



WHALES & WILDERNESS 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

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 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, milk alternative, chia breakfast alternative
LUNCH: v 'cheese', v cookies
DINNER: v 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

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.

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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