

# NORTH COUNTRY 2015 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.

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 according to this schedule. You will, therefore, 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.

### EXAMPLE:

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 Teriyaki Chicken twice, and Pepper Steak once.

2 HAWAIIAN TERIYAKI CHICKEN  
 1 PEPPER STEAK


Parties using our GOLD package may select either GOLD or SILVER meals. 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 \$5.00/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.)

NOTE: It is very difficult to accommodate allergies with freeze dried foods. These meals contain peanut oil, whey & milk products, wheat, and shell fish. Most menu item ingredients can be found at:

[www.richmoor.com](http://www.richmoor.com) or [www.backpackerspantry.com](http://www.backpackerspantry.com)

## LUNCH MENU

NOTE: Lunches with a  require cooking and extra time.


### Silver Lunch Selections

Two **Sliced Cheese** Sandwiches per person  
 Mild Swiss / American or  Mild Cheddar

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.

 **Wild Rice Soup** and crackers. *We really like these two when not moving camp*

### 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

 **Hot Bar-B-Que Beef** and Mashed Potatoes



## BREAKFAST MENU

### Silver Menu Breakfast Selections

\* **First Morning In Camp (Day 2)** 2 country Fresh Eggs, bread, and slab bacon

Old Fashion Buttermilk Pancakes served with Maple Syrup and butter (add precooked bacon )

Mexican Omelet, Freeze Dried Fruit, bread

Fluffy Cheese Omelet, Freeze Dried Fruit, bread

Peasant Omelet, Freeze Dried Fruit, bread

*Fast start breakfasts: little clean-up needed. Ideal for a long travel day, or your last morning in the woods.*

Flavored Oatmeal a Double Sized Bowl (and add raisins )

A big bowl of Granola Cereal with milk, and bread for a "No Cook" Mornin' (and add raisins )

### 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,  bread or  bagels, and your choice of:  
 3 Strips of Slab Bacon 2 Breakfast Sausage Chubs 4oz Cut of Breakfast Ham

Hash Browns, Reds, and Greens, Dried Fruit  bread or  bagels (add precooked bacon )

Scrambling or Omelet Egg Mix, Dried Fruit,  bread or  bagels (add precooked bacon )

Roast Beef Hash: Hash brown potatoes with beef, and onion Freeze Dried Fruit,  bread or  bagels

Bandito Scramble, egg mix with potatoes, cheddar cheese, mild chilies & spices to liven up your morning

*Fast start breakfast: very little clean-up needed.*

The perfect start for long travel days, or your last morning in the woods.

Honey Granola cereals with milk:  Apple  Blueberry  Strawberry

An ideal fast start on a long travel day, or for your last morning.



## 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 Chocolate Mousse.

These Selections May Be Individual Choices **CERTIFIED ANGUS BEEF®** tender 8 oz cut Flat Iron 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, Vanilla Mousse

Thai Shrimp in a peanut sauce blended w/ broccoli, carrots and noodles. Green beans. Cinnamon Apple Crisp.

Beef Stroganoff: Sour cream, beef, mushrooms, and wild rice. Garden Vegetables. Three Berry cobbler.

Sausage Pasta: with a cheese/cream sauce, Peas & Carrots, and Banana Cream Pie.

Homestyle Turkey over mashed potatoes. Corn. French Vanilla Mousse with Raspberries.

Chili Mac: macaroni, beef and pinto beans with a chili seasoning. Corn. Cinnamon Apple Crisp.

### 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 a decadent Chocolate Mud Slide dessert.

These Selections May Be Individual Choices **CERTIFIED ANGUS BEEF®** 8oz cut Flat Iron Steak or 12oz cut Top Sirloin 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, Mixed Vegetable, French Vanilla Mousse with Raspberries, along with:

This Selection Must Be For The Entire Party Ham Steak: A 1/2-pound slab of center cut smoked ham, (OR)

Swedish Meatballs over noodles (pre-cooked -- just heat and eat) (OR)

Wild Rice Bratwurst sausages on buns

Hawaiian Teriyaki Chicken honey sweetened with pineapple. Potato & Cheddar. Chocolate Mudslide

Pepper Steak with seasoned rice. Corn. Chocolate Hazelnut Bavarian Cream

Almond Chicken & couscous, with a touch of Asian inspired flavor. Garden Vegetables. Peach Crumble

Black Bart Western Chilli black and kidney beans & beef. Corn. Chocolate Hazelnut Bavarian Cream

Wild Tyme Turkey combined with brown and wild rice. Garden Vegetables. Peach Crumble



## SPECIAL DIETS

While we strive to accommodate for meatless and gluten-free substitutions, our remote location limits us on what we can offer. Should the substitutions not be selected for all party members, these meals may carry a surcharge. Please phone us to discuss these options: 218-365-5581

Black Beans & Rice  Mac & Cheese  Honey Lime Chicken  Chicken Gumbo  
 Mushroom Pilaf  Tomato Pasta  Beef & Black Beans  Beans & Cheese  
 3 Cheese Lasagna  Mountain Chilli  BBQ Chicken & Rice  Mountain Chilli

Individuals needing vegan menus, or meals free of whey, peanut, and/or egg components will need to supply their own foods. We do not have suppliers for these items.

## BEVERAGES

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

BREAKFAST: Includes Tang, plus: \_\_\_\_\_ Regular Coffee \_\_\_\_\_ Decaf \_\_\_\_\_ Hot Chocolate \_\_\_\_\_ Brewed Tea

LUNCH:  Lemonade Drink *All of our lunches are packed with lemonade*

DINNER: \_\_\_\_\_ Regular Coffee \_\_\_\_\_ Decaf \_\_\_\_\_ Brewed Tea \_\_\_\_\_ Instant Fruit Drink

## CONDIMENTS

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

\_\_\_\_\_ Mustard \_\_\_\_\_ Ketchup \_\_\_\_\_ Mayo \_\_\_\_\_ Jelly \_\_\_\_\_ Honey \_\_\_\_\_ Hot Sauce

FISHING ? \_\_\_\_\_ Shortening \_\_\_\_\_ Fish Breading \_\_\_\_\_ Tarter Sauce \_\_\_\_\_ Lemon

COFFEE ? \_\_\_\_\_ Sweet & Low \_\_\_\_\_ Sugar \_\_\_\_\_ Coffee Creamer



## LUNCH DESSERTS and AFTERNOON SNACKS

Check Preferences

\_\_\_\_\_ Cookies

\_\_\_\_\_ Hard Candy

\_\_\_\_\_ Raisins



**SUPPLY ITEMS ALWAYS PACKED:** Wooden stick matches, lighter for back-up, toilet paper, hand soap, dish soap, dish cloths, SOS pads, scrubber dubbars, 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**