



WHALES AND WILDERNESS GLAMPING

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

APPIE: baked brie & crackers

DINNER: ling cod, herbed potatoes, glazed carrots & salad

DESSERT: almond orange cake

DAIRY-FREE SUBSTITUTES

APPIE: df cheese

DESSERT: coconut whipped cream

DAY THREE

BREAKFAST: crepes, breakfast sausage, & fruit

LUNCH: southwest bean salad, tortilla chips, hummus, cookies, & fruit

APPIE: bruschetta

DINNER: local spot prawns, bbq veggies, rice, & tofu

DESSERT: fruit galette & whipped cream

DAIRY-FREE SUBSTITUTES

BREAKFAST: df crepes, df yogurt, milk alternative

LUNCH: df cookies

DESSERT: df dessert

DAIRY-FREE SUBSTITUTES

BREAKFAST: df yogurt

LUNCH: df cookies

APPIE: antipasto

DESSERT: df dessert

DAIRY-FREE SUBSTITUTES

BREAKFAST: milk alternative

LUNCH: df cheese, df cookies

DINNER: tomato pasta, df salad dressing

DESSERT: df dessert

DAY TWO

BREAKFAST: scrambled eggs, bacon, croissants, fruit, granola & yogurt

LUNCH: quinoa salad, sandwich spread, cookies & fruit

APPIE: charcuterie board

DINNER: alfredo pasta, chicken, roast veggies, & caesar salad

DESSERT: flourless chocolate torte

DAY FOUR

BREAKFAST: frittata, english muffins, yogurt, granola, & fresh fruit

LUNCH: lentil salad, pita, hummus, tzatziki, veggies, fruit, & brownies

APPIE: hot artichoke dip

DINNER: pork tenderloin, potatoes, beets, & spinach salad

DESSERT: crème brûlée

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: pancakes, bacon, & fruit

LUNCH: sandwiches, energy bars, & fruit

DAIRY-FREE SUBSTITUTES

BREAKFAST: df pancakes, df yogurt, milk alternative

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