



# GREAT BEAR RAINFOREST EXPEDITION

dairy-free



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

### DAIRY-FREE SUBSTITUTES

**LUNCH:** df cheese, df cookies  
**APPIE** df cheese  
**DESSERT:** df dessert

### DAIRY-FREE SUBSTITUTES

**BREAKFAST:** df cheese, df yogurt, df butter, & milk alternative

**LUNCH:** df cookies

**DESSERT:** df chocolate

## DAY TWO

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

**LUNCH:** black bean salad, hummus, crackers, cookies, fruit

**APPIE:** figs, cheese, & crackers

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

**DESSERT:** fresh fruit & chocolate

## DAY THREE

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

**LUNCH:** hummus, tzatziki, salami, veggies, pita, energy bars, & fruit

**APPIE:** antipasto, cheese, & crackers

**DINNER:** mediterranean pasta, baguette, & salad

**DESSERT:** squares

### DAIRY-FREE SUBSTITUTES

**BREAKFAST:** df french toast, df yogurt, milk alternative  
**LUNCH:** df cheese, df cookies  
**DESSERT:** df dessert

## DAY FOUR

**BREAKFAST:** frittata, english muffins, hashbrowns, & fruit

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

**APPIE:** grape leaves, crackers, & cheese

**DINNER:** corn chowder & garlic bread

**DESSERT:** squares

### DAIRY-FREE SUBSTITUTES

**LUNCH:** df cookies  
**DESSERT:** df dessert

If your dietary requirements exceed the alternatives 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

**APPIE:** cheese, crackers, & olives

**DINNER:** lentil lemon soup & naan

**DESSERT:** apple crumble

### DAIRY-FREE SUBSTITUTES

**APPIE:** chutney

## DAY SIX

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

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

**APPIE:** chips & salsa

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

**DESSERT:** brownies

### DAIRY-FREE SUBSTITUTES

**LUNCH:** df cookies

**DINNER:** df cheese

**DESSERT:** df brownie

## DAY SEVEN

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

**LUNCH:** quinoa salad, cookies, & fruit

**APPIE:** smoked oysters & crackers

**DINNER:** tomato pasta & salad

**DESSERT:** chocolate pudding

### DAIRY-FREE SUBSTITUTES

**DESSERT:** df chocolate pudding

## DAY EIGHT

**BREAKFAST:** pancakes & fruit

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

### DAIRY-FREE SUBSTITUTES

**BREAKFAST:** df pancakes, df yogurt

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