



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

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

BREAKFAST: gf bread, gf granola
LUNCH: gf wrap, gf cookies
APPIE: gf crackers
DINNER: gf pasta, gf garlic bread
DESSERT: gf s'mores

DAY FOUR

BREAKFAST: pancakes, bacon & fruit
LUNCH: quinoa salad, kettle chips, cookies, fresh fruit

GF SUBSTITUTES

LUNCH: gf pita, gf cookies
DESSERT: gf dessert

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.