



ULTIMATE FAMILY ADVENTURE

vegan

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

VEGAN SUBSTITUTES

LUNCH: hornby island veggie pate, hummus, v cookies
APPIE: v 'cheese'
DINNER: veggie sausage
DESSERT: v 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

VEGAN SUBSTITUTES

BREAKFAST: v yogurt, v egg substitute, v granola
LUNCH: white bean & veggie salad wrap, v cookies
DESSERT: v chocolate

DAY FOUR

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

VEGAN SUBSTITUTES

LUNCH: v cookies
DINNER: v cheese
DESSERT: v dessert

VEGAN SUBSTITUTES

BREAKFAST: chia breakfast pudding, v yogurt
LUNCH: v cookies

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

Additional charges may apply.