



JOHNSTONE STRAIT 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: hummus

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 & pita, cookies & fruit

APPIE: gouda, olives, figs, & crackers

DINNER: mediterranean pasta, garlic bread, & salad

DESSERT: brownies

DAY FOUR

BREAKFAST: pancakes, fruit, & bacon

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

If your dietary requirements exceed the substitutions listed above, please contact our office at info@kayakingtours.com.

Additional charges may apply.