



# WHALES & WILDERNESS EXPEDITION

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 & apple

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

**DESSERT:** local carrot cake

### GF SUBSTITUTES

**LUNCH:** gf bread, gf cookies

**APPIE:** gf crackers

**DINNER:** gf bun

**DESSERT:** gf dessert

## 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

### GF SUBSTITUTES

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

**LUNCH:** gf wrap, gf cookies

**APPIE:** gf crackers

**DINNER:** gf naan

## 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

### GF SUBSTITUTES

**BREAKFAST:** gf granola

**LUNCH:** gf pita, gf cookies

**APPIE:** gf crackers

**DINNER:** gf pasta, gf bun

**DESSERT:** gf 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

### GF SUBSTITUTES

**BREAKFAST:** gf french toast

**LUNCH:** gf crackers, gf cookies

**DESSERT:** gf 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

### GF SUBSTITUTES

**BREAKFAST:** gf toast

**LUNCH:** gf cookies

**APPIE:** gf crackers

**DINNER:** gf toast

**DESSERT:** gf square

## DAY SIX

**BREAKFAST:** pancakes & fruit

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

### GF SUBSTITUTES

**BREAKFAST:** gf pancakes

**LUNCH:** gf wraps

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