



GREAT BEAR RAINFOREST EXPEDITION

gluten-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

GF SUBSTITUTES

LUNCH: gf bread, gf cookies

APPIE: gf crackers

DINNER: gf bun

DESSERT: gf dessert

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

GF SUBSTITUTES

BREAKFAST: gf granola, gf english muffin

LUNCH: gf crackers, gf cookies

APPIE: gf crackers

DINNER: gf naan

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

GF SUBSTITUTES

BREAKFAST: gf french toast

LUNCH: gf pita

APPIE: gf crackers

DINNER: gf pasta, gf bun

DESSERT: gf 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

GF SUBSTITUTES

BREAKFAST: gf english muffin

LUNCH: gf crackers, gf cookies

DINNER: gf garlic bread

DESSERT: gf dessert

If your dietary requirements exceed the substitutions listed above, please contact our office at 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

GF SUBSTITUTES

BREAKFAST: gf toast

LUNCH: gf wraps

APPIE: gf crackers

DINNER: gf pita

DESSERT: gf crumble

DAY SIX

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

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

APPPIE: chips & salsa

DINNER: mexican bowls, corn salad, & guacamole

DESSERT: brownies

GF SUBSTITUTES

BREAKFAST: gf granola

LUNCH: gf wraps, gf cookies

DESSERT: gf brownie

DAY SEVEN

BREAKFAST: oatmeal & toppings, & fruit

LUNCH: quinoa salad, cookies, & fruit

APPIE: smoked oysters & crackers

DINNER: tomato pasta & salad

DESSERT: chocolate pudding

GF SUBSTITUTES

LUNCH: gf cookies

APPIE: gf crackers

DINNER: gf pasta

DAY EIGHT

BREAKFAST: pancakes & fruit

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

GF SUBSTITUTES

BREAKFAST: gf pancakes

LUNCH: gf cookies

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