

Eastern Maine Community College Catering Guide

guidelines

Flik Independent Schools Dining is pleased to present this Catering Menu developed for your school. The guide serves only as a sampling of our catering abilities and does not reflect the full range of selections and services we can provide. Our Executive Chef will gladly assist you in developing a customized menu for your next meeting or event. We look forward to serving your catering needs.

All Requests Must Be Submitted By E-Mail

The "Catering Request Form" can be sent to you electronically

Requests should be made 5 business days in advance.

We require 24 hours notice for cancellations.

Conditions and Service Fees:

Evenings and Weekends may require an additional surcharge to defray the cost of overtime labor.

Timing

When submitting the "Catering Request Form" please note that the Set-Up Time is an "approximate time" that we will be there to begin set-up (usually 30-45 minutes prior to the event). The Set-By Time is the time the food needs to be in place, and ready for your guests (usually 15 minutes prior to your guests arrival or break). For stations or buffet luncheons, we require access to the room an additional 30 minutes in advance for set-up.

Cancellation Policy

If an order is cancelled in less than 24 hours (72 hours for large groups), the customer is responsible for full payment of the catering order.

Additional Charges

C:

Our services include all the necessary disposable paper products for a successful event. However, for a more formal event china and silverware are available for an additional \$4 per person for complete settings. Glassware and basic China Plate usage for Breakfast or Break services is \$2 per person.

Station Attendants:

Some of our Menu Items require a station attendant and are marked as such. In every case, the charge is \$25 per hour with a minimum of 4 hours.

Wait Staff:

Our normal charges include the set-up, delivery, and pick-up of all orders. If you wish to have a professional wait staff present for your function, the cost is \$25 per hour with a 4 hour minimum charge.

Flowers/Balloons:

We will be glad to order flowers or balloons for your event. We use area vendors who we have had great success with to insure these items are to your specifications.

breakfast

Full Beverage Service 2.25

Freshly Brewed Regular and Decaffeinated Coffee, Assorted Juice, Bottled Water and Mighty Leaf Tea

Healthy Start 5.50

Freshly Baked Low-Fat Mini Muffins, Low-Fat Tea Bread, Whole Grain Raisin Walnut Bread, Low-Fat Yogurt, Granola, Raisins, Seasonal Berries, Fresh Fruit, Freshly Squeezed Orange Juice, Strawberry Smoothie, Coffee and Tea Service

Hotel Breakfast Buffet 10.00

French Toast, Pure Maple Syrup, Scrambled Eggs and Ham (Egg Whites Available Upon Request), Smoked Ham, Sausage Patties, Home Fries, Sliced Fresh Fruit, Breakfast Pastries, Butter, Preserves, Cream Cheese, Freshly Squeezed OJ, Coffee and Tea Service

Breakfast Sandwiches 9.50

Selection of breakfast sandwiches to include:

Egg Whites, Spinach, Turkey Bacon, Alpine Lace Swiss Cheese, Flatbread

Canadian Bacon, Egg, American Cheese, Toasted English Muffin

Scrambled Eggs, Smoked Ham, Cheddar Cheese, Salsa, Burrito

Egg White, Vegetable Frittata on Sandwich Thin

Freshly Squeezed OJ, Coffee and Tea Service

Greek Yogurt Bar 4.50

Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Raisins, Dried Cranberries, Honey, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

Hot Cereal Bar 6.50

Oatmeal, Cream of Wheat, Raisins, Dried Cranberries, Cinnamon, Walnuts, Granola, Brown Sugar, Pure Maple Syrup, Freshly Squeezed OJ, Coffee and Tea Service

Something Else

Fresh Fruit Granola Yogurt Parfaits 2.50

Fresh Fruit Platter 2.50

Bagels and Cream Cheese 1.50

Freshly Squeezed Orange Juice 1.75

Freshly Brewed Iced Tea 1.00

Assorted Bottled Juices and Water 1.50

Full Coffee Service 1.50



meeting well

Meeting Well is created, managed and trademarked by the American Cancer Society (ACS) to encourage a healthier workplace. Fundamentally, the ACS has developed guidelines, suggestions and tips to plan healthy meetings and events by promoting more nutritious meals and snacks.



Continental Breakfast 5.50

Low-Fat Granola, Assorted Cold Cereal, Mini Scones, Mini Muffins, Whole Wheat Bagels, Light Cream Cheese, 100% Whole Fruit Preserves, Seasonal Fresh Fruit, Fresh Fruit Yogurt Parfaits, Fruit Smoothie, Freshly Squeezed Orange Juice, Coffee, Regular and Herbal Tea

Hot Breakfast 10.00

Crustless Mini Quiche, Caramelized Onions Ham, Oven Fried Red Bliss Potatoes, Buckwheat Pancakes with Blueberry Sauce, Steel-Cut Oats with Apples Cinnamon, Fresh Seasonal Fruit, Fruit Smoothie, Freshly Squeezed Orange Juice, Coffee, Regular and Herbal Tea

Meeting Well Sandwich 9.50

Toasted Almond Chicken Pita Sandwich, Shrimp Corn Salad Stuffed Pita, Vegetarian Antipasti, Korean-Style Steak & Lettuce Wraps, Served with Baby Green Salad, Low-Fat Dressing, Farro Salad with Arugula and Mint, Mini Brownies, Low-Fat Oatmeal Cookies and Full Beverage Service

Hot Buffet 15.25

Chicken Marsala with Roasted Garlic, Shrimp Satay, Spicy Sweet Pepper Glaze, Vegetarian Tuscan White Bean Stew with Grilled Ciabatta Bread, Creamy Polenta, Jicama Watercress Romaine Salad, Grilled Asparagus, Low-Fat Oatmeal Cookies and Full Beverage Service

Break 1 6.99

Mango, Cucumber, Pineapple and Watermelon Sticks, Muhammara Dip (Roasted Red Peppers Walnuts), Whole Wheat Pita Chips, Mini Low-Fat, Oatmeal Cookies, Sparkling Water and Herbal Tea

Break 2 5.50

Chili Spiced Popcorn, Granola Bars with Almonds, Sparkling Water, Herbal Tea, Berry Fruit Cup Balsamic Drizzle

Lunch -

sandwiches

DELI SANDWICHES

Design Your Own

choose any 5 sandwiches

All American Favorites 7.25

House Roasted Turkey, Brie Cheese, Honey Mustard, Baguette

Smoked Ham, Arugula, Swiss Cheese, Ciabatta

Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette

Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese

Smoked Turkey, Cabbage Slaw, Swiss Cheese Rye Bread

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

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

Corned Beef, Swiss, Spicy Mustard on Pumpkin Seed Roll

Italian 9.50

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

Prosciutto, Arugula, Asiago Cheese, Focaccia

Grilled Chicken Caesar Wrap, Shredded Romaine, Parmesan Cheese

Grilled Chicken, Pesto Mayo, Fresh Mozzarella Cheese

Asian / Bahn Mi 7.50

With pickled vegetables, cilantro, Sriracha mayo

5-Spice Rubbed Pork Tenderloin

Roasted Curried Cauliflower

Grilled Sweet Chili Glazed Chicken

Vegetable 7.25

Balsamic Roasted Vegetable Goat Cheese Whole Wheat Wrap

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

Avocado Toast, 7 Grain Bread, Tomato, Cucumber, Cilantro

Grilled Portobello Mushroom, Goat Cheese, Hummus, Sandwich Thin

From the Sea 8.50

Tuna Salad, Cucumber, Whole-Grain Roll

Cajun Shrimp Salad, Toasted Roll (+ 1.00)

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

Salads choose any 2 items below

Baby Green Salad, 2 Dressings

Caesar Salad

Balsamic Roasted Vegetable

Grain Salad of the Day

Red Bliss Potato Salad

BBQ Spiced Potato Chips

All Sandwich Lunches include cookies, brownies and Signature Bars, Full Beverage Service



Lunch -

Deli Platter Lunch 6.50

To include:

Deli Platter – In-house Roast Beef, Smoked Turkey, Smoked Ham, Grilled Chicken Breast, Tuna Salad

Cheese's – American, Swiss, Provolone, Jack Cheese

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Breads – Rolls, Ciabatta, Baguette, Wraps

Spreads – Mayo, Mustard, Honey Mustard, No-nut Pesto

Homemade Potato Chips, Freshly Baked Cookies, Signature Bars, Full Cold Beverage Service

FLIK Mini Soup and Sandwich Sampler 8.25

Petite Sandwiches On Mini Rolls:

Roast Beef, Arugula, Horseradish Cream, Sourdough Roll

Grilled Chicken, Cajun Mayo, Mini Roll

Smoked Turkey, Brie Cheese, Spinach, Honey Mustard, Mini Ciabatta

Grilled Vegetable Muffaletta, Olive Relish

Tuna Salad, 7-grain Roll

Chef's Soup of the Day

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Baby Green Salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

Flatbread and Panini's 10.50

Chicken Pesto Fresh Mozzarella Flatbread

Smoked Turkey, Honey Mustard, Spinach, Swiss Cheese Panini

Smoked Ham, Tomato, Arugula, Brie Cheese, Grilled Pita

Grilled Vegetable, Red Pepper Hummus, Sandwich Thin

Relish Tray – Leaf Lettuce, Tomatoes, Pickles, Roasted Peppers, Banana Peppers

Baby Green Salad, two dressings, chef's salad of the day, homemade potato chips, freshly baked cookies, signature bars, full cold beverage service

Lunch Additions

Soup of the Day 2.00

Specialty Chili and Chips 3.50

House-Made BBQ Spiced Chips 1.00

Hummus and Vegetable Crudité 1.50

House-Made WaterWorks 1.50

Freshly Brewed Iced Tea 1.00

Guacamole and Tortilla Chips 2.50



Lunch - salads

Caesar Salad Buffet 6.50

Crisp Romaine Lettuce and Baby Spinach

Tomatoes, Olives, Cucumbers, Mushrooms, Broccoli, Carrots

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp
Grilled Balsamic Glazed Tofu

Hand Cut Croutons, Shredded Parmesan Cheese, Regular And Low-fat Caesar Dressing

Freshly Baked Focaccia
Cookies, Lemon Bars, Full Cold Beverage Service

Grain Salad Bowl 7.50

Mixed Baby Greens and Arugula
Quinoa, Wheat Berries

Avocado, Cucumbers, Olives, Tomatoes, Dried Cranberries, Edamame, Broccoli and Cauliflower Florets, Chopped Walnuts, Sunflower Seeds, Goat and Parmesan Cheese

Grilled Marinated Breast of Chicken
Lemon Pepper Spiced Shrimp

Sesame Ginger and Raspberry Dressing

Flax Seed Granola Bars, Berries with Greek Honey Yogurt Sauce, Full Cold Beverage Service

Cobb Salad 8.50

Iceberg Wedges and Arugula

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

Grilled Marinated Breast of Chicken
Chunk Albacore Tuna
Grilled Portobello Mushrooms

Ranch and Balsamic Dressings

House-made Cornbread
Cookies, Seasonal Fruit Cobbler, Full Cold Beverage Service

Lunch Additions

Soup of the Day 2.00

Specialty Chili and Chips 3.50

House-Made BBQ Spiced Chips 1.00

Hummus and Vegetable Crudité 1.50

House-Made WaterWorks 1.50

Freshly Brewed Iced Tea 1.00

Guacamole and Tortilla Chips 2.50



Lunch - buffets

Regional American BBQ 14.00

Texas BBQ Beef Brisket, Carolina Pulled Pork
Potato Sala, Cole Slaw, Maple Molasses Baked
Beans, Tossed Salad ,Ranch and Vinaigrette
Dressings, Corn Bread with Honey Butter

Watermelon Agua Fresca, Pecan Bars, Freshly
Baked Cookies, Brownies, Full Cold Beverage
Service

Classic Italian 12.50

Chicken Parmesan, Penne with Peas,
Traditional Caesar Salad, Tomato Fresh
Mozzarella Salad, Roasted Broccoli and Red
Peppers, Garlic Bread

Lemon Mint Agua Fresca, Mini Cannoli's, Freshly
Baked Cookies, Brownies, Full Cold Beverage
Service

Authentic Mexican Taqueria 12.99

Chicken Tinga, Pork Carnitas, Soft Flour Tortillas,
Mexican Cilantro Rice, Black Bean Sofrito

Tortilla Chips, House-made Guacamole, Fire
Roasted Tomato Salsa, Mexican Crema, Pickled
Red Onions, Cilantro, Limes

Pineapple Lime Aqua Fresca, Coconut Rice
Pudding, Freshly Baked Cookies, Brownies, Full
Cold Beverage Service

Southeast Asian Flavors 16.50

Vietnamese Caramel Chicken, Lemongrass
Ginger Shrimp, Jasmine Rice, Green Curry
Coconut Vegetables, Crisp Vegetable Spring
Rolls, Sweet Chili Sauce

Mango Mint WaterWorks, Ginger Molasses
Cookies, Freshly Baked Cookies, Brownies, Full
Cold Beverage Service



Comfort Classics – Build Your Own 12.50

Soup of the Day or Traditional Caesar Salad
Choose 2 entrée's:

Roasted Turkey Breast, Pan Gravy
Braised Chicken Thighs Cacciatore
Turkey Meatloaf, Mushroom Gravy
Grilled Salmon Filet, Cucumber Relish
Rosemary Rubbed Pork Loin, Apple Relish
Chicken Marsala, Portobello Mushrooms

Choose 3 of the following:

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

Freshly Baked Cookies, Brownies, Full Cold
Beverage Service

breaks –

Build Your Own Parfait Bar 2.99

Greek Yogurt, Seasonal Berries, Seasonal Dried Fruits, Toasted Almonds, Wheat Germ, Low-fat Granola

Avocado Toast Bar 7.50

Toasted 7 Grain Bread, Mashed Ripe Avocado, Tomatoes, Red Onions, Cucumbers, Capers, Smoked Salmon, Chopped Bacon, Hard Boiled Eggs, Baby Arugula, Fresh Dill, Cilantro Sprigs,

Mini Biscuits 5.25

Mini Biscuits Including: Smoked Ham and Caramelized Onion, Sausage and Cheddar Cheese and Egg White and Turkey Bacon

Power Break 5.50

Dried Fruit, Nuts, Flaxseed Bars, Berries and Apple Pomegranate Juice

Tea and Scones 4.25

Homemade Mini Raisin and Lemon Scones, Devonshire Cream, Assorted Jams and Jellies and Mighty Leaf Teas



breaks –

afternoon



Tortilla Chip Bar 4.50

Regular and Baked Corn Tortillas, Traditional and Black Bean Salsa, Sour Cream, Jalapeno Cheese Sauce and Chilled Limeade

Latin Chips and Dips 4.50

Fried Plantain and Yucca Chips Served With Corn Tomato Salsa, Black Bean Dip, and Non-Alcoholic Sangria

Grilled and Raw Vegetables 3.50

Grilled Eggplant, Zucchini, Summer Squash Asparagus, Raw Carrots, Red Peppers, Radishes, Red Pepper Hummus, Baked Whole Wheat Pita Chips, Carrot Juice

Bruschetta Break 4.50

Assorted Crisps and Flatbreads; Tomato Basil, Kalamata Olive and Cranberry Pear Toppings, Flax Seed Granola Bars, Strawberry Lemonade

Hummus Break 3.99

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

Popcorn Break 2.99

Sweet Caramel Spiced Popcorn, White Cheddar, Cinnamon Toast, Watermelon WaterWorks

Artisan Cheese 8.50

A selection of local and imported cheeses, Dried Fruits, Nuts, Crostini's and Crisps, Cucumber Mint WaterWorks

celebrations

STATIONS

Mediterranean Table 7.50

Baba Ganoush, Hummus, Muharrama (Red Pepper, Walnut, Pomegranate), Tabbouleh, Marinated Olives, Pita Crisps, Crostini and Flatbreads

Antipasto 10.25

Imported Prosciutto, Cappicola, Hard Salami, Imported Italian Cheeses, Calamata Olives, Grilled Flatbread, Crostini, Focaccia Crisps

Cheese 8.50

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

Guacamole Tasting 8.99

Traditional Avocado, Edamame and Asparagus Guacamole, Tortilla Chips, Yucca and Plantain Chips, Charred Tomato Salsa

Lettuce Wraps 12.50

Bibb Lettuce, Korean Short Ribs, Thai Red Curry Shrimp, Teriyaki Chicken, Pickled Vegetables, Kim Chi, Chopped Cashews, Sweet Red Chili Sauce

Asian Dumplings 12.99

Shrimp Shu Mai, Pork Gyoza, Vegetable Dumplings with Hoisin BBQ, Thai Red Chili and Ponzu Dipping Sauce

Sushi & Sashimi 13.25

Assorted Sushi & Sashimi, Spicy Tuna, Salmon, Shrimp, California Roll, Vegetarian Rolls, Wasabi, Soy, Pickled Ginger

Cold Seafood Bar (market pricing)

Shrimp Cocktail, Clams on the Half Shell, Crab Claws, Lemon, Tabasco, Horseradish, Cocktail and Classic Mignonette Sauce

Carving Board choose (1)- 15.50 choose (2) – 18.99

NY Sirloin Strip Loin, Maple Basted Roast Breast Of Turkey, Fennel Cracked Pepper Pork Loin, Mini Rolls, Mustards, Aioli and Spreads



celebratio

HORS D'OEUVRES

ns

Cold

Vegetable 1.25 ea.

Goat Cheese Lollipops, Pistachios, Grapes
Brie Cheese Crostini, Pickled Peppers
Greek Salad In Phyllo Cup
Jicama Pineapple And Jalapeño Skewer
Baba Ganoush On Rosemary Focaccia, Peppadew

Sea 2.00 ea.

Seared Tuna Nicoise
Mini Lobster Roll, Micro Celery
Seafood Succotash Pequillo Vinaigrette
Tuna Tartar, Wakame, Sesame Cone
Beet Salmon Gravlox, Citrus Salad Micro Mint

Land 1.75 ea.

Curried Chicken Salad, Toasted Almond, Coconut
Sliced Sirloin, Tuscan Tomato Fondue
Prosciutto Crostini, Roasted Figs, Mascarpone
Shaved Imported Prosciutto, Manchego, Fig Jam

Hot

Vegetable 1.25 ea.

Japanese Eggplant Parmesan, Cilingini, Oven Dried Tomato
Curried Red Lentil Shooter
Savory French Toast, Goats Cheese Tomato, Basil
Wild Mushroom Tartlet
Mini Grilled Cheese, Tomato Basil Soup Shooter
Crispy Quinoa Cakes, Arugula Pesto

Sea 2.00 ea.

Sesame Crusted Salmon Skewer Yuzu Dipping Sauce
Pancetta Wrapped Shrimp, Mango Glaze
Lobster Navajo Fry Bread, Creole Remoulade
Coconut Shrimp, Sweet and Sour Pineapple Dipping Sauce
Maryland Crab Cakes, Fennel, Pepper Jelly

Land 1.75 ea.

Chicken Sesame Scallion Dumplings, Tamari
Chorizo Hushpuppy, Smoked Paprika Aioli
Mini Croque Monsieur, Smoked Ham, Confit Cherry Tomato
Crackerjack Fried Chicken, Tangerine Honey
BBQ Pork Stuffed Arepa, Chipotle Glaze
Indian Spiced Lamb Meatballs, Yogurt Sauce

plated dinners

Greens

Organic Local Greens, Heirloom Tomatoes, Aged Balsamic Vinegar
Baby Kale Caesar, Reggiano Parmigiana, Brioche Croutons
Baby Bok Choy, Avocado, Cashews, Thai Sesame Vinaigrette
Arugula, Shaved Fennel, Gorgonzola Cheese

More

Shrimp Cocktail Martini, Micro Celery Greens, Spiced Cocktail Sauce
Lump Crab and Roasted Corn Cakes, Ancho Chili Papaya Sauce
Warm Montrachet, Leek & Asparagus Tart, Balsamic Bundled Greens
House Cured Salmon Gravlax, Pickled Fennel, Lemon Yogurt

Poultry

All-Natural Bell and Evans Chicken, Wild Mushroom Marsala Sauce
Grilled Moulard Duck Breast, Port Wine Currant Sauce
Scaloppini Of Turkey, Ragout of Cannellini Beans and Sage
Fennel Crusted Roasted Cornish Hen, Glazed Cipollini Onions, Tomato Jam

Meat

Seared Heartland Filet Mignon, Sweet Potato, Baby Beets
Slow Braised, Glazed Short Rib, Smashed Potato and Parsnips
Pesto Crusted Rack of Lamb, Fava Beans Succotash, Black Trumpet Mushrooms
Apple Wood Bacon Wrapped Pork Tenderloin, Pappardelle Pasta, Chanterelles

Seafood

Pan Seared Verlasso Salmon, Shitake Mushrooms, Pickled Cucumber, Yuzu Broth
Grilled Atlantic Halibut, Fingerling Potatoes, Tomato Saffron Broth
Seared Diver Scallops, Celeriac Puree, Baby Spinach, Crispy Chorizo
Roasted Jumbo Prawns, Spinach and Farro Risotto

Vegetarian

Thai Coconut Curry Vegetable Potato Stew, Jasmine Rice
Grilled Cauliflower Steak, Arugula Fennel Slaw, Lemon Tahini Sauce
Cavatelli, Grilled Artichokes, Calamata Olives, Grape Tomatoes, Fresh Ricotta
Wild Mushroom Cannelloni, Burrata Cheese, Opal Basil

Dessert

Flourless Chocolate Torte
Fig and Pear Croustade, Vanilla Bean Syrup
Warm Brioche Bread Pudding, Maple Ice Cream
Almond Tuile with Seasonal Sorbet