



# NUCHATLITZ EXPEDITION

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 & apple  
**DINNER:** ling cod, herbed potatoes, & salad  
**DESSERT:** local carrot cake

### VEGAN SUBSTITUTES

**LUNCH:** hornby island veggie pate, v cookie  
**APPIE:** v 'cheese'  
**DINNER:** veggie sausage  
**DESSERT:** v cake

## 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

### VEGAN SUBSTITUTES

**BREAKFAST:** v yogurt, v egg replacement, v butter, milk alternative  
**LUNCH:** white bean & veggie salad wrap, v cookies  
**APPIE:** v cheese  
**DINNER:** v chocolate

## 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

### VEGAN SUBSTITUTES

**BREAKFAST:** v yogurt, milk alternative, chia breakfast alternative  
**LUNCH:** v 'cheese', v cookies  
**DINNER:** v dessert

### VEGAN SUBSTITUTES

**BREAKFAST:** v french toast, v yogurt  
**LUNCH:** v 'cheese', v cookies  
**DINNER:** v 'cheese'  
**DESSERT:** v dessert

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.



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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

### VEGAN SUBSTITUTES

**LUNCH:** v cookies

**APPIE:** v cheese

**DESSERT:** v square



## DAY SIX

**BREAKFAST:** pancakes & fruit

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

### VEGAN SUBSTITUTES

**BREAKFAST:** v pancakes

**LUNCH:** hornby island veggie pate

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