



NUCHATLITZ EXPEDITION

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 & apple

DINNER: ling cod, herbed potatoes, & salad

DESSERT: local carrot cake

DAIRY-FREE SUBSTITUTES

LUNCH: df cheese, df cookies
APPIE df cheese
DESSERT: df dessert

DAIRY-FREE SUBSTITUTES

BREAKFAST: df cheese, df yogurt, df butter, & milk alternative
LUNCH: df cookies
DESSERT: df chocolate

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

DAY THREE

BREAKFAST: granola, yogurt, boiled eggs, & fruit

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

APPIE: gouda, olives, figs, & crackers

DINNER: mediterranean pasta, garlic bread, & salad

DESSERT: squares

DAIRY-FREE SUBSTITUTES

BREAKFAST: df cheese, df yogurt, milk alternative
LUNCH: df cookies
DESSERT: df dessert

DAIRY-FREE SUBSTITUTES

BREAKFAST: df french toast, df yogurt
LUNCH: df cookies
DESSERT: df dessert

DAY FOUR

BREAKFAST: french toast, yogurt, fruit, & bacon

LUNCH: lentil salad, salmon, crackers & cream cheese, fruit, & cookies

APPIE: chips & salsa

DINNER: mexican bowls, corn salad, guacamole

DESSERT: brownie

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

Additional charges may apply.



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DAY FIVE

BREAKFAST: oatmeal & toppings, fruit, & toast

LUNCH: quinoa salad, fruit, & cookies

APPIE: stuffed grape leaves, cheese, & crackers

DINNER: corn chowder & garlic bread

DESSERT: squares

DAIRY-FREE SUBSTITUTES

LUNCH: df cookies

APPIE: df cheese

DAY SIX

BREAKFAST: pancakes & fruit

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

DAIRY-FREE SUBSTITUTES

BREAKFAST: df pancakes

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