NYC Bar Breakfast
Mini Bagels, Freshly Baked Mini Croissants, Assorted Yogurt Loaves, Hardboiled Eggs, Fruit Salad, Assorted Spreads
Orange Juice, Water
8.00

Healthy Start Breakfast
Freshly Baked Low-Fat Mini Muffins, Whole Grain Raisin Walnut Bread, Overnight Oats, Fruit Salad
Orange Juice, Water
10.00

Breakfast Sandwiches
Selection of Mini Croissant Sandwiches to Include:
Egg Salad
Sliced Tomato, Cream Cheese
Orange Juice, Water
7.00

Greek Yogurt Bar
Greek Yogurt, House-Made Granola, Seasonal Berries, Raisins, Dried Cranberries, Toasted Almonds, Honey, Pure Maple Syrup, Orange Juice, Water
6.00

NYC Smoked Salmon Platter
Mini Bagels, Nova Lox, Cream Cheese, Sliced Tomato, Sliced Red Onion, Capers, Hard Boiled Egg, Fresh Dill, Orange Juice, Water
11.00

Hot Cereal Bar
Assorted Oatmeal Packets, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Orange Juice, Water
7.00

Avocado Toast Bar FIT
Thick-cut Whole Grain Bread, Mashed Ripe Avocado, Tomatoes, Cucumber, Bell Peppers, Pork Bacon, Hard Boiled Eggs, Sunflower Seeds, Crumbled Goat Cheese
Orange Juice, Water
7.00

Hot Beverage Service
Coffee, Decaf Coffee, Assorted Teas
2.75

Something Else
Fresh Fruit Granola Yogurt Parfaits 3.00
Overnight Oats 3.00
Assorted Fage Yogurt Cups 2.75
Fresh Fruit Salad 3.00
Bagels and Cream Cheese 3.00
8oz Bottled Water 1.00

10 person minimum on all breakfast packages

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations. For the Full Meal/Combo Plate: ≤600 Calories, ≤25 Total Fat(g), ≤5 Saturated Fat and Natural Trans Fat Combined(g), ≤600 Sodium(mg) *Criteria for artificial trans fat is 0g
**DELI SANDWICHES**
Sandwich Selection: Roasted Turkey, Rare Roast Beef, Black Forest Ham, Vegetable Served on Artisanal Breads and Wraps

Seasonal Grain Salad, Mixed Greens House Salad, Signature Flik Chips, Cookies and Brownies, Soft Beverage Service

**DELI SANDWICH PREMIUM**
**Design Your Own**
choose any 4 sandwiches

Seasonal Grain Salad, Mixed Greens House Salad, Signature Flik Chips, Cookies and Brownies, Soft Beverage Service

**All American Favorites**
Roasted Turkey, Brie Cheese, Honey Mustard, 7 Grain Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Turkey Club Sandwich on a Roll, Bacon, Lettuce, Tomato

All-White Meat Chicken Salad, Spinach Wrap

Egg Salad, Shredded Lettuce, Sliced Tomato

Pastrami, Swiss, Spicy Mustard on Pumpernickel Roll

**Italian**
Italian Combo, Spicy Ham, Salami, Pepperoni, Roasted Peppers, Provolone, Ciabatta

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

**Vegetable**
Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

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

Grilled Eggplant, Goat Cheese, Hummus, Whole Wheat Wrap

Falafel Wrap, Tzatziki, Shredded Lettuce, Tomato

**From the Sea**
Tuna Salad, Cucumber, Whole-Grain Roll

Cajun Shrimp Salad Wrap (+1.00)

**Any orders not placed within 48 hours of event will be a Chef’s Choice Selection of Sandwiches**

10 person minimum on all sandwich orders
Deli Platter Lunch
To include:

Deli Platter – In-house Roast Beef, Roasted Turkey, Black Forest Ham, Grilled Chicken Breast, Tuna Salad, Balsamic Glazed Vegetables FIT

Cheese’s – Cheddar, Swiss, Provolone

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Cole Slaw, Roasted Red Peppers

Breads – Artisanal Rolls, Sliced Breads and Wraps

Sprays – Mayo, Mustard,

Seasonal Grain Salad, Mixed Greens House Salad, Signature Flik Chips, Cookies and Brownies, Soft Beverage Service

30.00

Soup and Mini Sandwich Sampler
To Include:
Chef’s Selection of Petite Sandwiches
Chef’s Soup of the Day or Request a FIT Soup
Seasonal Grain Salad, Mixed Greens House Salad, Signature Flik Chips, Cookies and Brownies, Soft Beverage Service

21.00

Boxed Lunches
To Include:
Gourmet Sandwich Selection
Turkey, Ham, Italian, Chicken Caesar, Chicken, Vegetable, Tuna Salad
Roast Beef (+$1)
Gluten Free or Vegan (+$3)
Kosher (+$9)

Chocolate Chip Cookie, Kettle Chips, Apple, PC’s, Meal Kit

17.00

Upgrades:
Bottled Water
2.00
Brownie
2.00
Fruit Salad
2.00
Potato, Tri-Color Pasta, or Macaroni Salad
2.00
Garden or Caesar Salad
2.00

10 person minimum on all sandwich orders

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations.
For the Full Meal/Combo Plate: ≤600 Calories, ≤25 Total Fat(g), ≤5 Saturated Fat and Natural Trans Fat Combined(g), ≤600 Sodium(mg) *Criteria for artificial trans fat is 0g
**Caesar Salad Buffet**

- Crisp Romaine Lettuce and Baby Spinach
- Tomatoes, Olives, Cucumbers, Mushrooms, Carrots
- Grilled Marinated Breast of Chicken
- Blackened Shrimp
- Hand Cut Croutons, Parmesan Cheese, Caesar Dressing
- Freshly Baked Focaccia
- Cookies and Brownies, Soft Beverage Service
- 25.00

**Grain Salad Bowl**

- Two Seasonal Greens
- Tri-Color Quinoa, Farro
- Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Chopped Walnuts, Sunflower Seeds, Gorgonzola and Parmesan Cheese
- Grilled Marinated Breast of Chicken
- Herb-Lemon Grilled Shrimp
- Balsamic Vinaigrette FIT
  Homemade Honey Dijon FIT
- Fresh Fruit Salad
- Soft Beverage Service
- 26.00

**De-Constructed Cobb Salad**

- Iceberg Wedges and Mixed Greens
- Tomatoes, Avocado, Roasted Corn, Chopped Egg, Red Onion, Cucumber, Apple-wood Bacon, Gorgonzola Cheese and Shredded Cheddar
- Grilled Marinated Breast of Chicken
- Grilled Portobello Mushrooms
- Ranch and Balsamic Dressings
- House-made Cornbread
- Cookies and Brownies
- Soft Beverage Service
- 27.00

10 person minimum on all salad orders

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations:
For the Full Meal/Combo Plate: ≤600 Calories, ≤25 Total Fat(g), ≤5 Saturated Fat and Natural Trans Fat Combined(g), ≤600 Sodium(mg) *Criteria for artificial trans fat is 0g
Regional American BBQ
Texas BBQ Beef Brisket, BBQ Grilled Chicken, Potato Salad, Cole Slaw, Baked Beans, Tossed Salad, Ranch and Vinaigrette Dressings, Corn Bread
Sliced Watermelon, Coconut Pecan Cookies, Brownies, Soft Beverage Service
34.00

Classic Italian
Chicken Parmigiana, Penne ala Vodka with Peas, Traditional Caesar Salad, Tomato Fresh Mozzarella Salad, Roasted Vegetable Platter, Garlic Bread
Italian Cookies and Mini Cannoli’s, Soft Beverage Service
36.00

Authentic Mexican
Chicken and Cheese, Vegetable and Cheese Quesadillas
Mexican Cilantro Rice, Black Bean Sofrito
Mixed Greens House Salad
Tortilla Chips, House-made Guacamole, Fire Roasted Tomato Salsa, Sour Cream, Fresh Jalapeños
Rice Pudding, Cookies and Brownies
Soft Beverage Service
32.00

Healthy Choice FIT
Balsamic Honey Marinated Chicken, Balsamic Glazed Vegetables, Warm Farro, Roasted Broccoli, Baby Spinach Berry Salad, Honey Dijon Dressing
Fresh Fruit Salad
Soft Beverage Service
28.00

Chef’s Choice Seasonal Hot Buffet
One Protein Entrée
One Vegetarian Entrée
One Starch, One Vegetable Side
Seasonal Mixed Greens Salad
Dessert
Hot and Cold Beverage Service
44.00

All Buffets Minimum of 12 Guests

Items marked as FIT meet the following criteria, which were developed to be consistent with current dietary recommendations. For the Full Meal/Combo Plate: ≤600 Calories, ≤25 Total Fat(g), ≤5 Saturated Fat and Natural Trans Fat Combined(g), ≤600 Sodium(mg) *Criteria for artificial trans fat is 0g
<table>
<thead>
<tr>
<th>Break Type</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Artisanal Cheese and Fruit</strong></td>
<td>A selection of local and imported cheeses, dried and seasonal fruits, flatbreads and crisps</td>
<td>13.00</td>
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<tr>
<td><strong>Crudité Break</strong></td>
<td>Fresh garden vegetables served with buttermilk ranch dipping, soft beverage service</td>
<td>10.00</td>
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<td></td>
<td>Add on a house made dip 1.50 blue cheese, spinach and artichoke, french onion, or hummus</td>
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<tr>
<td><strong>Chips and Dip</strong></td>
<td>Flik Chips served with House Made Dips blue cheese, spinach and artichoke, french onion</td>
<td>10.00</td>
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<tr>
<td><strong>Bruschetta Break</strong></td>
<td>Diced tomato and basil bruschetta served with toasted crostini's, soft beverage service</td>
<td>10.00</td>
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<tr>
<td><strong>Hummus Break</strong></td>
<td>Traditional chick pea hummus, chef’s choice specialty hummus, grilled pita, soft beverage service</td>
<td>8.00</td>
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<tr>
<td><strong>Seasonal Fruit Crisp</strong></td>
<td>Served with fresh whipped cream 1 crisp feeds up to 20 guests</td>
<td>35.00</td>
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<tr>
<td><strong>Mini Cupcakes</strong></td>
<td>Assorted mini cupcakes, hot beverage service</td>
<td>9.00</td>
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<tr>
<td><strong>Cookie and Brownie Break</strong></td>
<td>Flik signature cookies, brownie bites, hot beverage service</td>
<td>8.00</td>
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<tr>
<td><strong>Tea and Scones</strong></td>
<td>Mini scones, fresh mixed berries, devonshire cream, assorted preserves, and Tazo Teas</td>
<td>9.00</td>
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<tr>
<td><strong>Italian Cookie Break</strong></td>
<td>Mini assorted biscotti, 7 layer cookies, pignoli cookies, hot beverage service</td>
<td>11.00</td>
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<tr>
<td><strong>Finger Sandwiches</strong></td>
<td>Assorted chef’s choice finger sandwiches soft beverage service</td>
<td>12.00</td>
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<tr>
<td><strong>Granola Bars</strong></td>
<td>KIND granola bars, hot beverage service</td>
<td>7.00</td>
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<tr>
<td><strong>Assorted Sun Chips</strong></td>
<td>2.50</td>
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<tr>
<td><strong>Fresh Fruit Salad</strong></td>
<td>3.00</td>
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<tr>
<td><strong>Air Popped Popcorn Break</strong></td>
<td>Air popped popcorn with assorted Flik signature seasonings, soft beverage service</td>
<td>5.00</td>
</tr>
<tr>
<td><strong>Kosher snacks available upon request</strong></td>
<td>6 guest minimum on all breaks</td>
<td></td>
</tr>
</tbody>
</table>
Hot Beverage Service
coffee, decaf coffee, assorted teas
2.75

Soft Beverage Service
canned soda, pitchers of water
2.25

Hot and Cold Beverage Package
coffee, decaf coffee, assorted teas
canned soda, pitchers of water
NYC Bar Snacks
4.75

Soft Beverage Package
canned soda, pitchers of water
NYC Bar snacks
3.00

Regular Iced Coffee
2.00

House Made Iced Tea
2.00

Beer and Wine Bar
domestic and imported beer, house wines, spirits, canned soda, pitchers of water, NYC Bar snacks
14.00

Full Wine and Spirits Bar
domestic and imported beer, house wines, spirits, canned soda, pitchers of water NYC Bar snacks
18.00

Bottles of House Red or White Wine
20.00 per bottle

House Water Service
complimentary pitchers of water

please assure the ordered beverage represent guests in attendance
Stationary or Passed Hors D’ Oeuvres
selection of four hot and cold hors d’ oeuvres
artisanal cheese and fruit display, assorted flatbreads and crackers
24.00

Seated Dinner
family style salad
one protein entrée selection, starch, vegetable
(vegetarian selection available)
plated dessert
hot and cold beverage service
44.00

Buffet Dinner
one protein entrée
one vegetarian entrée
one starch, one vegetable
seasonal green salad
dessert
hot and cold beverage service
44.00

Plan a custom menu with our culinary team for an unique experience for you and your guests. We are happy to work within your budgetary requirements to create a one of a kind event.
For all inquiries, please contact:
Catering and Meeting Services
events@nycbar.org
212.382.6637

Timing:
Please place all catering orders 48 hours prior to your event. Last minute food service may be provided at the discretion of the Director of Catering and Meeting Services. All last minute services will incur a $35.00 service fee. In the event that an order is not received within 48 hours, Meeting Services reserves the right to offer a chefs selection menu.

Staffing:
Our normal charges include the set-up, delivery, and pick-up of all orders. If you wish to have professional wait staff present for your function, including bartenders or butlers, the cost is $225 per staff member for a reception or dinner. For staff requests made 48 hours prior to the event, there is a late processing fee.

Kosher Meals:
We may provide Kosher meals upon request. Please allow 48 hours advance notice for Kosher food. Kosher rates will apply.

Allergens:
Please alert the food service team of any food allergies, as not all ingredients are listed on the menu. Eating raw or undercooked fish, shellfish, eggs or meat increases the risk of foodborne illnesses.