



# JOHNSTONE STRAIT 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:** hummus

**APPIE:** v 'cheese'

**DINNER:** veggie sausage

**DESSERT:** v cake

## 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

### VEGAN SUBSTITUTES

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

**LUNCH:** white bean & veggie salad wrap, v cookies

**DINNER:** v chocolate

## 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:** brownies

### VEGAN SUBSTITUTES

**BREAKFAST:** v yogurt, milk alternative

**LUNCH:** v 'cheese', v cookies

**DINNER:** v dessert

## DAY FOUR

**BREAKFAST:** pancakes, fruit, & bacon

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

### VEGAN SUBSTITUTES

**BREAKFAST:** chia breakfast pudding

**LUNCH:** hornby island veggie pate, v cookies

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.