



# ULTIMATE FAMILY ADVENTURE

## 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

**LUNCH:** sandwich spread, chips, local cookies, & fruit

**APPIE:** cheese, crackers & apple

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

**DESSERT:** carrot cake

#### DAIRY-FREE SUBSTITUTES

**LUNCH:** df cookies

**APPIE** df cheese

**DESSERT:** df dessert

### DAY THREE

**BREAKFAST:** oatmeal & toppings

**LUNCH:** pita, hummus, tzatziki, veggies, cookies, & fruit

**APPIE:** chips & salsa

**DINNER:** mexican bowls, guacamole, & grilled corn

**DESSERT:** locally made brownie

#### DAIRY-FREE SUBSTITUTES

**LUNCH:** df cookies

**DINNER:** df cheese

**DESSERT:** df dessert

#### DAIRY-FREE SUBSTITUTES

**BREAKFAST:** df yogurt, df butter, & milk alternative

**LUNCH:** df cookies

**APPIE:** df cheese

**DESSERT:** df chocolate

### DAY TWO

**BREAKFAST:** breakfast sandwich, bacon, fruit, granola, & yogurt

**LUNCH:** tuna & white bean salad wraps, cookies, & fruit

**APPIE:** grapes, cheese, & crackers

**DINNER:** mediterranean pasta, garlic bread, & salad

**DESSERT:** fresh fruit & s'mores

### DAY FOUR

**BREAKFAST:** pancakes, bacon & fruit

**LUNCH:** gunioa salad, kettle chips, cookies, fresh fruit

#### DAIRY-FREE SUBSTITUTES

**LUNCH:** df yogurt

If your dietary requirements exceed the alternatives listed above, please contact our office at [info@kayakingtours.com](mailto:info@kayakingtours.com).

Additional charges may apply.