

## SAMPLE MENU MOONDANCE SEA KAYAK ADVENTURES

### Breakfasts:

- Sun dried tomato and herbed goat cheese dutch oven frittata
  - Quinoa and Kale Breakfast Bowl with Fried Eggs
  - Sweet Potato Breakfast Burrito
  - Banana Pancakes with Peanut butter, maple syrup and bacon
  - Bacon, Avocado Tomato Egg sandwiches on a toasted english muffin with pesto aioli
- \*\*All breakfast will be served with fresh fruit\*\*

### Lunch:

- Build-your-own deli sandwich bar: Community Co-Op deli meat, cheddar, swiss, Beaverton mustards, hummus and fresh veggies (cucumber, tomatoes, red onion, bell peppers).
  - Greek Lunch spread with Tabouli salad, cucumbers, hummus, pita and mixed greek olives
  - 3 bean salad wraps with goat cheese
  - Waldorf style Chicken Salad Sandwich or Wrap
- \*\*lunches generally include fresh fruit/veg and kettle style chips\*\*

### Dinner:

- Pesto Pasta Linguine with Locally Caught wild Smoked Salmon and sundried tomatoes (staff favorite)
- Fresh Chicken or Tofu Asian Lettuce Wraps with Gyoza and Edamame
- Shrimp Tacos with a crispy cabbage slaw and tarragon Aoli, accompanied with Chips, Salsa and homemade guacamole.
- Tofu Pad Thai with Wild Harvest Kelp Salad
- Sausage and sauerkraut with roasted potatoes braised in Porter

### Desserts:

- Fireside Banana Boats with chocolate, peanut butter and marshmallows
  - Chocolate Covered strawberries
  - Turkish Towel Coconut Seaweed pudding (staff favorite)
  - Newmans O's
  - Dutch oven apple or berry crisp
- \*\*dutch oven meals are dependent on fire status during the summer months\*\*

We are happy to accommodate food allergies and do our best to meet customer needs. Please contact us prior to your trip if you have any food concerns or questions!

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