

Culinary Conference Center at Hudson County Community College



Food by FLIK

breakfast

Starbucks Coffee and Tea Service

\$5.50 per guest

Freshly Brewed Regular and
Decaffeinated Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Hudson Bagel Buffett

\$10 per guest

Assorted Bagels
Plain and Flavored Cream Cheese
Jam and Jelly
Butter
Coffee and Tea Service
Water

Good Morning Conference

\$11.75 per guest

Selection of Mini Muffins, Croissants
and Danish
Sliced Fresh Fruit
Fresh Squeezed Orange Juice and
Cranberry Juice
Coffee and Tea Service
Water

Hudson Continental

\$13.75 per guest

Sliced Fresh Fruit
Assorted Mini Muffins, Croissants
Assorted Bagels
Butter, Cream Cheese, Preserves
Fresh Squeezed Orange Juice and
Cranberry Juice
Coffee and Tea Service
Water

Avocado Toast Bar

\$17.50 per guest

Thick-cut 7 Grain Bread
Mashed Ripe Avocado
Tomato
Red Onion
Cucumber
Capers
Chopped Bacon
Hard Boiled Egg
Fresh Dill
Baby Arugula
Fresh Squeezed Orange Juice and
Cranberry Juice
Coffee and Tea Service
Water

Smoothies

Served in Pitchers

\$6 per guest

Strawberry, Banana, Vanilla Yogurt

Acai, Blueberry, Greek Yogurt

Spinach, Avocado, Almond Milk,
Agave Nectar

Orange Creamsicle



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charge and NJ state sales tax

breakfast

Starbucks Coffee and Tea Service

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Hot Water
Assorted Tazo Teas
Iced Water

Yogurt Bar

\$10 per guest

Low-Fat Plain Yogurt
Greek Yogurt
Strawberry Yogurt
Seasonal Berries
Low Fat Granola
Honey
Water

Miniature Strata (Add On)

\$4 per guest

Kindly Choose 2, 2 per guest

Egg, Applewood Smoked Bacon,
Spinach, Gruyere

Egg, Seasonal Mixed Vegetables,
Cheddar

Egg Turkey Sausage, Pepper Jack

Egg White, Spinach, Swiss

Breakfast Sandwiches

\$6.50 per guest

Kindly Choose 3, 1 per guest

Egg, Applewood Smoked Bacon,
Cheddar on a Brioche Roll

Egg, Turkey Sausage, Pepper jack
Cheese on a Spinach Wrap

Breakfast Burrito, Scrambled Eggs, Salsa,
Avocado, Cheddar and Jack Cheese
on a Soft Flour Tortilla

Egg Whites, Turkey Bacon, Swiss Cheese
on a Croissant

Egg Whites, Grilled Tomato, Spinach on
a Whole Wheat Wrap

Hot American Breakfast

\$21 per guest

Choice of Scrambled Eggs, Egg Whites
or Miniature Strata

French Toast Casserole with Maple
Syrup, Berry Compote
Applewood Smoked Bacon and Turkey
Sausage
Traditional Home Fries
Sliced Fresh Fruit
Assorted Bagels with Butter and Cream
Cheese
Fresh Squeezed Orange Juice and
Cranberry Juice
Coffee and Tea Service
Water

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Lunch

Soda/Bottled Water Service Upon Request

Additional \$5.50 per guest

Starbucks Coffee and Tea Service \$5.50 per guest

Freshly Brewed Regular and Decaffeinated Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Flik Sandwich/Wrap Service \$17 per guest

Includes: Mixed Greens Salad with two dressings, Flik Chips, Cookies/Brownies, Iced Tea, Lemonade, Water

Soda/Bottled Water Service Upon Request additional \$5.50 per guest

choose any 3 sandwiches/wraps

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

All-White Meat Waldorf Chicken Salad, Diced Apples, Celery

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap (veg)

Caprese – Fresh Mozzarella, Tomato, Fresh Basil, Balsamic Glaze, Ciabatta Roll (veg)

Miniature Sandwich and Salad Combination

\$19.50 per guest

Includes: Cookies/Brownies, Iced Tea, Lemonade, Water

choose any 3 sandwiches

All-White Chicken Waldorf Salad, Diced Apples, Celery

Shrimp Avocado Tomato Salad

Mediterranean Tuna, Black Olive, Roasted Red Peppers, Extra Virgin Olive Oil

Traditional Egg Salad

Fresh Mozzarella and Grilled Eggplant, Olive Tapenade (veg)

Tuscan Chicken Salad, Sundried Tomato, Pesto

choose any 2 salads

Mixed Green Salad, Tomato Cucumber, Choice of Dressing (Balsamic, Ranch, Asiago Caesar, French)

Mediterranean Orzo and Couscous with Lemon Parsley Vinaigrette

Smashed Red Bliss Potato Salad

Three Bean Salad, Red Wine Vinaigrette

Seasonal Pasta Primavera Salad, Seasonal Vinaigrette



lunch Build Your Own

Bowl

Soda/Bottled Water Service Upon Request
Additional \$5.50 per guest

Starbucks Coffee and Tea Service
\$5.50 per guest

Freshly Brewed Regular and
Decaffeinated Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Burrito Bowl
\$22 per Guest

Crispy Tortilla Chips or Soft Flour Tortillas
*Gluten Free Available upon Request

Choice of Protein (choose 2)
Chimichurri Grilled Steak
Adobo Chicken
Grilled Marinated Shrimp
Ancho Spiced Tofu

Toppings
Cotija Cheese
Pico De Gallo
Gucacamole
Cilantro Lime Black Beans
Roasted Corn
Pickled Jalapeno
Shredded Lettuce
Pickled Red Onion
Lime

Sauces
Cilantro Lime Vinaigrette
Roasted Pablano Crema
Salsa Verde

Cookies and Brownies
Iced Tea
Lemonade
Infused Water

Protein Packed Salad Bowl
\$25 per guest

Grilled Chicken, Freekah, Chopped
Romaine, Parmesan Cheese, Tomatoes,
Caesar Dressing

Sriracha Glazed Salmon, Quinoa,
Edamame, Kabocha Squash, Sesame Tofu,
Yuzu Soy Dressing

Ahi Tuna, Avocado, Edamame, Mango,
Scallion, Cucumber, Sweet Chili-Sesame
Dressing with choice of Sushi Rice or Mixed
Greens

Assorted Rolls
Assorted Dessert Bars

Iced Tea
Lemonade
Infused Water

De-Constructed Cobb Salad
Lunch
\$22 per guest

Iceberg Wedges and Arugula
Tomatoes, Roasted Corn, Avocado,
Chopped Egg, Red Onion, Cucumber,
Applewood Bacon, Crumbled Bleu Cheese
and Shredded Cheddar

Grilled Marinated Breast of Chicken
Chunk Albacore Tuna
Grilled Portobello Mushrooms
Ranch and Balsamic Dressings

Assorted Rolls
Cookies

Iced Tea
Lemonade
Infused Water



hot lunch

Soda/Bottled Water Service Upon Request
Additional \$5.50 per guest

Starbucks Coffee and Tea Service
\$5.50 per guest

Freshly Brewed Regular and Decaffeinated
Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Build Your Own Tacos
\$27.50 per guest

Marinated Grilled Chicken
Mojo Shrimp
Mexican Ratatouille (Veg)
Spanish Rice
Flour Tortillas
Pickled Red Onion
Pickled Jalapenos
Avocado Crema
Pico De Gallo
Pineapple Salsa
Sour Cream

Assorted Cookies and Brownies

Iced Tea
Lemonade
Flavored Water



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hot lunch

Soda/Bottled Water Service Upon Request
Additional \$5.50 per guest

Chef's Choice Menu
\$27.50 One Entrée
\$37.50 Two Entrée

Includes:

Assorted Rolls and Butter
Chef Selection Salad
Vegetables
Starch
Assorted Dessert Display

Iced Tea
Lemonade
Infused Water
Freshly Brewed Regular and Decaffeinated
Coffee
Hot Water
Assorted Tazo Teas
Iced Water

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afternoon snacks

Soda/Bottled Water Service Upon Request
Additional \$5.50 per guest

Starbucks Coffee and Tea Service
\$5.50 per guest

Freshly Brewed Regular and
Decaffeinated Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Crudité
\$7.50 per guest

Assorted Seasonal Vegetables, Avocado
Ranch Dressing, Hummus
Infused Water

Hummus
\$7.50 per guest

Traditional Chickpea Hummus, Roasted
Pepper Hummus, Assorted Crisps and Flik
Pita Chips
Infused Water

Chips and Dips
\$8.50 per guest

Spinach Roasted Artichoke Dip, Traditional
Chickpea Hummus, Selection of Chips
Infused Water

Chips and Salsa
\$7.00 per guest

Pico de Gallo, Salsa Verde, Tortilla Chips
Infused Water
**Traditional Guacamole additional 4.00 per
guest**



Cheese Board
\$14.00 per guest

Imported and Domestic Cheeses with Fresh
Fruit and Crackers
Infused Water

Flik Popcorn
\$5.00 per guest with infused water
**\$7.00 per guest with iced tea
andlemonade**

Please choose 3
Plain
Truffle
Barbeque
Lemon/Pepper
Cheddar Cheese

Hot Pretzels
\$6.00 per guest with infused water
**\$8.00 per guest with iced tea
andlemonade**

Hot Pretzel Bites, Assorted Mustards,
Cheddar Cheese-Ale Dipping Sauce

Bruschetta Break
\$12.50 per guest

Tomato, Basil; Kalamata Olive; Chef's
Seasonal Spread, Assorted Breads
Infused Water

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sweet cravings

Soda/Bottled Water Service Upon Request
Additional \$4 per guest

Starbucks Coffee and Tea Service
\$4 per guest

Freshly Brewed Regular and
Decaffeinated Coffee
Hot Water
Assorted Tazo Teas
Iced Water

Rice Krispie Treat Break
5.00 per guest

Classic Rice Krispie Treat, Chocolate
Dipped Rice Krispie Treat, Caramel Drizzle
Rice Krispie Treat
Infused Water

Flik Cookies and Brownies
5.00 per guest

Assorted Fresh Baked Cookies, Black and
White Brownies

Mini Desserts
10.50 per guest

Mini Assorted Cupcakes, Mini Seasonal
Fruit Tarts, Mini Lemon Bars and Brownies,
Mini Chocolate Chip Cannolis
Freshly Brewed Regular and
Decaffeinated Coffee
Assorted Tazo Teas
Water



Cookies and Coffee
6.00 per guest

Flik Fresh Baked Chocolate Chip Cookies
Freshly Brewed Regular and Decaffeinated
Coffee
Assorted Tazo Teas

Iced Coffee Bar
8.75 per guest

Iced Regular and Decaf Coffees
Vanilla, Hazelnut, Caramel and
Chocolate Syrups
Macaroons, Mini Chocolate Chip
Cannolis

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