



# DESOLATION SOUND EXPEDITION

vegetarian

We're happy to welcome guests with diverse dietary requirements on many of our tours. Here's how we can accommodate you.



## DAY ONE

**LUNCH:** sandwich spread, chips, local cookies, & fruit

**APPIE:** goat cheese, crackers & apple

**DINNER:** ling cod, herbed potatoes, & salad

**DESSERT:** local carrot cake

### VEG SUBSTITUTES

**LUNCH:** hornby island veggie pate

**DINNER:** veggie sausage

## DAY TWO

**BREAKFAST:** scrambled eggs, bacon, english muffins, granola & yogurt

**LUNCH:** tuna & white bean salad wraps, cookies & fruit

**APPIE:** grapes, cheddar, & crackers

**DINNER:** thai curry w/ tofu, rice, & naan

**DESSERT:** fresh fruit & chocolate

### VEG SUBSTITUTES

**LUNCH:** white bean & veggie salad wrap

## DAY THREE

**BREAKFAST:** granola, yogurt, boiled eggs, & fruit

**LUNCH:** hummus, tzatziki, salami, veggies, pita, cookies & fruit

**APPIE:** gouda, olives, figs, & crackers

**DINNER:** mediterranean pasta, garlic bread, & salad

**DESSERT:** squares

## DAY FOUR

**BREAKFAST:** french toast, yogurt, fruit, & bacon

**LUNCH:** lentil salad, salmon, crackers & cream cheese, fruit, & cookies

**APPIE:** chips & salsa

**DINNER:** mexican bowls, corn salad, guacamole

**DESSERT:** brownie

If your dietary requirements exceed the substitutions listed above, please contact our office at [info@kayakingtours.com](mailto:info@kayakingtours.com).

Additional charges may apply.



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## DAY FIVE

**BREAKFAST:** oatmeal & toppings,  
fruit, & toast

**LUNCH:** egg salad wraps, chips,  
fruit, & energy bars

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