

Voyageur Canoe Outfitters Menu

Section 1

CUSTOMER INFORMATION

Name of Party (First and Last) _____		Number in Group _____
Phone _____	Work Phone _____	e-mail _____
Arrival Date _____	Trip Start Date _____	Trip End Date _____
<input type="checkbox"/> Boundary Waters Trip	<input type="checkbox"/> Quetico Park Trip	<input type="checkbox"/> Canada Crownland Trip

Section 2

BEVERAGES

Check the selections your group wants. Remember, the more you choose the more you must carry!

Beverage Items

<input type="checkbox"/> Orange Drink	<input type="checkbox"/> Lemonade
<input type="checkbox"/> Fruit Punch	<input type="checkbox"/> Grape Drink
<input type="checkbox"/> Sugar Free Drink	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Hot Cocoa	<input type="checkbox"/> Tea
<input type="checkbox"/> Coffee	<input type="checkbox"/> Decaf Coffee
<input type="checkbox"/> Sugar	<input type="checkbox"/> Creamer
<input type="checkbox"/> Folgers Singles (We recommend singles. They are more convenient. They also offer more flexibility for the group. One pot of water can make hot cocoa, apple cider, decaf, and regular coffee).	
<input type="checkbox"/> Coffee Grounds and Percolator Pot (For groups of heavy coffee drinkers)	

Section 3

STAPLES

Check the staple items you want packed with your food. Remember the more you choose the more you must carry!

<input type="checkbox"/> Extra Snacks
<input type="checkbox"/> Fish Breading and Oil
<input type="checkbox"/> Popcorn
<input type="checkbox"/> Salt and Pepper
<input type="checkbox"/> Margarine
<input type="checkbox"/> Powdered Milk
<input type="checkbox"/> Extra Peanut Butter
<input type="checkbox"/> Extra Jelly
<input type="checkbox"/> Hand Soap (Bar Soap)
<input type="checkbox"/> Paper Towels
<input type="checkbox"/> Ketchup
<input type="checkbox"/> Mustard
<input type="checkbox"/> S'mores (Marshmallows, Graham Crackers, and Chocolate Bar)
<input type="checkbox"/> Tartar Sauce
<input type="checkbox"/> Extra Bread
Wheat White Foccacia (circle type of bread)

Section 4

PACKAGE INFORMATION (Check the Package You are Purchasing)

- Standard Expedition Package:** Groups choosing this package must only select from our **Standard Expedition menu**.
- Travel-Lite Package:** Recommended menu is **Quick & Easy or Light**. May choose any combination from any of the menus.
- Comfort Traveler Package:** Recommended menu is **Chef's Choice**. May choose any combination from any of the menus.
- Base Camp Package:** Recommended menu is **Fresh & Base Camp**. May choose any combination from any of the menus.
- Pro Angler Fishing Package:** Recommended menu is **Fresh & Base Camp**. May choose any combination from any of the menus.
- Kayak Expedition Package:** Recommended menu is **Quick & Easy or Light**. May choose any combination from any of the menus.
- Food and Canoe Package:** Groups choosing this package must only select from our **Standard Expedition menu**.
- Food and Canoe Kevlar:** Groups choosing this package may choose any combination from any of the menus.

Section 5

MENU INFORMATION AND INSTRUCTIONS

Fill the menu out for the entire group. Everybody eats the same selections. This makes preparation much easier. Check the boxes of the items you want packed. You will need to choose a lunch for each day out and one less breakfast and dinner (breakfast is provided at the lodge the first morning and groups are off of the water by dinner the last day). If purchasing our Standard Expedition or Food and Canoe Packages then choose all meals from our Standard Expedition Menu. If purchasing any of our specialty packages (i.e. Travel-Lite) then you may choose off of the recommended menu or any other combination of any of the others including the Standard Expedition Menu. Vegetarians can eat any of the meals with a ♥ or by substituting an item in place of the meat item. To substitute check a box in section 6 and indicate what meal it is to accompany. All non-vegetarians will still get what the meal describes.

Appetite	<input type="checkbox"/> Light	<input type="checkbox"/> Normal	<input type="checkbox"/> Large
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Section 6

VEGETARIAN SUBSTITUTES (Only fill out if group has a vegetarian)

<input type="checkbox"/> Vegetarian(s) in the Group _____ (number of)	
Breakfast	
<input type="checkbox"/> Bagel and Cream Cheese _____ (breakfast subbed with)	<input type="checkbox"/> Mixed Dried Fruit _____ (breakfast subbed with)
<input type="checkbox"/> Fresh Fruit _____ (breakfast subbed with)	<input type="checkbox"/> Hash Browns _____ (breakfast subbed with)
Lunch	
<input type="checkbox"/> Energy Bar _____ (lunch subbed with)	<input type="checkbox"/> Swiss Cheese _____ (lunch subbed with)
<input type="checkbox"/> Granola Bar _____ (lunch subbed with)	<input type="checkbox"/> Vegetable Soup _____ (lunch subbed with)
Dinner	
<input type="checkbox"/> Pasta Parmesan _____ (dinner subbed with)	<input type="checkbox"/> Japanese Noodle Dish _____ (dinner subbed with)
<input type="checkbox"/> Asian Curried Stir-Fry _____ (dinner subbed with)	<input type="checkbox"/> Fresh Veggie Burger _____ (dinner subbed with)

Fill out this menu online at www.canoeit.com

Section 7

MENU SELECTIONS

STANDARD EXPEDITION Standard Expedition Package must choose from this menu only. Travel-Lite, Comfort Traveler, Pro Angler, Kayak Expedition, Base Camp, and Kevlar Food and Canoe Packages may choose from either menu.	Fresh and Perishable	Base Camp	Chef's Choice	Quick and Easy(No Cook)	Light Weight/ Less Bulky	Vegetarian	SPECIALTY PACKAGES This menu can be used in combination with the Standard Expedition Menu for any of the Specialty Packages. Standard Expedition Package and Food and Canoe Package may only use the Standard Expedition Menu.	Fresh and Perishable	Base Camp	Chef's Choice	Quick and Easy(No Cook)	Light Weight/ Less Bulky	Vegetarian
Breakfast							Breakfast						
<input type="checkbox"/> Fresh Eggs, Sliced Bacon, Hash Browns, and English Muffin	☼	■	●				<input type="checkbox"/> Denver Omelette, Sliced Cured Bacon, and Toast	☼	■				
<input type="checkbox"/> French Toast, Hot Maple Syrup, and Lean Pork Sausage Links	☼	■	●				<input type="checkbox"/> Fry Pan Biscuits, Gravy, and Lean Pork Sausage Links	☼		●			
<input type="checkbox"/> Buttermilk Pancakes, Hot Maple Syrup, and Apple Sauce			●		<input type="checkbox"/>	♥	<input type="checkbox"/> Wild Rice Blueberry Pancakes, and Hot Maple Syrup			●		<input type="checkbox"/>	♥
<input type="checkbox"/> Granola, Powdered Milk, and Mixed Dried Fruit				☺	<input type="checkbox"/>	♥	<input type="checkbox"/> Granola Bar, Fruit Leather, and Mixed Dried Fruit				☺	<input type="checkbox"/>	♥
<input type="checkbox"/> Hot Oatmeal, Fruit Leather, English Muffin, and Jam					<input type="checkbox"/>	♥	<input type="checkbox"/> Fresh Bagel, Cream Cheese, and Raisins				☺	<input type="checkbox"/>	♥
<input type="checkbox"/> Western Omelette, Hash Browns, English Muffin, and Jam					<input type="checkbox"/>	♥	<input type="checkbox"/> English Muffin, PB & Jelly, Voyager's GORP & Granola Bar				☺	<input type="checkbox"/>	♥
<input type="checkbox"/> Breakfast Bar, Voyager's Famous GORP, and Beef Stick				☺	<input type="checkbox"/>		<input type="checkbox"/> Blueberry Scones and Hot Cappuccino			●		<input type="checkbox"/>	♥
Lunch							Lunch						
<input type="checkbox"/> Peanut Butter, Jelly, Pita Bread, Trail Mix, & Voyager Cookie				☺		♥	<input type="checkbox"/> Hot Dogs, Buns, Mac and Cheese and Cookies	☼	■	●			
<input type="checkbox"/> Hearty Beef Stick, Granola Bar, and Voyager's Famous GORP				☺	<input type="checkbox"/>		<input type="checkbox"/> Energy Trail Bar, Trail Mix and Sweet Treat				☺	<input type="checkbox"/>	♥
<input type="checkbox"/> Meaty Beef Jerky, Energy Trail Bar, and Fruit Leather				☺	<input type="checkbox"/>		<input type="checkbox"/> Meaty Beef Jerky, Fruit Leather, and Hudson Bay Bread				☺	<input type="checkbox"/>	
<input type="checkbox"/> Pilot Biscuits, Summer Sausage, Cheddar Cheese, and Snack Mix				☺	<input type="checkbox"/>		<input type="checkbox"/> Cheddar Cheese, Crackers, Grapes, and Wine				☺		♥
<input type="checkbox"/> Homemade Hudson Bay Bread, PB, Dried Fruit, and Sweet Treat				☺	<input type="checkbox"/>	♥	<input type="checkbox"/> Minnesota Minestrone Soup, Frying Pan Bread, and Sweet Treat			●		<input type="checkbox"/>	
<input type="checkbox"/> Cheese Spread, Crackers, and Trail Mix				☺	<input type="checkbox"/>	♥	<input type="checkbox"/> Pita Bread, Tuna, Cheddar Cheese, and Snack Mix		■		☺		
<input type="checkbox"/> Ramen Noodles, Crackers, and Cookies					<input type="checkbox"/>		<input type="checkbox"/> Summer Sausage, Cheddar Cheese, Bread, Snack Mix, & Treat		■		☺	<input type="checkbox"/>	
Dinner							Dinner						
<input type="checkbox"/> Fresh Steak or Chicken Breast, Diced Potatoes, & Vanilla Pudding	☼	■	●				<input type="checkbox"/> Steak Vegetable Kabobs, Green Beans, & Peaches & Cream Pie	☼	■	●			
<input type="checkbox"/> Italian Spaghetti, Green Beans, and Mocha Mousse Pie					<input type="checkbox"/>	♥	<input type="checkbox"/> Beef Stroganoff, Peas and Carrots, and Pumpkin Pie					<input type="checkbox"/>	
<input type="checkbox"/> Chicken and Rice, Peas and Carrots, and Chocolate Pudding					<input type="checkbox"/>		<input type="checkbox"/> Italian Lasagna, Wild Rice Salad, and Tiramisu					<input type="checkbox"/>	♥
<input type="checkbox"/> Turkey Stroganoff, Corn, and Apple D' lite					<input type="checkbox"/>		<input type="checkbox"/> Home Style Chicken with Mashed Potatoes, and Cheese Cake					<input type="checkbox"/>	
<input type="checkbox"/> Mexican Rice and Beef, Salsa, Flour Tortillas, and Hot Fruit Cobbler					<input type="checkbox"/>		<input type="checkbox"/> Wild Rice Vegetable Soup, Frying Pan Bread and Chocolate Pie			●		<input type="checkbox"/>	♥
<input type="checkbox"/> Cajun Louisiana Red Beans and Rice, Corn, and Blueberry Cobbler					<input type="checkbox"/>	♥	<input type="checkbox"/> Wild West Chili, Corn and S'More Dessert					<input type="checkbox"/>	
<input type="checkbox"/> Beef Stew, Mashed Potatoes, and Lemon Pie					<input type="checkbox"/>		<input type="checkbox"/> Chicken ala King with Rice and Banana Cream Pie					<input type="checkbox"/>	