

Great Bear Swim Camp Menu

Travel Day 1

Breakfast: at home
Lunch: self, en route
Dinner: self, Port Hardy

BC Ferries Day

Breakfast: self, BC Ferries
Lunch: self, BC Ferries
Dinner: grilled fish with wild rice and veggies (vegan option)

Campe Day 1

Breakfast: Granola or Oatmeal with Fresh Fruit
Lunch: Mainly Vegetarian Charcuterie with Pita
Dinner: Chicken/Veggie Souvlaki & Rice, with Grilled Veggies & Vegan Tzatziki

Camp Day 2

Breakfast: Potatoes, Bacon & Eggs (Vegan scramble option), light option also available
Lunch: Quinoa Salad with Soup of the Day
Dinner: Fish/Veggie Tacos with Corn chips and salsa

Camp Day 3

Breakfast: Vegan Pancakes with Apple or Berry Compote
Lunch: Veggie Wraps with your choice of protein
Dinner: Vegan Alfredo with Broccoli (add smoked tofu or chicken)

Camp Day 4

Breakfast: Granola or Oatmeal with Fresh Fruit
Lunch: Soup & Salad
Dinner: DIY Glory Bowls with Peanut Sauce (quinoa, prawns, avocado, carrot, beat, pickles, lettuce, cucumber)

Camp Day 5

Breakfast: Vegan Scones with fresh fruit
Lunch: Veggie Wraps with your choice of protein
Dinner: Build your own Pizza

Camp Day 6

Breakfast: Granola or Oatmeal with Fresh Fruit

Lunch: Soup with Bannock

Dinner: Self in Shearwater

Departure Ferry Day

Breakfast: Left Over Hash

Lunch: Variety Plate

Dinner: Self, ferry

Travel Home

Breakfast: Self, Port Hardy

Lunch: Self, on the road

Dinner: home

Snacks will include fresh fruit and veggies & vegan baked goods.