



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

VEG SUBSTITUTES

BREAKFAST:

LUNCH: white bean & veggie salad wrap

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

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.