



ULTIMATE FAMILY ADVENTURE

vegetarian

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

VEG SUBSTITUTES

LUNCH: hornby island veggie pate, hummus
DINNER: veggie sausage

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

VEG SUBSTITUTES

BREAKFAST:
LUNCH: white bean & veggie salad wrap

DAY FOUR

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

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