



# WHALES AND WILDERNESS GLAMPING

vegetarian



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

### VEG SUBSTITUTES

**DINNER:** grilled portobello

## DAY TWO

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

**LUNCH:** quinoa salad, sandwich spread, cookies & fruit

**APPIE:** charcuterie board

**DINNER:** meatballs, pasta, tomato sauce & caesar salad

**DESSERT:** flourless chocolate torte

### VEG SUBSTITUTES

**LUNCH:** hornby island veggie pate

**DINNER:** veggie sausage

## 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

### VEG SUBSTITUTES

**BREAKFAST:** veggie breakfast sausage

**DINNER:** sesame tofu

### VEG SUBSTITUTES

**BREAKFAST:** veggie breakfast sausage

**DINNER:** roast cauliflower

## DAY FOUR

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

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

**APPIE:** hot artichoke dip

**DINNER:** chicken marbella, couscous, grilled veggies, feta salad

**DESSERT:** crème brûlée

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:** pancakes, bacon, & fruit

**LUNCH:** sandwiches, energy bars, & fruit

### VEG SUBSTITUTES

**LUNCH:** hornby  
island veggie pate

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