



JOHNSTONE STRAIT GLAMPING

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

VEG SUBSTITUTES

LUNCH: hornby island veggie pate, hummus
DINNER: veggie sausage

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

VEG SUBSTITUTES

BREAKFAST:
LUNCH: white bean & veggie salad wrap
DINNER: grilled portobello

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

DAY FOUR

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

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

Additional charges may apply.