

# Sample Menu

## with Dietary Info

NOTE: This menu is a sample only! Specific items or combinations of items available on your trip may vary.

All meals are buffet-style with guests serving themselves. All cook surfaces and utensils are likely to come in contact with all types of food we offer at some point during the trip. Due to this meal set up and our limitations in storage space and kitchen equipment, we are not able to guarantee against cross contamination. A multi-day, backcountry river trip such as this may not be a good fit for guests who have inflexible dietary requirements or severe or life-threatening allergies.

### Breakfast\*:

Eggs (made to order)  
1 breakfast meat each day: sausage, bacon, or ham  
1 side each day: bagels, pancakes, hash browns, or English muffins  
Cereal, fresh fruit, tortillas (for making breakfast burritos)

**\*On the final day of your trip, a continental breakfast will be served in place of the standard menu**

### Lunch:

(make your own sandwich)  
Wheat, sour dough, rye, and tortillas/wraps  
Sliced deli meat and cheese, tuna or chicken salad, hummus, and peanut butter and jelly  
Various sandwich spreads/condiments  
Tomatoes, lettuce, red onions, and pickles  
Pringles, M&Ms, cookies, and other snack items

### Snacks:

Nuts, trail mix-style items, dried and fresh fruits

### Appetizers:

Cheese and crackers, chips and guacamole, or antipasto items

### Dinner:

Grilled steak, green salad, zucchini and yellow squash, potatoes, and Dutch oven brownie

Grilled chicken, green salad, steamed broccoli and cauliflowers, penne pesto with pine nuts or cashews, and yellow cake with chocolate frosting

Grilled Salmon, spinach salad, steamed asparagus, rice, and cheesecake

Carnitas, grilled peppers and onions, Mexican rice, black beans, and tropical fruit salad

Grilled pork tenderloin, coleslaw, steamed corn, ranch beans, stuffing, applesauce, and chocolate cake with cream cheese frosting

Spaghetti with Italian sausage, Caesar salad, garlic bread, and pound cake

### Beverages:

Coffee, tea, milk, and juice are served with breakfast  
Decaf or herbal hot tea can be served after dinner upon request  
Filtered water and lemonade or Gatorade (for electrolytes) will be available every day on the raft and at camp

**Important: Items on the trip may be cooked in vegetable oil, canola oil, cooking spray, or butter. Avoiding cross contamination with these items may not be possible on our trips.**

### WHAT ABOUT MY DIETARY RESTRICTIONS?

We may accommodate dietary restrictions if possible and reasonable given the limitations of our trips when informed of those restrictions within 14 days of booking. Dietary preferences are our guests' responsibility to manage. Remember that this is a backcountry, wilderness expedition so limited vendors, space on the raft, and cookware can make accommodating each guest's specific dietary requests difficult. If you have particular dietary needs that you believe will not be met based upon this sample menu, you may request approval from Hatch to bring additional shelf-stable, ready-to-eat food to supplement that which is provided. Make sure to discuss your needs with our office staff when making a reservation (800-856-8966).

**Please inform Hatch office staff of any dietary concerns you may have within 14 days of booking to give us adequate time to discuss your needs and provide reasonable accommodation where possible.**

#### Common substitutions/accommodations:

*Note: Items provided will vary depending on what our food suppliers have available. We operate out of a remote location and cannot guarantee specific items or brands due to this limitation. Typically organic foods are not available.*

**All guests with particular dietary needs should plan to discuss those needs with their guides at meal times.**

**For gluten free guests:** Hatch is typically able to provide gluten free salad dressing, cereal, cookies, crackers, and bread. We also may be able to provide rice pasta, quinoa, and corn tortillas. If specifically requested, we can provide gluten free cake for special occasions. Many dishes with bread or other gluten components can be served with the glutinous item separate from the other items. Due to the buffet-style meal service and our limited storage and kitchen equipment, we are not able to guarantee a trip free from the possibility of cross contamination with gluten.

**For dairy free guests:** Hatch is typically able to provide an alternative milk (usually almond milk). Most dishes with cheese or other dairy components can be served with the dairy item separate from the other items.

**For guests with limited meat/meat free diets:** Hatch is typically able to swap in other meats or meat substitutes for guests who do not eat the particular type of meat we are serving on a given night (i.e. chicken breast instead of steak for those who don't eat red meat; portabella mushroom or plant-based meat substitute products for those who don't eat any meat). In cases where the meat is a built in component of a meal (such as spaghetti with meat sauce), a separate meat free portion can be prepared or the meat component can be served separately. Due to the limitations of our food suppliers, we cannot guarantee which specific brands or types of meat substitutes will be available to you on your trip.

**For guests with food allergies:** Some guests request that we remove items they are allergic to from their trips; this request is one we are not able to accommodate. Due to the limitations inherent in providing meals to large groups of people in the backcountry, we are not able to guarantee an environment free from any particular allergen. Guests with food allergies should plan for a trip where there is a chance of ingesting their allergens either directly or through cross contamination. We strongly encourage that all guests with food allergies discuss the nature and severity of their allergies along with the nature and limitations of a Hatch trip with their healthcare providers before committing to participating. (You can use our [Risk Advisory to Healthcare Providers and Participants](#) and this dietary document to aid you in this conversation.)

Once approved for participation, we recommend that guests read food labels and maintain open conversation with their guides about their needs to avoid potentially ingesting allergens (particularly for guests with allergies to common or hidden ingredients in prepared and/or shelf stable foods). If necessary, and if they obtain Hatch approval in advance, some guests with food allergies may bring some of their own shelf-stable, ready-to-eat food items to supplement what we provide. Due to limited space and kitchen equipment, guests will not be permitted to bring food that requires kitchen preparation or refrigeration.