut, Pomegranate, Oak Leaf Salad  
Wild Mushroom Tarte Fine  
Grated Raw Beets, Fresh Figs, Pine Nuts, Mache Salad  
Shaved Fennel, Watercress, Rocket, Chicory, Blood Orange Salad, Orange Vinaigrette, Toasted Walnuts

All menus are priced accordingly.

## FISH STARTERS

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Crab and Avocado Salad, Ginger, Pink Grapefruit and Gelee  
Beetroot Cured Salmon, Dill, Orange and Crab Salad  
Hot smoked salmon salad with chicory, watercress, red radish and Pink Grapefruit, Citrus Vinaigrette  
Organic Salmon Rillette, Toasted Sourdough, Mache salad Lemon Vinaigrette  
Shaved Fennel, Chicory, Orange Salad, Jumbo Crabmeat and Orange vinaigrette  
Roast Sea Scallops with Cod Brandade, Parsley Sauce  
Roast Sea Scallops, Roast Pork Belly, Balsamic Shallot Jus

## BEEF MAIN COURSES

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Braised Short Ribs of Beef, Lentil Ragout, Red Wine Shallots  
Asian Style Braised Short Ribs, Baby Bok Choy, Chinese Broccoli, Coconut Rice  
Grilled Beef Tenderloin, Ratatouille, Pesto Gnocchi, Anchovy Pine Nut Vinaigrette  
Grilled New York Strip, Morel Flan, Fingerling Potato, Wilted Baby Spinach, Red Wine Jus  
Grilled Tenderloin of Beef, Blue Cheese Butter, Truffle Potato Puree, Balsamic Glazed Onions, Swiss Chard  
Roast Beef Tenderloin, Root Vegetable Gratin, Shitake Mushrooms, Baby Spinach, Rosemary Jus  
Roast Tenderloin of Beef, Roasted Butternut Squash, Cipolini Onions, Swiss Chard, Oyster Mushrooms, Red Wine Date Sauce  
Roast Tenderloin of Beef, Rosemary/Sage Pappardelle, Roasted Peppers, Globe Artichokes and a Lemon Caper Olive Jus  
Herb Crusted Tenderloin of Beef, Pearl Onions, Chanterelle Mushrooms, Red Wine and Grain Mustard Jus

## LAMB MAIN COURSES

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Braised Lamb Shanks Pearl Barley, Vegetable Pilaf  
Lamb Loin Provencal, ratatouille and olive mash  
Navarin of Lamb with Vegetables and New Potatoes  
Roast Lamb Rump with Cous Cous Dried Fruits and Rosemary Jus  
Slow Roast Shoulder of Lamb, Mashed Potato, Tomato Basil Jus  
Grilled Double Lamb Chops, Cipollini Onions, Oyster Mushrooms, Bean Cassoulet  
Grilled Loin of Lamb, Vegetable Orzo, Pesto, Oven Dried Tomatoes, Goats Cheese, Rosemary Jus  
Roast Rack of Lamb, Spiced Lentils, Roasted Carrots, Lemon, Parsley, Caper Vinaigrette

## PORK MAIN COURSES

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Grilled Maple Brined Pork Chop, Roasted Garlic Mashed Potato, Braised White Cabbage, Sage Onion Jus

Apple Cider Glazed Pork Belly, Balsamic Buttered Lentils, Grain Mustard Mash

Roast Duroc Pork Chop, Grain Mustard Mash, Caper Shallot Butter

Herb Crusted Pork Tenderloin with Yukon Gold Potatoes, Cipollini Onions, Oyster Mushrooms,  
Sherry Wine Bacon Vinaigrette

Roast Tenderloin of Pork Wrapped in Sage and Prosciutto, Roasted Butternut Squash, Wilted Baby Spinach,  
Cippolini Onions, Apple Cider Jus

Roast Pork Chops, Grain Mustard Cream, Lyonnaise Potatoes and Alsatian Cabbage

## DUCK MAIN COURSES

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Braised Duck Legs in Red Wine, Pearl Onions, Choux Croute, and Smoked Bacon

Duck Confit, Buttered Lentils, Red Wine Shallots

Duck Confit Cassoulet, Cannellini Beans Morceaux and Lyonnaise Sausage

Coriander Crusted Duck Breast and Confit Spring Roll, Swiss Chard, Shitake Mushrooms, Soy Ginger Sauce

Crisp Duck Breast, Lemongrass Glaze and Sweet Potato Coconut Puree and Cranberry Kumquat Chutney

Five Spiced Duck Breast, Butternut Squash Noodles, Broccoli Rhaabe, Thai BBQ Jus

## CHICKEN MAIN COURSES

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Grilled Marinated Breast of Chicken, Roasted Peppers and Artichokes, Balsamic Red Onions, Green Olive Jus

Herb Roasted Chicken with Roasted Beets, Butternut Squash

Roast Breast of Chicken Artichokes Barigoule, Thyme Shallot Jus

Herb Crusted Breast of Chicken, Boulangere Potatoes, Baby Carrots, Pearl Onions, Lemon Thyme Jus

Roast Chicken, Cabernet Sauvignon Vinegar, Roasted Vegetables

Herb and Brioche Crusted Chicken, Truffle Macaroni, Asparagus, Chanterelle Mushrooms, Cippolini Onions, and a Madeira Jus

Moroccan Spiced Chicken Breast, Curry Cous Cous, Braised Eggplant, Lemon Olive Sauce

## VEAL MAIN COURSE

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Blanquette of Veal, Macedoine of Vegetable, Rice Pilaf  
Lemon Flavored Osso Bucco with Rosemary Polenta, Broccoli Oven Roast Tomato, Gremolata  
Rosemary Braised Veal Shin with Pappardelle and Pumpkin Sauce  
Burgundy Braised Veal Shank, Yellow Corn Creamy Polenta Cake, Buttered Vegetables, Bacon Lardons  
Braised Veal Shins, Porcini Risotto and Braised Vegetables  
Grilled Veal Chop, Braised Red Cabbage, Honey Roast Carrots, Mashed Potato, Roasted Garlic, Apple Cider Jus  
Grilled Veal Chop, Morels, Caramelized Onions, Herb Butter Sauce  
Grilled Veal Chop, Roasted Corn, Peppers, Spiced Tomato Ketchup, Polenta Fries  
Porcini Crusted Veal Tenderloin, Fingerling Potato Galette, Cippolini Onions, Asparagus, Madeira Morel Jus  
Roast Veal Tenderloin and Liver, Balsamic Red Onions, Braised Red Cabbage, Sherry Wine Vinegar Shallot Sauce  
Veal Chop Cordon Bleu with Lyonnaise Potatoes, Frisee and Arugula Salad, Balsamic Vinaigrette

## FISH MAIN COURSES

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### Halibut

Roast Fillet of Halibut, Preserve Lemon and Lavender Vinaigrette, Fennel Artichoke salad  
Roast Fillet of Marinated Halibut, Baby Fennel and Artichokes, Red Peppers, Lemon Caper Jus  
Roast Fillet of Halibut, Brioche Herb Crust, Tomato Fondue, Chanterelle Mushrooms Volute

### Monkfish

Five Spiced Monkfish, Crispy Shrimp Wontons, Sweet and Sour Cabbage  
Roast Fillet of Salmon, Red Onion Confit, Boulangere potatoes, Tarragon Grapes, Red Port Sauce  
Roasted Monkfish Tail, Tomato, Cannellini Beans and Chorizo Sausage

### Salmon

Roast Fillet of Salmon, Lyonnaise Potatoes, Oyster Mushrooms, Bacon Butter Sauce  
Roast fillet of Salmon, Crab Mashed Potato, Asparagus Spears, Baby leeks and Carrots, Red Wine Sauce

### Cod

Baked cod with Choux Croute, Shallot Sherry Vinegar Jus  
Line Caught Cod Fillet with Chestnuts and Gem Lettuce

## FISH MAIN COURSES (CONT'D)

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### Sea Bass

Roast Fillet of Sea Bass, Red Pepper Relish, Olive Oil Mash Potato

Roast Fillet of Sea Bass Meniere with Black Olives, Tomato

Roast Filet of Black Bass, Borscht, Horseradish Crème Fraiche, Yukon Potatoes

Roast Fillet of Black Bass, Salt Cod Cakes, baby Spinach, Clam Chowder Sauce

Provençale Marinated John Dory, Fennel, Artichokes and Olives

Roast Fillet of Pink Snapper, Radish Salad, Soy Beans, Shitake Mushrooms, Soy Orange Glaze

### Tuna

Grilled Tuna Loin, Saffron Risotto, Rosemary Seared Prawn, Beetroot Vinaigrette

Seared Tuna Loin, Beetroot Tagliatelle, Black Trumpet Mushrooms, Horseradish Crème Fraiche, Red Wine Jus

Five Spiced Tuna Loin, Roasted Heirloom Carrots, Rutabaga Puree, Carrot Coulis

Grilled Tuna Loin, Curried Lentils, Sautéed Napa Cabbage, Shitake Mushrooms, Curry Coconut Sauce

## DESSERTS

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Strawberry Shortcake

Peach Cobbler

Chestnut Flour Cake, Chocolate Ganache

Mascarpone Pots, Raspberries

Rice Pudding, Dark Raisins

Tiramisu

Passion Fruit Crème Brule

Ginger Layer Cake

Cashew, Coconut, and Chocolate Chip Tart

Coconut Panna Cotta, Mango

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The IBM Learning Center

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