



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: quinoa 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.

Additional charges may apply.