

Day 1 / North Vancouver – Breakfast

BC Ferries

Island Breakfast

Choice of juice

Coffee

Choice of yogurt / fresh fruit /danish /muffin

Day 1 / Nanaimo – Concession

Rotary Club – Menu TBD

Day 1 / Nanaimo – Dinner

Chicken cacciatore made with tomatoes and mushrooms

Large lima bean dish with pesto

Rice pilaf

Linguini with pesto, Zucchini, roasted red peppers, tomatoes and fresh parmesan

Mixed greens with orange segments, quinoa, sun flower seeds and light vinaigrette

Tabouleh with cucumber, parsley and a lemony dressing

Fresh buns

Nanaimo bars

Day 2 / Nanaimo – Breakfast

Home made muffins and scones using real fruit, served with butter.

Hot oatmeal with all the condiments

Carved ham with an apple chutney and mustards.

Scrambled eggs with green onions.

Hash browns

White and whole breads w/ butter and jams

Whole fruit

Day 2 / Cumberland - Concession

Beef & lamb greek gyros \$6.50

chicken gyros \$6.50

falafil vegetarian gyros \$6.50

hommus and pita,

baklava (greek dessert)

water, pop and juice \$1.00

Day 2 / Cumberland - Dinner

Tarbell's (Lebanese inspired)

Mediterranean Kebabs (Beef or Bison) with Feta Cheese, Spinach, Olives and served with Tahini Sauce
Orzo Pasta Salad with fresh vegetables and Avocado Dressing
Pita Bread
Chocolate Cake \$18.50 inclusive / per person

Carmie's (Mom and Pop style)

Roasted chicken pieces
Vegetarian Pasta (tomato sauce base)
Roasted potatoes
Broccoli & roasted garlic
Sweet buttered corn
Caesar salad
Couscous salad with tomatoes, cucumber, mint
Mixed greens with mandarins & cranberries

Wandering Moose (Café in heritage building)

Marinated chicken breast charbroiled on the bbq
Vegetable Lasagna with whole wheat pasta
Mixed Green Salad

The Gatehouse Bistro and Gallery (European Bistro)

Black Bean Casserole (Vegan)
Turkey Meat Balls
Rice Salad Provencal (Vegan)
Mixed Green Salad

Day 3 / Cumberland - Bagged Breakfast

Menu TBD

Day 3 / Powell River - Concession

Willington Beach Park Concession – Menu TBD

Day 3 / Powell River - Dinner

Rustic Garlic Baguettes - rustic whole-grain loaves, roasted with fresh garlic & extra virgin olive oil

Spinach & Local Organic Greens - with a scallion basil vinaigrette, sesame cilantro jicama & souffléed pumpkin seeds

Indonesian Barbecued Pork Roasts - with sauce made from the barbecue drippings and pure unsweetened apple on the side

Vegan Szechwan Stir-fry - firm organic tofu, locally grown vegetables and mushrooms in a mild, pepper, ginger and garlic sauce

Wild Shrimp & Asparagus Pasta - with a gremolata cream sauce

Indian Rice Pilaf with Sweet Peas - a blend of white and brown basmati rice with cumin seed, other Indian spices and sweet green peas

Queen Elizabeth Cake - traditional Quebecois date cake with a caramel glaze

Day 4 / Powell River – Breakfast

Monterey Jack, Roasted Red Pepper & Mushroom Frittata layered on fresh potato with a thin layer of real Hollandaise

Spears of Rustic Multigrain Baguettes toasts - with Peanut Butter & Wild Handpicked Blackberry Jelly – made with locally picked berries

Rocky Mountain Giant Muffins - assorted flavours served sliced

Homemade 60's Style Organic Oat Granola with Fresh Strawberries, oats, wheat germ, oat bran, almonds, sunflower seed, pecan, coconut, sesame seeds, olive oil and honey with 1% milk

Day 4 / Sechelt – Concession

Fish, chicken, pulled pork or veg tacos - \$6

Crab & Shrimp Cakes - \$10

Fish and chips - \$10

Fanny Bay Oysters - \$10

Howe Sound Beans & Cornbread - \$4

Sweet Potato Fries w/smoked chipotle aioli - \$5

Day 4 / Sechelt – Dinner

BBQ Salmon
Chicken Breasts in Roasted Red Pepper Sauce
Baked Beans
Seasonal Vegetables
Assorted Dinner Rolls
Thai Noodle Salad
Caesar Salad
Pasta Salad
Strawberry Shortcakes

Day 5 / Sechelt – Breakfast

Pancakes with Maple Syrup
Hot Oatmeal
Hard boiled eggs
Sausages and Ham
Fruit Salad

Day 5 / Langdale – Concession

Wheatberries Bakery – Menu TBD

Day 5 / Squamish – Dinner

TBD

Day 6 / Squamish – Breakfast

TBD

Day 6 / Squamish – Concession

Prawn Pad Thai Noodles \$8
Moroccan Chicken Stew (w/rice) \$8
Bombay Beef Curry (w/rice) \$8
Homemade Vegetable Soups \$3.5/6
Pulled Pork with Slaw on a Portugese Roll \$7
Veggie Wrap w/Hummous, Cuke, Cream Cheese, Sprouts and Avo \$7
Cajun Chicken Caesar Wrap \$7
Hot Dogs/Smokies \$2-4
Water, Gatorade, Sodas, Juices \$2-4
Iced and Hot Chai, Hot Chocolate, Tea \$2-4
Fruit and Yoghurt Smoothies \$5

Day 6 / Squamish – Dinner

Butter Chicken
Basmati rice
Dahl
naan bread
wildrice salad
buckwheat salad
chop chop salad

Day 7 / Squamish – Breakfast

Bagel with scrambled egg and cheese
Crispy bacon
Granola and selection of cereals
Yogurt and fresh fruit

Day 7 / Whistler – Concession

Portabello BBQ – Menu TBD