




Comprehensive Meal Offerings

Breakfast.....

 Vegetarian meal or easy veggie substitution/option, many times this is leaving meat out all together

 Pre-made entrees are prepared by a local chef using the highest quality ingredients. The food is then vacuum-sealed and frozen so that you need only to boil water and re-heat the food. All premade meals can be GF as requested

 Meals that are gluten free, with no changes needed

Quick Cook

- **Bagels and cream cheese**  - assorted flavors of bagels with plain cream cheese
- **Bagels and Cream cheese with hard boiled eggs**  - assorted flavors of bagels with plain cream cheese, with eggs
- **Bagels with cream cheese and yogurt**  - assorted flavors of bagels with plain cream cheese, with yogurt
- **Steak and cheddar breakfast burritos**   - premade burritos, best in the first 3 days
- **Chorizo burrito**  - premade burrito best within first 3 days
- **Cold cereal**  - assorted brands with milk (or almond/soy/rice)
- **Cold cereal with bagels and cream cheese**  - assorted brands with milk (or almond/soy/rice) with assorted bagels
- **Cream of wheat**  - with dried fruit, brown sugar, cinnamon, or fruit and cream
- **Kayaker quinoa**   - with dried fruit, brown sugar, cinnamon, or fruit and cream
- **Mixed veggie burritos**   - premade burrito, best in the first 3 days
- **Moe's pancakes to order** recommended launch day breakfast
- **Oatmeal**  - with dried fruit, brown sugar, cinnamon, or fruit and milk
- **Oatmeal w/ hardboiled eggs**  - with dried fruit, brown sugar, cinnamon, or fruit and milk, eggs
- **Oatmeal, yogurt, granola**  - with dried fruit, brown sugar, cinnamon, milk, yogurt and granola
- **Quick Egg Sammies**- Pre-cooked bacon, eggs, and cheese
- **Quick Gallo Pinto**  - Pre- cooked bacon, rice, beans and tortillas
- **Quick Kayaker Quinoa**   - Pre cooked quinoa to be heated and topped with brown sugar, dried fruit and nuts
- **Quick Scramble**  - Pre- cooked steak strips, veggies, eggs and cheese
- **Quick Steak Burrito**- Pre- cooked steak strips, eggs, veggies, tortillas
- **Quick Steak Tacos**  - Pro cooked steak strips, eggs and tortillas
- **Red and green burritos**   - premade burritos, red and green chilies
- **Salmon lox on bagels** - with bagels and cream cheese
- **Ham and cheese scramble**   - premade egg scramble

- **Sausage and cheddar scramble** ^{PM} ^{GF} - premade egg scramble
- **Yogurt, granola and English muffins** - yogurt served with granola (frequency is limited by available cooler space—typically 5 days maximum)
- **Yogurt, granola, bacon, hardboiled eggs**
- **Yogurt, granola, and cold cereal**

Average cook


- **Bacon Burritos** eggs with cheese, salsa, meat, and flour tortillas
- **Blueberry French toast** - with eggs and bacon
- **Blueberry pancakes** - plain or with fruit; combine with eggs and breakfast sausage
- **Chilaquiles** ^{GF} - eggs with corn tortillas, enchilada sauce, cheese, avocado (great with dinner leftovers)
- **Chorizo and eggs** - eggs with spicy chorizo sausage and flour tortillas
- **Egg sammies** - eggs with cheese and Canadian bacon on bread or English muffins
- **Eggs and hash browns** - eggs and packaged frozen hash browns
- **Eggs bandejo** ^{GF} - rice and pinto beans with eggs, salsa, cheese, and breakfast sausage
- **French toast** - with eggs and bacon or breakfast sausage
- **Gallo pinto** ^{GF} - rice and black beans with eggs, salsa, cheese, and bacon
- **Huevos rancheros** ^{GF} - scrambled eggs with rice, refried beans, salsa, bacon and corn tortillas
- **Pancakes** with all the fixins and bacon or breakfast sausage
- **Scrommlets** ^{GF} - scrambled eggs with potatoes, bell peppers, onions, bacon and cheese
- **Strawberry pancakes**
- **Tacos** ^{GF} - beans, sausage, egg and corn tortillas
- **Veggie Burrito** - beans, eggs, cheese, tortillas

Long Cook (great for layover days!)

- **Biscuits and gravy** Biscuit dough cooked in Dutch oven with white gravy, side sausage on request
- **Eggs benedict** English muffins, eggs, Canadian bacon, and Hollandaise sauce

*A half crate of apples & oranges are recommended to add to breakfasts, snacks, or whenever you want! *All breakfasts include coffee, juice, and hot teas. Coffee includes sugar, half-and-half, and evaporated or boxed milk.

Lunch.....

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^{GF} Meals that are gluten free, with no changes needed

Quick Prep

- **Bagel sandwiches** 🍃 - Sliced veggies and cream cheese
- **Black bean wraps** 🍃 - black beans, sour cream, guac, olives, lettuce, tomato on tortillas
- **BLTA** pre-cooked bacon, tomatoes, lettuce, & avocado
- **Caprese salad sandwiches** 🍃 - tomatoes, mozzarella, basil, balsamic on bread
- **Cheese and crackers** 🍃 - artisan cheese and assorted crackers
- **Hummus pitas** 🍃 - hummus with cheese and sandwich veggies
- **Lox on bagels** lox, cream cheese, and capers
- **PB&J** 🍃 - All-American classic, or substitute Nutella for a European flair or almond butter
- **Rueben wraps** with provolone & cheddar cheeses & horseradish sauce
- **Veggie pitas** 🍃 - Zucchini, cucumbers, bell peppers, squash & ranch

Morning Prep

- **Chicken Cesar wraps** canned chicken, Caesar dressing, onion, black olives, parmesan cheese
- **Chicken curry wraps** canned chicken, curry seasoning, veggies
- **Chicken salad pitas** canned chicken, onions, celery & mayo
- **Cold cut Sammies** turkey and ham with veggies and fixings
- **Healthy tuna salad** canned tuna, olive oil, lemon juice, purple onion, bell pepper, & parsley
- **Mediterranean tuna salad** canned tuna, tomatoes, green pepper, cucumber, red onions, Greek or Italian vinaigrette, feta cheese, black olives
- **Mexi wraps** 🍃 - three beans, corn, tomatoes, green chiles & toppings on tortillas
- **Sweet chicken salad** canned chicken, cranberries, almonds, balsamic vinaigrette, honey & celery
- **Taco salad** 🍃 (GF) - three beans, corn, tomatoes, guac, taco seasoning, toppings & tortilla chips
- **Three beans salad** (GF) green beans, garbanzos, kidney beans, & onion
- **Tuna salad** canned tuna, onions, celery & mayo

Requires pre-cooking/ cooking (great for layovers!)


- **Black beans and quinoa salad** 🍃 (GF) - quinoa, veggies with mixed greens no later than day 3
- **Egg salad sandwiches** 🍃 - boiled eggs, mayo, celery, lettuce
- **Grilled ham & cheese and tomato soup** 🍃
- **River pasta salad** 🍃 - pasta, sundried tomatoes, black olives, artichoke hearts, & cubed cheese
- **Tostadas** 🍃 (GF) - refried beans, green chilies, salsa, sour cream, corn tortillas
- **Soup** 🍃 (GF) - assorted soups with French sticks


Bread: Any sandwich can be turned into a tortilla wrap or pita; specify bread choice if you have a preference.


Condiments & Sides: Sandwiches come with tomato, iceberg lettuce, onion, and avocado. Mayonnaise, yellow mustard, and pepperoncini peppers are replenished every other day for 16-person trips, unless otherwise specified. Cookies and chips can be added to any lunch upon request (specify in your Menu Planning Form).

Appetizers.....

























Choose one of the popular “appe-teasers” below to get started before dinner.

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 Meals that are gluten free, with no changes needed

No Cook

- **Antipasto salad** selection of meats, cheeses, pepperoncini peppers, and olives
- **Apples and Peanut butter**   - or Nutella
- **Brie and crackers**  - Creamy brie and assorted crackers
- **Bruschetta**  - With pita chips
- **Cesar salad** romaine lettuce, croutons, parmesan cheese & Caesar dressing
- **Cheese and crackers**  - Artisan cheese with assorted crackers
- **Cheese, crackers, and salami** Artisan cheese with assorted crackers and salami
- **Chips and dip**  - potato chips with onion dip
- **Chips, salsa, and guacamole**  
- **Crisp peas**   - fresh snap peas
- **Gold fish** 
- **Hummus and veggies**   - Assorted veggies to dip
- **Mango salsa and chips**  
- **Mixed green salad Romaine**  - lettuce with cucumbers, tomatoes, cheese, & bacon & croutons, assorted dressings
- **Mixed nuts**  
- **Olive tapenade**  - with assorted crackers
- **Pesto cream cheese**  - with pita chips
- **Pretzels**  - with herb cream cheese
- **Shrimp and mango salsa**   - with tortilla chips
- **Shrimp dip** with assorted crackers
- **Smoked oysters** with capers and assorted crackers
- **Spinach dip**  - with assorted crackers
- **Spinach salad**  - with dried cranberries, goat cheese or feta crumbles, sunflower seeds, vinaigrette
- **Tomato mozzarella sliders**  
- **Train wreck**  
- **Veggies and dip**  - assorted veggies with ranch


Cooking Required

- **Boneless chicken wings**  - premade hot wings, need to be heated


- **Edamame**   - Frozen
- **Egg rolls**  - Pre cooked but need to fry up
- **Mac and cheese**   - Premade mac and cheese need to heat
- **Quesadillas** 
- **Squash soup**   - with French stick
- **Tostadas**   - fried corn tortillas with beans & cheese

Dinner Main Dishes.....


Symbol Key

 Grill item, cooked over fire pan charcoals




















 Dutch Oven meal









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 Meals that are gluten free, with no changes needed


















Quick Cook (usually 30 minutes or less)

- **Artichoke Lasagna**   premade lasagna with garlic bread
- **BBQ Brisket**  premade slow cooked sliced brisket with BBQ sauce
- **BBQ pulled Chicken**  roasted chicken in barbeque sauce; add buns for BBQ sandwiches
- **BBQ pulled pork**  pulled smoked pork in barbeque sauce; add buns for BBQ sandwiches
- **BBQ Ribs**  slow roasted pork ribs in barbeque sauce
- **Bean and Cheese burritos**  refried beans, cheese, bell peppers, green chilies & flour tortillas
- **Bean and cheese Chile relleno**   poblano peppers stuffed with cheese, covered with egg and sauce
- **Bean and potato tacos**  refried beans, potatoes, flour tortillas & toppings
- **Beef and Broccoli**  in with rich, brown sauce; rice on the side
- **Beef chili**  slow cooked bean chili
- **Beef stroganoff** cubed beef, cream of mushroom soup, sour cream & egg noodles
- **Beef tacos** ground beef, refried beans, potatoes, flour tortillas & toppings
- **Calabacitas tamales**    great tamales with sauce and rice
- **Cheese quesadillas**  cheese, salsa, guac and fixins
- **Chicken burritos** all the burrito fixins
- **Chicken cordon Bleu**  pre-stuffed chicken breasts, cook on stove, grill, or Dutch Oven
- **Chicken curry**   cubed chicken, green curry, coconut milk, potatoes, onions, peppers & rice





- **Chicken curry** cubed chicken, green curry, coconut milk, potatoes, onions, peppers & rice
- **Chicken enchiladas** ^{PM} chicken, green chilies,
- **Chicken fajitas** bell peppers, onions, toppings & tortillas
- **Chicken fettuccini** alfredo, chicken or veggies (zucchini, yellow squash)
- **Chicken chicken posole** ^{PM} ^{GF} Mexican stew
- **Chicken pesto pasta** veggies, pesto, sundried tomatoes & roasted red bell peppers
- **Chicken quesadillas** cubed chicken and all the fixins
- **Chicken tacos** ^{GF} - chicken, onions, cabbage & corn tortillas
- **Eggplant Parmesan** ^{PM}  breaded eggplant with marinara sauce; pasta on the side
- **Fettuccini alfredo**  zucchini, yellow squash with alfredo
- **Fish tacos** ^{GF} -white fish, cabbage & corn tortillas
- **Grilled cheese with tomato soup**  The classic cold night dinner
- **Hotdogs and chili** another cold night favorite
- **Mushroom and Broccoli stroganoff with chicken** hearty gravy and veggies
- **Pesto gnocchi**  Potato dumplings with pesto and Andouille sausage, sautéed peppers & onions
- **Pesto pasta**  choice of Kielbasa or veggies, pesto, sundried tomatoes & roasted red bell peppers
- **Pork posole** ^{PM} ^{GF} Mexican stew
- **Quick Beef Bowls** ^{GF} - pre-cooked steak strips with veggies over rice
- **Quick Brussels and Black Bean Tacos**  ^{GF} - pre- cooked roasted brussels sprout and sweet potatoes in tortillas
- **Quick Chicken Breasts** ^{GF} - Pre cooked chicken breasts with pre roasted sweet potatoes over rice
- **Quick Chicken Curry**- Precooked chicken strips and veggies over rice
- **Quick Chicken Stir Fry**- Precooked chicken strips, pre cut frozen stir fry veggies over rice
- **Quick Pesto Gnocchi**- Precooked Chicken strips with cheese over gnocchi
- **Quick Seared Cod over Quinoa**- precooked and seasoned quinoa with cod
- **Quick Steak Fajitas**- precooked steak strips with veggies and fixins
- **Quick Steak Tacos** ^{GF} - precooked steak strips with all the fixins
- **Quick Sweet and Sour Chicken**- precooked chicken strips with veggies over rice
- **Quick Teriyaki Chicken Bowls**- precooked, pre seasoned chicken over rice
- **Quick Thai Noodles**- precooked chicken with veggies over thai noodles
- **Shrimp fettuccine alfredo** roasted red peppers, shrimp, cheese, fettuccine
- **Shrimp scampi** pre seasoned shrimp, angel hair pasta green beans
- **Shrimp tacos** ^{GF} -shrimp and all the fixins
- **Sloppy Joes** classic joes
- **Spaghetti with meatballs** precooked meatballs
- **Spaghetti with turkey** ground turkey to be made into meat balls
- **Spaghetti with veggies**  assorted veggies
- **Steak burritos** steak strips and all the fixings
- **Stuffed italian chicken** ^{PM} stuffed with beans and side of couscous
- **Stuffed pork chops** ^{PM} stuffed chops with a side of mashed potatoes
- **Sweet and spicy pork** ^{PM} premade with veggies all over rice
- **Three cheese ravioli**  ravioli with green beans and garlic bread sides
- **Tofu stir fry** ^{PM} ^{GF} pre made stir fry over brown rice
- **Veggie chili** ^{PM} ^{GF} Already slow cooked chili with tortillas and broccoli

- Veggie posole   Mexican stew
- Veggie Q   tempeh strips pre seasoned in bbq sauce

Average Cook (usually 30 to 45 min)

- Ahi Steaks   ahi steaks and salad
- Beef and Broccoli stir fry mixed veggies, sauce and rice
- Beef stew  cubed beef with potatoes, carrots & onions
- Beef stir fry mixed veggies, sauce & rice
- Cauliflower and potato curry  green curry
- Cheeseburgers  hamburgers with all the fixins
- Chicken stir fry mixed veggies, sauce & rice
- Grilled halibut   pan sauté or cook over the grill
- Grilled veggies and quinoa   assorted veggies with feta cheese to top quinoa
- Grilled wild alaskan salmon   Wild caught alaskan salmon
- Herb Chicken grill  grill chicken breasts and fixins
- Jambalaya with shrimp and sausage travel to the south with this spicy rice
- Pasta primavera  angel-hair pasta with zucchini, squash, cherry tomatoes & parmesan cheese
- Pasta primavera with chicken sausage angel-hair pasta with zucchini, squash, cherry tomatoes & parmesan cheese, chicken sausage
- Pasta primavera with shrimp angel-hair pasta with zucchini, squash, cherry tomatoes & parmesan cheese and shrimp
- Pork stir fry mixed veggies, sauce
- River pasta with chicken penne pasta veggies and garlic
- Salmon burgers  burgers and all the fixins
- Steak and potatoes   ribeye steaks for all and baked potatoes
- Steak fajitas pre cut and seasoned steak strips with all the fixins
- Surf and turf   classic sea to mountains, salmon and steaks with green beans
- Sweet and sour chicken veggies, pre cut cubed chicken and sauce
- Thai cashew chicken spicy peanut sauce, chicken and veggies with brown rice
- Thai noodles chicken, water chestnuts, peanut sauce over thai noodles
- Thanksgiving turkey pre-cooked turkey breast, mashed potatoes, stuffing, cranberry sauce & green beans
- Tofu stir fry  assorted veggies with stirfry fixins over brown rice
- Veggie fajitas  assorted veggies and all the fajita fixins
- Veggie curry   cauliflower and potatoes with green curry, coconut milk, onions & peppers

Long cook (an hour or longer)

- Beef chili  cubed beef and beans
- Beef enchiladas   ground beef, cubed chicken, or cheese, green chilies & corn tortillas
- Brats  and fixins

- **Cajun Crab boil** crab, sausage shrimp and corn in a big ole pot
- **Cheese lasagna** 🍲 no-boil noodles, cheese, veggies & lots of cheese; set it & forget it
- **Chicken and cheese enchiladas** 🍲 (GF) chicken, veggies & lots of cheese, corn tortillas
- **Chicken BBQ** 🔥 with three bean salad
- **Chicken enchiladas** 🍲 (GF) chicken, cheese, green chilies, topped with olives & sour cream
- **Italian sausage lasagna** 🍲 no-boil noodles, sausage, veggies & lots of cheese; set it & forget it
- **Kabobs with beef, chicken and shrimp** 🔥 (GF) make your own kabob
- **Pork chop grill** 🔥 (GF) pan-seared pork chops then bake with applesauce, BBQ & onions
- **Teriyaki chicken** 🔥 grill chicken breasts with wild rice and corn on the cob
- **Spinach enchiladas** 🍲 🌿 (GF) canned spinach, cheese, green chilies & corn tortillas
- **Spinach lasagna** 🍲 🌿 no boil noodles, canned spinach, cheese
- **Veggie Chili** 🌿 assorted beans and veggies set to slow cook
- **Veggie Kabobs** 🔥 🌿 (GF) assorted veggies and tofu

Desserts.....

🍲 Dutch Oven meal

(GF) Meals that are gluten free, with no changes needed












Quick/No cook

- **Angel food cake** with frozen berries and whipped cream
- **Assorted mini candy bars**
- **Chocolate mints**
- **Dark chocolate bars** (GF)
- **Fortune cookies**
- **Frozen brownies** pre cooked brownies to be had with in the first 5 days
- **Frozen cheesecake** assorted cheesecake bites to be had within the first 5 days
- **Frozen fruit** (GF)
- **Frozen pound cake** with assorted frozen berries to be had within the first 5 days
- **Instant pudding** assorted flavors
- **Lil debbie cakes**
- **No-bake cheesecake**
- **Pepperidge farms cookies** assorted flavors
- **Strawberry shortcake** premade shortcakes with whipped cream to be had within the first 5 days

Average/Some cooking

- **Applesauce** (GF)
- **Churros** to be fried the sprinkled with cinnamon and sugar
- **S'mores** great on fire or grill nights

Long cook / Dutch Oven

- **Apple cobbler** 
- **Apple crisp** 
- **Carrot cake**  - with cream cheese frosting
- **Chocolate cake**  - with chocolate frosting
- **Blueberry and peach cobbler** 
- **Blueberry cobbler** 
- **Brownies** 
- **Funfetti cake**  - with funfetti frosting
- **Mixed berry cobbler** 
- **Peach cobbler** 
- **Pineapple upside down cake** 
- **Spice cake** 