



THIS MONTH'S
functional
FOOD
RECIPE

Join us all MONTH for Breakfast

BYO AVOCADO BAR
6.95

Whole Grain Toast,
Bacon, Red Onion,
Hard Boiled Egg,
Tomato, Capers

INGREDIENTS WITH HEALTH IMPROVING ATTRIBUTES

Food by FLIK

Let's connect
@FLIKhospitality

FIRE UP THE FLAVOR
BBQ TO-GO

Join us Tuesday
May 28th as we
kick-off BBQ
season!

Food by FLIK

FLIK FAVORITES

GLOBAL BAO BUNS | TUESDAY, MAY 30

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CLOSED FOR THE HOLIDAY

T MONTHLY BREAKFAST SPECIAL BYO Avocado Toast Bar

Chicken Noodle Soup **FIT**

SOY, GINGER TURKEY MEATBALLS

Vegetable Lo Mein
Braised Baby Bok Choy, Sesame Seeds **FIT**

Salad Romaine Wedge, Bleu Cheese
Deli Pesto Tuna, Bruschetta, Provolone Wrap
Grill Cheeseburger Sliders

W Pasta e Fagioli **FIT**
Chicken Noodle Soup **FIT**

TILAPIA FRANCHISE

Wild Rice **FIT**
Sautéed Swiss Chard, Garlic, Red Peppers **FIT**

Salad Quinoa, Beet **FIT**
Deli Open Faced Smoked Salmon, Avocado, Scallion Cream
Cheese, Bagel **FIT**
Grill Korean Chicken Sandwich, Gochujang, Pickled Vegetables

ACTION BYO PHILLY CHEESESTEAK

Th Shrimp Bisque **FIT**
Pasta e Fagioli

BUFFALO CHICKEN MAC AND CHEESE

Rosemary Garlic Potato Wedges **FIT**
Roasted Mixed Vegetables **FIT**

Salad Heirloom Tomato, Mozzarella
Deli Chipotle Chicken Salad, Stuffed, Avocado **FIT**
Grill Meatball Hoagie, Marinara, Provolone

ACTION FUSION BAO BUNS

F

Twin Hotdogs,
Curly Fries

GRAB AND GO

Sandwich of the week Italian Combo
Salad of the week Tomato Caprese Salad