

2015 Menu Selections

PLEASE RETURN TO NORTH COUNTRY AS SOON AS POSSIBLE

Please reproduce this form as necessary (one for each travel group) and return with your Roster(s) and Reservation Request.

STARTING DATE _____

ORGANIZATION: _____ (If multiple travel groups, give an ID Number: _____) ENTRY POINT IF KNOWN _____

MEAL SELECTIONS ARE FOR YOUR WHOLE TRAVEL GROUP AT ONE SITTING:

OUR MENU IS NOT OFFERED ON AN INDIVIDUAL PERSON BASIS

Check out the **double - sized** breakfasts !

BREAKFASTS (Select one less breakfast than the number of DAYS you are on the canoe trails)

_____ First Morning In Your Wilderness Campsite (AM Day 2) If you would like fresh food this morning, you may have fresh eggs any way you like them, toast & jelly, Tang, an additional hot beverage, and Sliced Slab Bacon.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

_____ Stack of Old Fashion Buttermilk Pancakes, Maple Syrup & Butter, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

_____ **A Double Sized** Order of Western Omelet: A mix of eggs, onion, and green bell peppers. Tang, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

_____ **A Double Sized** Order of Scrambled Eggs. Tang, and an additional hot beverage.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

_____ A North Country **Double Sized** Bowl of Hot Cereal: Flavored Oatmeal____, Cream of Wheat____

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

_____ "No Cook" Mornin': A big bowl of granola & milk. Ideal for a fast start on a long travel day, or your last day in the woods.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Hot Chocolate____, Tea:(Brew)____(Inst)____

This travel group will have

_____ ADULTS

_____ YOUTH

on the water for

_____ CALENDAR DAYS

LUNCHES (Select the same number of lunches as the number of DAYS you are on the canoe trails)

_____ Two Peanut Butter & Jelly Sandwiches, and lemonade.

Dessert for this lunch should be: Sandwich Cookies____, Raisins____, Hard Candy____.

_____ Two Sliced Cheese Sandwiches, Your choice of cheese: American____, or Mild Swiss____, and lemonade.

Dessert for this lunch should be: Sandwich Cookies____, Raisins____, Hard Candy____.

_____ Two Hard Salami (Hormel) Sandwiches, and lemonade. (People wanting ketchup____ mustard____)

Dessert for this lunch should be: Sandwich Cookies____, Raisins____, Hard Candy____.

_____ Hot Instant Soup, (requires a cooking fire), bread & butter, and lemonade.

Dessert for this lunch should be: Sandwich Cookies____, Raisins____, Hard Candy____.

_____ Trail Lunch, (Quick, Lite, and No Clean-Up) Trail bars, a Beef Jerky stick, Trail Mix, and lemonade.

That's correct! You each choose between a 1/2 pound angus steak or two 1/3 pound angus burgers for the first night out. NOBODY does it better!



DINNERS (Select one less dinner than the number of DAYS you are on the canoe trails)

_____ First Night "out on the canoe trails" (PM Day 1): Our signature dinner features an 1/2 pound cut of CERTIFIED ANGUS BEEF (R) fillet of sirloin steak, or two 1/3 pound angus beef burgers, with fresh frozen hash browns, corn, and pudding

Number of people wanting STEAKS____, and number of people wanting BURGERS____.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____

_____ Bratworst on buns. (People wanting ketchup____ mustard____) Buttered Mashed potatoes. Vegetable. Dessert.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____

_____ Rich Beef Stroganoff over egg noodles in a sour cream sauce. Vegetable, and dessert tops off this meal.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____

_____ Italian Spaghetti, in a hearty sauce mix of tomatoes, and mushrooms. Vegetable. Dessert.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____

_____ A Brawny Beef Stew with carrots, peas, onions. Vegetable. Dessert.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____

_____ Chicken & Rice with celery, onions, red & green bell peppers, parsley, with chicken gravy. Vegetable. Dessert.

Number of people wanting: Instant Coffee: (Reg)____ (Decaf)____, Fruit Drink____, Tea:(Brew)____(Inst)____



A NORTH COUNTRY EXCLUSIVE

AFTERNOON SNACK PREFERENCES: Cookies____, Raisins____, Hard Candy____.

STAPLES PACKED ON REQUEST: Order whatever you like, but it all adds weight. We suggest asking your group versus just checking everything.

How many people want additional:

____ Salt & Pepper ____ Fruit Jelly ____ Mustard ____ Ketchup ____ Mayonnaise

____ Shortening ____ Fish Breeding ____ Tarter Sauce ____ Lemon Juice ____ Sweetener ____ Sugar ____ Creamer

Selection Tips: Any meal may be repeated as often as desired, with the exception of "First Night", "First Morning", and "Bratworst on buns" (no repeating)

Each meal selection is for the entire group, however, for the first night dinner individuals may choose steaks or burgers if this meal is selected.

Bread for lunch sandwiches takes up a lot of pack room. It may result in an extra pack being needed. Consider some trail lunches to save room



THIS MENU CONTAINS: Corn, Wheat, Milk, Egg, Garlic, Gluten, Whey, and Peanut products.

We can do only very limited substitutions, and many product ingredients cannot be avoided at all. Ely has two small grocery stores; we don't have access to products you may have at home. Gluten-free and vegetarian main courses may be substituted on a whole group basis, or purchased for \$5 (additional charge) per 2-person serving.

The responsibility for food allergies belongs to the individual, parents, and group leaders; NOT North Country Canoe Outfitters.

THIS FORM MUST BE RETURNED TO NORTH COUNTRY AS SOON AS POSSIBLE AFTER RESERVING