



JOHNSTONE STRAIT GLAMPING

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 & pear

DINNER: ling cod, herbed potatoes, & salad

DESSERT: banana flambé

DAIRY-FREE SUBSTITUTES

LUNCH: df cookies

APPIE df cheese

DESSERT: coconut whipped cream

DAIRY-FREE SUBSTITUTES

BREAKFAST: df french toast, df yogurt, df butter, & milk alternative

DESSERT: df chocolate

DAY TWO

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

LUNCH: tuna & white bean salad wraps, energy bars, & fruit

APPIE: stuffed grape leaves, olives, hummus, & crackers

DINNER: marinated chicken, rice, & coleslaw

DESSERT: fresh fruit & chocolate fondue

DAY THREE

BREAKFAST: scrambled egg, bacon, hashbrowns, english muffins, granola, & fruit

LUNCH: quinoa salad, fruit, & cookies

APPIE: chips & salsa

DINNER: mexican bowls, guacamole, & grilled corn

DESSERT: local carrot cake

DAIRY-FREE SUBSTITUTES

LUNCH: df cookies

DESSERT: df dessert

DAY FOUR

BREAKFAST: oatmeal & toppings

LUNCH: pita, hummus, tzatziki, veggies, salami, cookies, & fruit

DAIRY-FREE SUBSTITUTES

LUNCH: df cookies

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

Additional charges may apply.