



PAID DIETARY SUBSTITUTIONS

Gluten Free

Where possible, the Gluten Free option will be used for all guests. Otherwise, an alternative will be offered for the person with the allergy/sensitivity.

For this option, our menus offer:

- GF bread/crackers/pasta/pizza dough
- GF baking, preferably made on trip or sourced locally; pre-prepared as necessary
- GF flour or almond flour will be used as a substitute on trip
- GF granola/cereal/pancakes
- GF snacks (i.e. granola bars etc.)
- GF salad dressing & soy sauce

Nut Free

In advance of your tour, we will ask that you fill out a more detailed allergy form so we can determine the extent of your allergy. This will help us determine if we will pack alternative options for just you or if we will need to ask all guests to avoid bringing products with nuts. Please note that while we do our best, we cannot guarantee that our kitchen/meals will be 100% trace-free of nuts.

For this option, our menus offer:

- Breads, crackers, pastries
- Granola/cereal/pancakes
- Nut butters (i.e. peanut or almond)
- Snacks (i.e. granola bars, trail mix etc.)
- Salad dressings and oils

Vegan

No meat, fish & seafood, dairy, eggs or bee products.

For this option, our menus offer:

- All items noted in the dairy-free option
- Vegan egg substitutes
- Meat-free alternatives for dinner entrees, lunches and lunch meats

Dairy Free

Avoids all dairy products. Unlike a vegan or plant-based diet, a dairy-free diet still includes other animal products, such as meat, fish and eggs.

For this option, our menus offer:

- Non-dairy milk (soy, almond, oat or rice) & whipped cream (coconut)
- Non-dairy butter/margarine
- Non-dairy cheese
- Non-dairy yoghurt
- Vegan baking, preferably sourced locally; pre-prepared as necessary

Soy Free

Our soy free menu can accommodate those with soy allergies and intolerances. Please note that while we do our best, we cannot guarantee that our kitchen/meals will be 100% trace-free of soy.

With soy allergies/sensitivities, our menus avoid:

- Breads, crackers, pastries containing soy flour
- Soybeans and related products (i.e. tofu)
- Commercially prepared meats where soy is an extender
- Meat or cheese substitutes that contain soy: tofu/bean curd, natto, miso
- Hard candies, nut candies, fudge, and caramels made with soy flour
- Salad dressings, mayonnaise or sauces containing soy products
- Soy sauce, tamari sauce, granola, or breakfast bars made with soy

QUESTIONS?

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