



**Conference Center  
at the  
Maritime Institute**

Food by FLIK

# breakfast

## **Full Beverage Service**

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

**8**

## **Healthy Start**

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

**10**

## **Lite Fare**

Fresh Fruit Granola Yogurt Parfaits  
Fresh Fruit Platter  
Bagels and Cream Cheese  
Freshly Squeezed Orange Juice  
Freshly Brewed Iced Tea  
Assorted Bottled Juices and Water  
Full Coffee Service

**12**

## **American Breakfast Buffet**

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

**15**

## **Breakfast Sandwiches**

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 Orange Juice, Coffee and Tea Service

**18**



**All above prices are per person**

All prices are subject to 22% taxable service charge

# lunch - sandwiches

## DELI PLATTER

### DESIGN Your Own

choose any 5 sandwiches

#### All American Favorites

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 on Rye Bread

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

All-White Meat Waldorf Chicken Salad,  
Grapes, Celery Wrap

Corned Beef, Swiss, Spicy Mustard on  
Pumpernickel

#### Italian

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, Sub Roll

#### Vegetarian

Balsamic Roasted Vegetable Goat  
Cheese Whole Wheat Wrap

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

Grilled Portobello Mushroom, Goat  
Cheese, Hummus, Sandwich Thin

#### 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

**20 per person**



# box- lunches

## Box Lunches

Select three wraps or sandwiches

### Wraps

Hummus Grilled Eggplant **VEGETARIAN**

Grilled Vegetable **VEGETARIAN**

Chicken BLT, Apple wood Smoked Bacon

Tuna Salad

Bacon, Lettuce, Avocado, Shrimp, Tomato

### Sandwiches

Italian Provision, Herb Focaccia

Buffalo Chicken, Blue Cheese, Sourdough

Chicken Salad, Kaiser Roll

Chipotle BBQ Roast Beef, Blue Cheese, Pretzel

Roll

Turkey, Swiss, Multigrain

Ham, Cheddar, Whole Wheat

Grilled Chicken, Provolone, Ciabatta

Roast Beef, Provolone, Sub Roll

Corned Beef, Swiss, Spicy Mustard

Prosciutto, Arugula, Asiago Cheese Focaccia

Grilled Vegetable Muffuletta **VEGETARIAN**

Roasted Eggplant Hummus, Flatbread

**VEGETARIAN**

### Salad

Select one

Caesar Salad

Creamy Coleslaw Salad

Pasta Salad

Potato Salad

### Box Lunch to Include

FLIK Chocolate Chip Cookie,  
Assorted Chips, Whole Fruit,  
Assorted Diet and Regular  
Sodas, Bottled Water

**18 per person**



# Lunch - salads

## Caesar Salad Buffet (minimum 10 people)

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

**12**

## Grain Salad Bowl (minimum 10 people)

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

**15**

## Cobb Salad Bar (minimum 10 people)

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

**18**

House-made Cornbread  
Cookies, Full Cold Beverage Service

## Lunch Additions

Soup of the Day  
House-Made BBQ Spiced Potato Chips  
Hummus and Vegetable

**3**

**All above prices per person**



# buffets

## **Regional American BBQ**

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

Pecan Bars, Freshly Baked Cookies, Brownies, Full Cold Beverage Service

## **Classic Italian**

Chicken Parmesan, Traditional Beef Lasagna, Classic Caesar Salad, Tomato Fresh Mozzarella Salad, Roasted Broccoli and Red Peppers, Garlic Bread

Mini Cannoli's, Freshly Baked Cookies, Brownies, Full Cold Beverage Service

## **Authentic Mexican Taqueria**

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

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

Tres Leche Cake, Freshly Baked Cookies, Brownies, Full Cold Beverage Service

## **Southeast Asian Flavors**

Cashew Chicken, Beef & Broccoli , Jasmine Rice, Green Curry Coconut Vegetables, Crisp Vegetable Spring Rolls, Sweet Chili Sauce

Fortune Cookie, Freshly Baked Cookies, Brownies, Full Cold Beverage Service

## **Maryland Classic**

Chefs Fried Chicken, Old Bay Spiced Grilled Shrimp Skewers, Maryland Blue Crab Salad, Traditional Potato Salad, Coleslaw Vinaigrette, Buttermilk Biscuits, Seasonal Vegetable Medley

Freshly Baked Cookies, Brownies, Full Cold Beverage Service

**22 per person (minimum 10 people)**



# cocktail hour

**Receptions are based on a two hour event**

## **Cheese**

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

## **FLAT BREAD**

### **Select Two**

Ricotta Cheese, Sweet Sausage, Spinach, Roasted Peppers  
Artichoke, Goat Cheese, Sweet Garlic, Black Peppers  
Vine Ripened Tomato, Buffalo Mozzarella, Basil  
Roasted Zucchini, Vidalia Onion, Mozzarella  
BBQ Chicken, Cheddar Cheese, Guacamole  
Pepperoni, Cheddar, Black Olive

## **HOT HORS D'OEUVRES**

### **Select three**

Thai Chicken Satay, Yogurt Dipping Sauce  
Roasted Bacon Wrapped Scallops  
Mini Maryland Crab Cakes, Dill Crème Fraiche  
Vegetable Pot Stickers, Honey Soy Glaze  
Maryland Crab Dip, Baguettes, Crackers  
Honey Sriracha Chicken Meatball  
Pork, Cabbage Pot sticker, Thai Chili Sauce  
Potato Samosa

## **COLD HORS D'OEUVRES**

### **Select three**

Mini Lobster Roll  
Tomato Olive Bruschetta, Toasted Ciabatta  
Southwestern Chicken, Cilantro, Tomato Tarts  
Smoked Salmon, Caper Mayo, Naan Chips  
Curried Chicken Salad, Toasted Almond, Coconut, Pita Chips  
Roast Beef Crostini, Sautéed Onions, Balsamic Glaze  
Roasted Red Pepper Hummus, Pita Chips, Bagel Crisp  
Grilled Marinated Vegetables

**22**

**Additional \$5 per person for every additional hour**



# celebrations



## Culinary Theater

Culinary Attendants are required at an additional \$150 per attendant

All above prices per person

## Pasta Station

Mushroom Ravioli, Penne Pasta, Linguini, Grilled Chicken, Steamed Shrimp, Parmesan Meatballs, Olive Oil, Fresh Basil, Grated Romano Cheese, Broccoli Florets, Vine Ripened Tomatoes, Roasted Garlic, Marinara, Alfredo Sauce

15

## Carving Board

choose 1-2

Sea Salt Crusted Salmon, Classic Bordelaise Sauce

10

Prime Rib, Horseradish Crème Sauce

10

Fennel Cracked Pepper Pork Loin

8

NY Sirloin Strip Loin

8

Apple Brined Roast Breast Of Turkey

5

Bourbon Glazed Flank Steak

7

All Carving Stations to Include Mini Rolls, Mustards, Aioli and Spreads

## Quesadilla Station

Santé Fe Chicken, Chimuri Steak, Tequila Lime Shrimp made to order, with your choice of Peppers, Onions, Salsa, Lettuce, Pico de Gallo, Guacamole, Sour Cream, Jalapenos

18

## Stir Fry Station

Chicken, Shrimp, or Beef served with Fried Rice Noodles, to include your choice of Egg, Tofu, Red Chili Peppers, Peanuts, Garlic Chives, Turnips or Radish

20



# celebrations

## Displays

Receptions are based on a 2 hour event

### Cold Seafood Bar

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

25

### Mediterranean Table

Baba Ghanoush, Hummus, Muharrama (Red Pepper, Walnut, Pomegranate), Tabbouleh, Marinated Olives, Pita Chips, Lavash, Crostini and Focaccia

20

### Asian Dumplings

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

20

### Antipasto

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

15

### Wing Display

Buffalo, Old Bay, Thai Chili Sauce, BBQ, Celery Sticks, Carrot Sticks, Blue Cheese, Ranch Dipping Sauce

12

### Guacamole Tasting

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

12

### Fruit & Cheese

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

8

**Additional \$5 per person for every additional hour**



# celebrations

## HORS D'OEUVRES

Priced per piece minimum of 50 is required

### Cold

#### Vegetable

- Caprese Lollipops, Mozzarella, Tomato, Basil 3
- Celeriac Slaw, Herb Grilled Pita, Apple Chutney 3
- Tomato Olive Bruschetta, Toasted Ciabatta 2

#### Sea

- Mini Lobster Roll, Micro Celery 5
- Smoked Salmon, Cucumber Salad, Brioche Toast Points 3
- Spicy Chilled Shrimp, Cocktail Sauce 3

#### Land

- Roast Beef Crostini, Caramelized Onion, Herb Infused Olive Oil 3
- Grilled Chicken, Red Onion Jam, Brie Cheese, Toasted Pita Chip 3
- California Chicken Salad, Ciabatta Bread 2

### Hot

#### Vegetable


- Vegetable Kabobs 3
- Vegetable Spring Rolls, Honey Soy Sauce 3
- Wild Mushroom Tart, Balsamic Glaze 3

#### Sea

- Maryland Crab Dip, Baguettes, Crackers 8
- Lobster Newberg Tart 5
- Bacon Wrapped Scallops 4
- Coconut Shrimp, Sweet & Sour Dipping Sauce 4
- Mini Maryland Crab Cakes, Dill Crème Fraiche 4

#### Land

- Crusted Rack of Lamb, Mint Jelly 4
- Mini Short Rib Arancini, Truffle Parmesan Cream 4
- Thai Chicken Satay, Peanut Dipping Sauce 3
- Traditional Meatballs, Marinara Sauce 3



All prices are subject to 22% taxable service charge

# plated dinners

Select one Soup or Salad

## Greens

Organic Local Greens, Heirloom Tomatoes, Aged Balsamic Vinegar  
Baby Kale Caesar, Reggiano Parmigiana, Brioche Croutons  
Vine Ripened Tomatoes, Fresh Mozzarella Cheese  
Arugula, Shaved Fennel, Gorgonzola Cheese

## Soup

Maryland Crab Soup  
New England Clam Chowder  
Minestrone

## Poultry

Chicken Marsala, Angel Hair Pasta, Garlic Roasted Broccolini, Red Peppers **28**  
Scaloppini of Turkey, Garlic Roasted Mashed Potatoes, Sautéed Green Beans **25**  
Hoisin Roasted Duck, Sun Dried Tomatoes, Quinoa, Red Pepper Coulis **28**

## Meat

Seared Heartland Filet Mignon, Yukon Potatoes, Spinach **30**  
Slow Braised Sangria Glazed, Short Rib, Smashed Potato and Parsnips **28**  
Braised Lamb Shank, Creamy Polenta, Roasted Peppers, Spinach **28**

## Seafood

Crab Stuffed Shrimp, Quinoa Pilaf, Red Pepper Coulis **35**  
Seared Diver Scallops, Celeriac Puree, Baby Spinach, Crispy Chorizo **30**  
Pan Seared Verlasso Salmon, Shitake Mushrooms, Pickled Cucumber, Yuzu Broth **28**  
Grilled Atlantic Halibut, Fingerling Potatoes, Tomato Saffron Broth **28**

## Vegetarian

Mushroom Risotto Cakes, Black Quinoa, Sweet Tomato Jam **22**  
Eggplant Parmesan Lasagna, Pomodoro Sauce **22**  
Thai Coconut Curry Vegetable Potato Stew, Jasmine Rice **22**

## Dessert

Individual Tiramisu Cake  
Chocolate Lava Cake  
Plate of Assorted French Pastries  
Strawberry Short Cake, French Vanilla Ice Cream

## Event Guidelines

### Menu Selections

1. One entrée may be selected for the group meal functions unless special arrangements are made in advance
2. If an additional entrée is selected, meal indicators are required to identify the entrée of choice for each individual
3. Breakfast menu selections served until 10:00am and Lunch menu selections are served until 2pm

### Food and Liquor Regulations

1. All food and beverage, including alcohol, must be provided by FLIK and consumed on the premises, with the exception of decorated cakes for special events (Fee applies).
2. Maryland law prohibits the serving or supplying of alcohol to anyone under the age of 21, even if the event is deemed to be a 'private function'.
3. State Health Department regulations and policies prohibit any food product left over to be taken off the premises.
4. Children's menu, vegetarian/vegan meals, and gluten free options available upon request.

## **GUARANTEES**

1. Preliminary guarantee of anticipated guests due one week prior.
2. Policy requires that the catering office be notified of the guaranteed number of guests no later than three (3) business days prior to the function with signed Banquet Event Orders (BEO).
3. If the guarantee is not received, billing and catering will be based upon the contracted estimate of attendees.
4. Billing is based upon the guarantee or the actual number of attendees, whichever is greater.
5. All prices are subject to 22% taxable service charge

## **CANCELLATION POLICY**

1. A cancellation fee may be applied for any event cancelled that has been confirmed as definite with a signed contract and / or Banquet Event Order