



JOHNSTONE STRAIT GLAMPING

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 & pear
DINNER: ling cod, herbed potatoes, baguette, & salad
DESSERT: banana flambé

VEGAN SUBSTITUTES

LUNCH: hornby island veggie pate, hummus, cookies
APPIE: v 'cheese'
DINNER: veggie sausage
DESSERT: v flambé & coconut whipped cream

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

VEGAN SUBSTITUTES

BREAKFAST: v yogurt, v french toast, milk alternative
LUNCH: white bean & veggie salad wrap
DINNER: grilled portobello
DESSERT: v chocolate

DAY FOUR

BREAKFAST: oatmeal & toppings
LUNCH: pita, hummus, tzatziki, veggies, salami, cookies, & fruit

VEGAN SUBSTITUTES

BREAKFAST: egg alternative, milk alternative
LUNCH: v cookies
DINNER: v cheese
DESSERT: v dessert

VEGAN SUBSTITUTES

BREAKFAST: chia breakfast pudding
LUNCH: v cookies

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

Additional charges may apply.