



Team Menu Package

Performance catering, Lake Country & the Okanagan

HOW PACKAGES WORK

Entry Level Fuel	\$18/athlete Chef's choice protein (approx. 3oz), rice or pasta in house sauce, choice of hot vegetable or salad, and chef's choice bread.
Standard Fuel	\$25/athlete Choice of protein (approx. 4oz), choice of carb in house sauce, choice of hot vegetable or salad, chef's choice bread, and whole fruit.
Enhanced Fuel	\$30/athlete Choice of protein (approx. 5oz), choice of carb in choice of sauce, one hot vegetable and one salad, chef's choice bread, and fresh cut and whole fruit.
Pro Level Fuel	\$35/athlete Choice of protein (approx. 5oz), choice of carb in choice of sauce, choice of any two sides (hot vegetable and/or salad), chef's choice bread, fresh cut and whole fruit, post and in-game snacks, and electrolyte support.

POWER BOWLS

Served as individually packaged to go bowls, not a shared buffet station.

Ultimate Caesar Chicken Power Bowl

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

Fiesta Pulled Chicken Power Bowl

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.

Mediterranean Garlic Chicken Power Bowl

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

Teriyaki Chicken Bowl PRE-GAME

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

Steakhouse Beef & Loaded Potato Bowl

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.

Honey Garlic Chicken Power Bowl PRE-GAME

Honey-garlic chicken, steamed white rice, sesame broccoli, shredded carrot, green onion, toasted sesame seeds, honey garlic glaze.

Classic Pasta Bar

Tender chicken simmered in a rich tomato ragu or creamy rosé sauce, tossed with penne.

Chicken Slider Bar

Slow pulled chicken served on slider buns with crispy bacon, melted cheddar, and house ranch, build your own from a fresh topping bar.

Taco & Fajita Bar

Chicken, Baja fish, or slow pulled beef with warm tortillas, sour cream, fresh salsa, and all the fixings, build your own taco or fajita bar.

Deconstructed Caesar Chicken Wrap Station

Slow pulled chicken with crisp Caesar salad, crispy bacon, and shaved parmesan, build your own with warm tortillas.

Deconstructed Chicken Parmesan

Crispy grilled chicken breast with parmesan, fresh herbs, tomatoes, and chives, in a rich tomato ragu, tossed with penne.

Mediterranean Bar

Lemon oregano marinated chicken with warm pita, tomatoes, cucumbers, red onion, olives, roasted peppers, feta, tzatziki, tahini, fresh herbs, lemon wedges, and an olive oil and oregano drizzle.

PRE-GAME SUGGESTIONS

Lemon-Thyme Chicken Breast PRE-GAME

Chicken breast marinated in lemon and fresh thyme, grilled simple and light for fast digestion before puck drop, finished with red onion and rosemary jam.

Mild Spanish Chicken PRE-GAME

Chicken simmered in a gentle blend of smoked paprika, garlic, and saffron with tomatoes, peppers, and onions, served with warm gorditas.

Sweet Ginger Soy Glazed Salmon PRE-GAME

Salmon fillet glazed in a sweet ginger soy reduction, finished with orange segments and red onions.

Mild Rosé Chicken Penne PRE-GAME

Chicken tossed with penne in a mild, creamy rosé sauce, light and easy on game day.

Slow-Roasted Turkey Breast PRE-GAME

Seasoned slow roasted turkey finished with our orange berry and walnut compote.

Lemon-Butter Pacific Cod Plate PRE-GAME

Tender Pacific cod finished in a mild lemon, garlic, and herb butter sauce.

Chicken Fettuccine Carbonara POST-GAME

Chicken tossed with fettuccine in a rich, creamy carbonara sauce with fresh herbs, crispy bacon, and parmesan.

BBQ Pulled Pork Mac & Cheese POST-GAME

Slow smoked BBQ pulled pork or brisket (+\$4/athlete) folded into penne noodles in our creamy, cheesy mac and cheese sauce.

Beef or Chicken Bacon Cheddar Burger Buffet POST-GAME

Beef burgers or chicken breast with crispy bacon and cheddar on brioche buns, build your own burger bar.

Chicken Bacon Ranch Pasta Bake POST-GAME

Pulled chicken and penne baked in a creamy bacon ranch sauce, topped with melted mozzarella.

14-Hour Smoked Brisket in Stout Demi POST-GAME

Brisket smoked low and slow for 14 hours, finished in a rich stout demi glaze (premium protein, +\$4/athlete over standard pricing).

Classic Meat & Cheese Lasagna POST-GAME

Layers of pasta, rich meat sauce, and melted cheese baked into a classic lasagna.

Braised Pork Medallions POST-GAME

Braised pork medallions, slow cooked until tender, topped with a warm apple and walnut chutney.

Chicken Enchiladas POST-GAME

Shredded chicken rolled in soft tortillas with cheese, peppers, black beans, and onion, topped with a mild red sauce, finished with lime crema and fresh cilantro.

BREAKFASTS

Ask about breakfast pricing.

Whole fruit included with every breakfast selection.

Classic Hockey Power Breakfast

Slow-cooked eggs, maple sausage, bacon, hash browns.

Country Hash Skillet Buffet

Diced pork or ham in gravy, roasted potato hash, slow-cooked eggs, cheese sauce.

Yogurt Parfait & Egg Sandwich Bar

Baked egg squares, English muffins, cheese, Greek yogurt, granola.

Sheet-Pan Pancake Feast

Baked sheet-pan pancakes, maple syrup, slow-cooked scrambled eggs, bacon.

French Toast Casserole & Maple Sausage

Baked brioche casserole, berries, syrup, sausage.

Pre-Game Light Fuel Breakfast PRE-GAME

Egg white (+\$4/athlete) or whole egg scramble, toast, turkey sausage, bananas, oatmeal.

SALAD SIDES

Classic Team Caesar Salad

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

Mediterranean Pasta Salad

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

Seedless Cucumber & Feta Crunch Salad PRE-GAME

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

Chef's Choice Salad

Chef selects the best-fit salad for the meal and matchup timing, no client decision needed.

Fire Roasted Mediterranean Vegetable Medley

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

Maple Glazed Roasted Carrots PRE-GAME

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

Lemon Garlic Green Beans & Shallots POST-GAME

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

Chef's Choice Hot Veg

Chef selects the best-fit hot vegetable for the meal and matchup timing, no client decision needed.

STARCH SIDES

Steamed Rice

Plain steamed white rice.

Spanish Rice

Tomato and cumin seasoned rice, sauteed peppers and onion, fresh cilantro.

Loaded Cheddar Bacon Mashed Potatoes POST-GAME

Creamy mashed potatoes, cheddar, crispy bacon bits, green onion.

Chef's Choice Starch

Chef selects the best-fit starch for the meal and matchup timing, no client decision needed.

Mediterranean Rice

Herb and garlic rice, olive oil, fresh oregano and parsley, Mediterranean style.

Garlic Parmesan Roasted Potato Wedges

Crispy roasted potato wedges, garlic, shaved parmesan, fresh parsley.

Creamy Three-Cheese Mac POST-GAME

Cavatappi pasta in a creamy three-cheese sauce, toasted breadcrumb top.

Custom menus available upon request.