



GREAT BEAR RAINFOREST EXPEDITION

vegan



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

VEGAN SUBSTITUTES

LUNCH: hornby island veggie pate, v cookie

APPIE: v 'cheese'

DINNER: veggie sausage

DESSERT: v cake

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

VEGAN

SUBSTITUTES

BREAKFAST: v yogurt, v egg replacement, v butter, milk alternative

LUNCH: v cookies

APPIE: v cheese

DINNER: v chocolate

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

VEGAN SUBSTITUTES

BREAKFAST: v yogurt, milk alternative, chia breakfast alternative

LUNCH: v 'cheese', v cookies

DINNER: v dessert

VEGAN SUBSTITUTES

BREAKFAST: smoked tempeh

LUNCH: v cookies

DESSERT: v 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

VEGAN SUBSTITUTES

LUNCH: hornby island veggie pate, v cookies

APPIE: chutney

DESSERT: v 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

VEGAN SUBSTITUTES

BREAKFAST: v granola

LUNCH: white bean salad wrap, v cookie

DESSERT: v brownie

DAY SEVEN

BREAKFAST: oatmeal & toppings, & fruit

LUNCH: quinoa salad, cookies, & fruit

APPIE: smoked oysters & crackers

DINNER: tomato pasta & salad

DESSERT: chocolate pudding

VEGAN SUBSTITUTES

LUNCH: v cookies

APPIE: stuffed grape leaves

DESSERT: v pudding

DAY EIGHT

BREAKFAST: pancakes & fruit

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

VEGAN SUBSTITUTES

BREAKFAST: chia breakfast pudding, v yogurt

LUNCH: lentil salad

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