



# JOHNSTONE STRAIT GLAMPING

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 & pear

**DINNER:** ling cod, herbed potatoes, baguette, & salad

**DESSERT:** banana flambé

### GF SUBSTITUTES

**LUNCH:** gf bread, gf cookies

**APPIE:** gf crackers

**DESSERT:** gf bun

## 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

### GF SUBSTITUTES

**BREAKFAST:** gf granola, gf french toast

**LUNCH:** gf wrap

**APPIE:** gf crackers

## 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

### GF SUBSTITUTES

**BREAKFAST:** gf english muffin, gf granola

**LUNCH:** gf cookies

**DESSERT:** gf dessert

## DAY FOUR

**BREAKFAST:** oatmeal & toppings

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

### GF SUBSTITUTES

**LUNCH:** gf pita, gf 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.