

ADVENTURE FOODPACK

AN ADVENTUROUS FOOD PACK THAT CONTAINS EVERYTHING YOU NEED FOR A NUTRITIOUS BREAKFAST AND A TASTY LUNCH OR DINNER DURING YOUR TRIP!

You can choose between a vegetarian food pack (€107) or one with meat (€111).

The pack includes breakfast, lunch, and dinner, which you prepare using your cooking set while enjoying the view! You only need to bring along some tasty snacks for kayaking and hiking.

WHAT DO YOU GET?

- 6x freeze-dried breakfast
- 12x freeze-dried lunch
- Fresh meal on the last evening
- 3x snack/dessert
- Gas stove + gas canister
- Cooking set

WHAT DO YOU BRING?

- Water bottle or CamelBak (min. 3 L)
- Thermos
- Cutlery
- Cup
- Snacks



FOODPACK

WEEK MENU*

Arrival day

Evening: Pasta Bolognese / Couscous with lentils and spinach (V)

Day 1

Breakfast: Chocolate Muesli

Lunch: Chicken Tikka Masala / Squash and Corn Casserole (V)

Dinner: Red Curry / Chili Stew with Beans (V)

Day 2

Breakfast: Blueberry and Vanilla Muesli

Lunch: Squash and Corn Casserole / Red Curry (V)

Dinner: Taco Bowl / Potato Garam Masala (V)

Day 3

Breakfast: Fruit Muesli with apple

Lunch: Ramen with noodles / Asian curry (V)

Dinner: Chili Stew with Beans / Squash and Corn Casserole (V)

Day 4

Breakfast: Crunchy Granola

Lunch: Chili Con Carne / Couscous with Lentils and Spinach (V)

Dinner: Kebab Stew / Chili Stew with Beans (V)

Day 5

Breakfast: Chocolate Muesli

Lunch: Couscous with Lentils and Spinach / Asian Curry (V)

Dinner: Pasta with Salmon / Red Curry (V)

Day 6

Breakfast: Blueberry and Vanilla Muesli

Lunch: Chicken Curry / Potato Garam Masala (V)

Dinner: Fresh meal prepared by the guides

*This is a sample menu. All ingredients and dishes may be changed.

**For allergies or intolerances, please contact us first at info@thekayaktrip.com