

**TEAM EATS**

Fall 2026 Season

Team Eats Bus Boxes

Performance catering, Lake Country & the Okanagan

HOW BUS BOXES WORK

Bus Box	\$22/athlete One sandwich, wrap or power bowl, plus two sides. Individually boxed, labelled by name where you give us the roster, and chilled for travel.
Included	Delivery to the bus or the hotel, cutlery, napkins, and coolers on loan for the trip. No setup, no pans to return.
Terms	GST on top. No service charge and no automatic gratuity. Allergy and dietary boxes built to order at no extra charge.

BUS BOXES

Individually boxed and labelled, chilled for travel, loaded in coolers for the bus. Ready to eat straight from the cooler, no reheat and no setup. Sandwich and wrap boxes come with two sides, and the pairings below are what we would send rather than a restriction, so take them or build your own from the full side list. Power bowls arrive complete with the carb built in, so they need no sides, though you can add one.

Ultimate Caesar Chicken Power Bowl

\$22/athlete

Sliced garlic-herb chicken, garlic-butter rice or roasted potato cubes, crisp romaine, bacon bits, shaved parmesan, croutons, avocado, Caesar dressing.

Teriyaki Chicken Bowl PRE-GAME

\$22/athlete

Teriyaki pulled chicken, steamed rice, black beans, pineapple, romaine, sesame seeds, wonton strips, sweet chili glaze, yum-yum sauce.

BBQ Pulled Pork & Mac Power Bowl POST-GAME

\$22/athlete

BBQ pulled pork, creamy mac & cheese, apple slaw, crispy onions, bacon bits, ranch drizzle, fresh Italian parsley.

Fiesta Pulled Chicken Power Bowl

\$22/athlete

Mild Spanish pulled chicken, Spanish rice, avocado, shredded cheese, crushed tortilla chips, salsa, fresh bell peppers, pico de gallo, lime crema, fresh parsley and cilantro.

Steakhouse Beef & Loaded Potato Bowl

\$22/athlete

Thin roast beef in au jus, roasted potato wedges, cheddar, bacon bits, sun-dried tomatoes, red peppers, fresh thyme and chives, garlic aioli, sweet BBQ bordelaise.

Mediterranean Garlic Chicken Power Bowl

\$22/athlete

Lemon-oregano chicken, herb rice pilaf, romaine + seedless cucumbers, feta, pita chips, kalamata olives, roasted chickpeas, roasted red pepper aioli with fresh basil and Italian parsley.

Grilled Chicken Club**\$22/athlete**

Grilled chicken breast, smoked bacon, cheddar, lettuce, tomato, light herb mayo on a soft brioche bun.

Recovery pick: Herb Roasted Baby Potato Salad

Lighter option: Fire Roasted Mediterranean Vegetable Medley

Greek Chicken Wrap**\$22/athlete**

Lemon oregano chicken, cucumber, tomato, feta, romaine and tzatziki in a soft flour tortilla.

Recovery pick: Mediterranean Orzo Salad

Lighter option: Seedless Cucumber & Feta Crunch Salad

Roast Beef & Cheddar**\$22/athlete**

Thin sliced roast beef, cheddar, lettuce, tomato and Dijon horseradish mayo on a soft artisan roll.

Recovery pick: Dijon Herb Potato Salad

Lighter option: Lemon Garlic Green Beans & Shallots

Chicken Caesar Wrap**\$22/athlete**

Grilled chicken, romaine, parmesan and light Caesar dressing in a flour tortilla.

Recovery pick: Herb Roasted Baby Potato Salad

Lighter option: Classic Team Caesar Salad

Classic Team Eats Cheeseburger**\$22/athlete**

Lean beef burger, cheddar, lettuce, tomato and Team Eats burger sauce on a soft brioche bun.

Recovery pick: Loaded Bacon Cheddar Potato Salad

Lighter option: Maple Glazed Roasted Carrots

Chicken Shawarma Wrap**\$22/athlete**

Shawarma seasoned chicken, cucumber, tomato, romaine and light garlic sauce.

Recovery picks: Mediterranean Pasta Salad or Sweet Potato & Herb Rice Medley

Beef Fajita Wrap**\$22/athlete**

Seasoned sliced beef, roasted peppers and onions, cheddar, pico de gallo and light lime crema.

Recovery pick: Southwest Potato & Corn Salad

Lighter option: Zesty Lime-Caesar Salad

BBQ Chicken & Cheddar**\$22/athlete**

Grilled chicken breast, light BBQ glaze, cheddar, lettuce and tomato on a brioche bun.

Recovery picks: Sweet Potato & Herb Rice Medley or Southwest Potato & Corn Salad

RECOVERY SIDES

Every bus box comes with two, packed cold alongside it. The recovery pick is the one carrying the carbohydrate that refills what a game burned off, so after a game we would send that one. The lighter option suits a travel day or a box going out before a game. All of it is a suggestion, mix and match freely or swap in anything else off our salad, starch and hot vegetable menus.

Herb Roasted Baby Potato Salad

Roasted baby potatoes, olive oil, fresh parsley and chive, cracked pepper, sea salt.

Why it works: Clean fast carbs and sodium. Pairs with anything, nothing competing with the sandwich.

Fire Roasted Mediterranean Vegetable Medley

Zucchini, red peppers, red onion, cherry tomatoes, olive oil, oregano, sea salt.

Why it works: Colour and micronutrients with olive oil. Eats just as well chilled as it does hot.

Mediterranean Orzo Salad

Orzo, seedless cucumber, cherry tomato, feta, kalamata, lemon oregano vinaigrette.

Why it works: Carbs plus feta protein, and the brine brings sodium back without a salt packet.

Seedless Cucumber & Feta Crunch Salad

Sliced seedless cucumber, crumbled feta, dried oregano, light lemon-olive oil vinaigrette.

Why it works: Cucumber is mostly water, so it rehydrates while it eats. Feta puts the salt back.

Dijon Herb Potato Salad

Cubed potatoes, grainy Dijon, red onion, fresh dill, light sour cream dressing.

Why it works: Same carb load with acid and bite to cut a richer beef box.

Lemon Garlic Green Beans & Shallots

Tender-crisp green beans, garlic-infused olive oil, mild shallots, fresh lemon.

Why it works: Light, green, no starch. The side for a box that is already carb heavy.

Classic Team Caesar Salad

Chopped romaine and mixed greens, house garlic Caesar dressing, shaved parmesan, crispy bacon bits, garlic croutons.

Why it works: Romaine and parmesan with real fat and salt. The one that gets eaten when nothing else green will.

Loaded Bacon Cheddar Potato Salad

Cubed potatoes, crispy bacon bits, shredded mild cheddar, green onion, light sour cream dressing.

Why it works: The calorie dense one. Carbs plus fat and protein for the biggest bodies and the latest games.

Maple Glazed Roasted Carrots

Oven-roasted carrots, maple syrup, butter, sea salt.

Why it works: Natural sugars and beta carotene. The vegetable kids actually finish.

Mediterranean Pasta Salad

Pasta, red onions, feta, tomatoes, peppers, olives, herb and lemon dressing.

Why it works: Pasta carbs in a cold salad, so it fuels like a starch but serves like a side.

Sweet Potato & Herb Rice Medley

Roasted sweet potato, long grain rice, red pepper, green onion, fresh parsley, light lemon olive oil dressing.

Why it works: Slow carbs from the rice and sweet potato, plus potassium, the mineral that keeps legs from cramping. Mild enough that picky eaters finish it.

Southwest Potato & Corn Salad

Roasted potato, sweet corn, red pepper, lime, cilantro, light crema.

Why it works: Carbs with corn sugars and lime. Eats bright when a player has no appetite postgame.

Zesty Lime-Caesar Salad

Romaine and mixed greens tossed in Caesar dressing whisked with fresh lime juice, crispy tortilla strips, shaved parmesan.

Why it works: Same Caesar backbone with lime acid, which wakes up an appetite that died in the third period.