



ULTIMATE FAMILY ADVENTURE

gluten-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

GF SUBSTITUTES

LUNCH: gf bread, gf cookies

APPIE: gf crackers

DINNER: gf bun

DESSERT: gf dessert

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

GF SUBSTITUTES

BREAKFAST: gf bread, gf granola

LUNCH: gf wrap, gf cookies

APPIE: gf crackers

DINNER: gf pasta, gf garlic bread

DESSERT: gf s'mores

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

GF SUBSTITUTES

LUNCH: gf pita, gf cookies

DESSERT: gf dessert

DAY FOUR

BREAKFAST: pancakes, bacon & fruit

LUNCH: quinoa salad, kettle chips, cookies, fresh fruit

GF SUBSTITUTES

BREAKFAST: gf pancakes

LUNCH: gf cookies

If your dietary requirements exceed the substitutions listed above, please contact our office at info@kayakingtours.com.

Additional charges may apply.