

# NORTH COUNTRY 2021 CANOE TRIP MENU

Please mail this original completed menu to us as soon as possible with your reservation form. If not received 3 weeks prior to your trip, we will make the food and beverage selections for you. Once food is packed, changes requiring a repack will be charged \$25-\$50.



Name of Party: \_\_\_\_\_  
 Total persons in the party: \_\_\_\_\_  
 Dates: First day on the water \_\_\_\_\_  
 Last day on the water \_\_\_\_\_  
 Total number of calendar days: \_\_\_\_\_  
 Will you be camping in: BWCA QUETICO

## How To Complete Your Menu

Our trips are designed to begin after breakfast on the first day and end before dinner on the last day. Your food pack will be packed accordingly. You need to select a lunch for each calendar day of the trip. Select one less breakfast and one less dinner than the number of lunches.

A 7-day trip has: 6 Breakfasts / 7 Lunches / 6 Dinners

We must pack each meal for the entire party (family style). Everyone must eat the same selection at any particular meal. For this reason, you only need to tell us which selections your party would like served. Simply indicate the number of times you want a meal served next to the selection.

EXAMPLE: A party of 4 people wants the Beef Stroganoff twice, and Pepper Steak once.

2 BEEF STROGANOFF  
 1 PEPPER STEAK

Parties using our SILVER package may select GOLD meals at an additional charge of \$3.00/person/meal, with the exception of the GOLD "First Night" Dinner which is \$6.00/person. To maintain freshness, meals marked " " cannot be repeated.

Due to unforeseen demand, it is possible that some of your menu choices may be out of stock at the time of your arrival (more likely during the discounted May and September trips.)



ADVISORY I  
 FOOD ALLERGIES

For those needing dietary considerations not met by our menu, you may supply your own food, and add that to our

Budgeteer:  
 Canoe & Gear Combination  
 (Complete Outfitting less food)



It is very difficult to accommodate allergies with freeze dried foods. Virtually all meals contain ingredients of soy, milk or whey, egg, peanut, tree nut, sunflower, wheat, and other allergens. With the exception of some vegetables, we can offer nothing that will accommodate most multiple allergy combinations. Cross contamination, as well as proximity cooking and dining, are common place.

Our "Gluten Free" main course items have recipes featuring non-gluten ingredients. They are produced in facilities that may have dust or prepared with equipment that may have been exposed to gluten. They are **not certified** as gluten free for, nor are they intended for, customers with celiac disease. **We do not have a source for gluten free breads.**



## BREAKFAST MENU

### Silver Menu Breakfast Selections

- \* First Morning In Camp (Day 2) 2 Fresh Eggs, slab bacon, and bread
- Old Fashion Buttermilk Pancakes served with Syrup and butter
- Tex-Mex Scramble, and bread / jelly
- Fluffy Cheese Omelet, and bread / jelly
- Hash Brown, Bacon, Egg Scramble, and bread / jelly
- Flavored Oatmeal a Double-Sized Bowl and bread / jelly
- Big bowl of Granola Cereal with milk, and bread for a "No Cook" Mornin'

### Gold Menu Breakfast Selections (MAY ALSO SELECT ANY CHOICE FROM THE SILVER MENU)

- \* First Morning In Camp (Day 2) A serving of 3 Fresh Eggs, sliced bread, and your choice of:
    - 3 Strips of Slab Bacon
    - 2 Breakfast Sausage Chubs
    - 4oz Cut of Breakfast Ham
  - Biscuits & Gravy, w/ sausage patty crumbles, and bread / jelly
  - Scrambled Eggs with Ham & Peppers, and bread / jelly
  - Breakfast Skillet scrambled eggs, savory sausage, tasty veggies. and bread / jelly
  - Bandito Scramble, egg mix with potatoes, cheddar cheese, mild chilies, and bread / jelly
- Fast start breakfasts: little clean-up needed. Ideal for a long travel day, or your last morning in the woods.
- Honey Granola cereals with milk:  Blueberry  Strawberry  Bananas and Almonds

## DINNER MENU

### Silver Menu Dinner Selections

- \* First Night On The Canoe Trails (Day 1 only) If you have one of these fresh meat selections for dinner on the day you start your trip, we will add Hash Brown Potatoes (not freeze dried), Corn, and Dessert.
    - These Selections May Be Individual Choices
      - A tender 8 oz cut of CERTIFIED ANGUS BEEF® Top Sirloin Steak
      - Smoked Sausage (pre-cooked -- just heat and eat)
      - Two grilled Chicken Breast Fillets (pre-cooked -- just heat and eat)
      - Two juicy man-sized 1/4-pound angus burgers, on buns.
  - \* Second Night (only) Two Bratwurst Sausages on buns, Mashed potatoes, Vegetable, and Dessert.
 

THE FOLLOWING SELECTIONS ARE FREEZE DRIED - JUST ADD WATER AND SIMMER

    - Black Beans with Rice, Vegetable, Fry Pan Bread, and Dessert.
    - Beef Stroganoff: Beef, mushrooms, and wild rice. Vegetable, Sliced Bread. and Dessert.
    - Italian Spaghetti: Tomatoes and mushrooms. Garlic Fry Pan Bread. and Dessert.
    - Beef, Vegetables, and Gravy over rice, with Mashed Potatoes, Sliced Bread. and Dessert.
    - Mac & Cheese Macaroni with a three cheese sauce. Fry Pan Bread, and Dessert.
- Silver Menu Desserts: Puddings: Chocolate and Vanilla, Banana Cream Pie, Hot Apple Dessert

### Gold Menu Dinner Selections (MAY ALSO SELECT ANY CHOICE FROM THE SILVER MENU)

- \* First Night (only) On The Canoe Trails (Day 1): Crisp hash brown potatoes (fresh, frozen), corn on the cob, and the meat entree of each individual's choice. And decadent Chocolate Mud Slide for dessert.
    - These Selections May Be Individual Choices
      - Tender  8oz cut or  12oz cut of CERTIFIED ANGUS BEEF® Steak
      - Two 1/4-pound Herbed Chicken Breast (pre-cooked -- just heat)
      - Smoked Sausage (pre-cooked -- just heat and eat)
      - Two juicy man-sized 1/3-pound angus Cheeseburgers, on buns.
  - \* Second Night (only) Mashed potatoes. Vegetable. Dessert, along with:
 

This Selection Must Be For The Entire Party

    - Ham Steak: A 1/2-pound slab of center cut smoked ham, (OR)
    - Cranberry / Wild Rice Bratwurst sausages on buns

THE FOLLOWING SELECTIONS ARE FREEZE DRIED - JUST ADD WATER AND SIMMER

    - Spicy Pork Sausage Pasta. Vegetable. Bread choice. Dessert
    - Chicken-a-la-King over mashed potatoes. Bread choice. and Dessert.
    - Pepper Steak, w/ green & red peppers on rice. Vegetable. Bread choice. Dessert
    - Chicken Breast mashed potatoes. Vegetable. Bread choice. Dessert
    - Lasagna with meat sauce, and cheese. Italian Fry Bread. Dessert
    - Chicken and Dumplings, vegetables in a white gravy. Bread choice. Dessert.
    - Chili Mac with Beef, macaroni noodles, kidney beans in chili sauce. Vegetable. Bread choice. Dessert.
    - Beef Stroganoff: onions and mushrooms in cream sauce and egg noodles Vegetable. Bread choice. Dessert
    - Chicken Tropicana honey sweetened with pineapple over rice. Vegetable. Bread choice. Dessert
- Gold Menu Desserts: Chocolate Mudslide, Three Berry Crumble, Cinnamon Apple Crisp, Banana Cream Pie, Dark Chocolate Cheesecake, Creme Brule, and Mango Sticky Rice

We're continuing to introduce lower sodium selections from Alpine Aire® and Mountain House® as they become available.



**Gold Dinner Bread Preferences**

SLICED Wheat  White

FRY PAN BREAD

1/2 & 1/2  A mix of both

## LUNCH MENU Served with Lemonade and desert choice

NOTE: Lunches with a require cooking and extra time.

### Silver Lunch Selections

- Two Sliced Cheese Sandwiches per person
  - Mild Swiss or  American
- Two Summer Sausage Sandwiches per person
- Two Peanut Butter & Jelly Sandwiches per person
- Silver Trail Lunch: This light, on-the-fly lunch contains granola bars, beef stick, and trail mix.
- Ramin Noodle Soup and crackers.

### Gold Lunch Selections

- \* 1st Lunch in the woods: Two deli meat sandwiches Featuring  turkey,  ham, or  beef
  - White  Wheat
- Fresh Chunk Tuna for two Tuna Salad Sandwiches
  - White  Wheat
- Two Soft Spread Cheese Sandwiches per person
  - Cheddar & Port Wine or  Cheddar & Bacon
  - White  Wheat
- Gold Trail Lunch: This light, on-the-fly lunch contains a huge trail cookie, beef jerky, and deluxe trail mix
- Chilli / Mac macaroni, beef, chilli beans with crackers



## SPECIAL DIETS

- Black Beans & Rice
  - Mountain Chili
  - Dinner Entree ONLY.
  - Mac & Cheese
  - Pasta Roma
  - 3 Cheese Lasagna
  - Black Beans & Rice
  - Mountain Chili
  - Chicken Gumbo
  - Beef, Gravy, Potatoes
  - BBQ Chicken & Rice
  - Dessert Fruit Cups
- Individuals preferring vegan menus, or require meals free of whey, peanut, and/or egg will need to supply their foods. We do not have suppliers for these diets.

## BEVERAGES

Indicate the number of people wanting each beverage at the indicated meal

- BREAKFAST: Includes Tang, plus: \_\_\_\_\_ Coffee \_\_\_\_\_ Decaf \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Tea
- LUNCH:  Lemonade Drink *All of our lunches are all packed with lemonade*
- DINNER: \_\_\_\_\_ Fruit Drink \_\_\_\_\_ Coffee \_\_\_\_\_ Decaf \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Tea

## CONDIMENTS (Mark how many people use each item) CIRCLE IF YOU NEED LARGE AMOUNTS

- \_\_\_\_\_ Salt \_\_\_\_\_ Pepper
- \_\_\_\_\_ Mustard \_\_\_\_\_ Ketchup \_\_\_\_\_ Mayo \_\_\_\_\_ Jelly \_\_\_\_\_ Honey \_\_\_\_\_ Hot Sauce
- FISHING ? \_\_\_\_\_ Vegetable Oil \_\_\_\_\_ Fish Breeding \_\_\_\_\_ Tartar Sauce \_\_\_\_\_ Lemon
- COFFEE ? \_\_\_\_\_ Sweet & Low \_\_\_\_\_ Sugar \_\_\_\_\_ Coffee Creamer

SUPPLY ITEMS ALWAYS PACKED: Wooden stick matches, lighter for back-up, toilet paper, hand soap, dish soap, dish cloths, SOS pads, scrubber dubbers, trash bags, fish fillet board, griddle, paper towels. For Canadian trips we add a fire grate and a small latrine shovel. We do not pack water filters as they often plug with harmless algae but become useless. We do carry water purifying tablets in our shop. You may choose to boil water in the evening when cooking, let it cool overnight, and fill your drink bottles. OR SteriPEN Ultra Violet Light (UV) Water Purifiers are included with GOLD Package; may be added to SILVER

## LUNCH DESSERTS and AFTERNOON SNACKS

Check Preferences

- \_\_\_\_\_ Cookies
- \_\_\_\_\_ Raisins
- \_\_\_\_\_ Hard Candy

