



Menu selection guide

Algonquin Outfitters offers a unique menu plan for each of our main outfitting packages: Ultimate, Super Deluxe, Lightweight and Voyageur. The Lightweight menu is included with Solo/Sea Kayak, Backpacking and Food Only outfitting packages. The Five-day and Weekend guided trip packages include the Super Deluxe menu plan.

All menus consist of high quality camping foods packaged to meet the requirements of the Algonquin Park food container rules. The Ultimate and Super Deluxe menus offer more variety and includes many special items and unique treats. In general, the menu will weigh about 500 grams (about one pound) per person per day. All menu plans offer fresh food items for the first few days, varying with your selections and seasonal availability.

All menu items are easy to prepare, with instructions provided where necessary. When you arrive at our base, one of our outfitting staff will review the menu and answer any questions you may have regarding preparation and use. Additions and substitutions can be made at that time.

Typically, the outfitting menu provides meals from lunch on the first day of your trip to lunch on the last day. If your trip plans require it, we will provide breakfast on the first day or dinner on the last day for no extra charge. Complete outfitting groups using our tent cabins or campsites the night before the trip can request a continental breakfast on their first morning.

How to use this guide

You will find a large selection of food items in this guide. Each party's menu is custom planned and unique, using their choices to make a menu that fits the needs of the group and the trip.

1 - Please fill in the spaces under "Important trip information." This information is very important, as it helps us determine quantities and food types.

2 - Make your selections in each menu area. Indicate preferred items with a "✓." Cross out any items you really dislike or simply do not want. If you are indifferent, leave the selection blank.

3 - Mail or fax us the completed form. You can include it with your reservation or send it at a later date. The menu must reach us at least one week before your trip. Only one menu selection guide per party is needed.

4 - You can also fill in the menu on our web site and submit your choices by e-mail. Go to the Reservation page then look for the link to the menu. You can also download a PDF version of the menu on the Info Download page. This version can be printed for mailing or faxing to us later.

Please call us if you have any questions !

Please note!

Bulk and staple items are packed in reclosable plastic bags or containers to keep food dry, prevent spillage and to conform with the food container regulations. Biodegradable dish soap, pot cleaners, toilet paper and matches are included with the outfitting package.

Algonquin Outfitters

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Important trip information

- Name: _____
- Trip dates: _____
- Base: Oxtongue Lake Opeongo
Brent Huntsville
- Outfitting plan:
Ultimate Super Deluxe Lightweight
Voyageur Solo/sea kayak Backpacker
Food only
- Guided trips only: Custom guided
Weekend Guided Five-day Guided
- Total number in party: _____
Adults: _____ (men: _____ women: _____)
Children: _____ ages: _____
- Number of meals required:
Breakfast: () Lunch: () Dinner: ()
Continental breakfast at AO, first morning
- We are:
hearty eaters average eaters light eaters
- Vegetarian? yes no
If yes, what will you eat? complete vegan
eat dairy eat dairy & eggs
- Comments: _____

- Food allergies (tell us what you can't eat): _____

- Allergies are: moderate severe deadly
- Other special diet requirements or comments:

Menu selection

Please indicate the items you really like with a "✓" Cross out items not wanted. If you would rather leave the planning to us, leave this section blank. Not all food items are available at all times and we reserve the right to make substitutions if necessary. Many additional items are available but space does not permit listing them. Items marked * are only available with the Ultimate, Super Deluxe or Lightweight packages.

Beverages

Indicate which drink you would like at which meal.

	B	L	D
hot chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
instant coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fresh ground coffee*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
decaf. coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tea (reg. <input type="checkbox"/> or herbal* <input type="checkbox"/>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
iced tea mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
powdered fruit drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Staples

sugar substitute	<input type="checkbox"/>	spice/condiment:	<input type="checkbox"/>
coffee whitener	<input type="checkbox"/>	salt	<input type="checkbox"/>
powdered milk	<input type="checkbox"/>	pepper	<input type="checkbox"/>
white sugar	<input type="checkbox"/>	garlic powder	<input type="checkbox"/>
brown sugar	<input type="checkbox"/>	cinnamon	<input type="checkbox"/>
margarine	<input type="checkbox"/>	ketchup	<input type="checkbox"/>
shortening / oil	<input type="checkbox"/>	mustard	<input type="checkbox"/>
fish mix kit *	<input type="checkbox"/>	relish	<input type="checkbox"/>

(w/ flour, spices, lemon)

Snacks

trail mix	<input type="checkbox"/>	jerky	<input type="checkbox"/>
granola bars	<input type="checkbox"/>	p. b. & crackers	<input type="checkbox"/>
hard candy	<input type="checkbox"/>	dried fruit*	<input type="checkbox"/>
sesame snaps	<input type="checkbox"/>	unsalted peanuts	<input type="checkbox"/>
cookies	<input type="checkbox"/>	energy bars*	<input type="checkbox"/>
cheese & crackers	<input type="checkbox"/>		

Questions? call 705-635-2243

Bread

white	<input type="checkbox"/>	pita bread*	<input type="checkbox"/>
whole wheat	<input type="checkbox"/>	English muffins*	<input type="checkbox"/>
unsliced whole w.*	<input type="checkbox"/>	bagels*	<input type="checkbox"/>
rye*	<input type="checkbox"/>	bannock mix *	<input type="checkbox"/>

Breakfast

sliced bacon	<input type="checkbox"/>	pancake mixes:	<input type="checkbox"/>
peameal bacon*	<input type="checkbox"/>	5- grain*	<input type="checkbox"/>
fresh eggs*	<input type="checkbox"/>	cinn./apple*	<input type="checkbox"/>
scrambled egg mix	<input type="checkbox"/>	buttermilk	<input type="checkbox"/>
omelet mixes:	<input type="checkbox"/>	fresh oranges	<input type="checkbox"/>
ham	<input type="checkbox"/>	fruit juice	<input type="checkbox"/>
cheese	<input type="checkbox"/>	orange juice	<input type="checkbox"/>
mshrm. & chs.*	<input type="checkbox"/>	instant oatmeal	<input type="checkbox"/>
tex-mex*	<input type="checkbox"/>	granola	<input type="checkbox"/>
french toast mix	<input type="checkbox"/>	multi-grain cereal*	<input type="checkbox"/>
syrup mix	<input type="checkbox"/>	cereal bars	<input type="checkbox"/>
hashed browns	<input type="checkbox"/>	f.d. fruit cocktail	<input type="checkbox"/>
Continental breakfast at AO, first morning of trip	<input type="checkbox"/>		

Lunch

We prefer all lunches quick, no prep. style			
mac & cheese	<input type="checkbox"/>	corned beef*	<input type="checkbox"/>
instant soup:	<input type="checkbox"/>	salami	<input type="checkbox"/>
chicken	<input type="checkbox"/>	peanut butter	<input type="checkbox"/>
beef	<input type="checkbox"/>	jam	<input type="checkbox"/>
vegetable	<input type="checkbox"/>	honey	<input type="checkbox"/>
deluxe dried soups*	<input type="checkbox"/>	fresh carrots	<input type="checkbox"/>
vegetable	<input type="checkbox"/>	fresh celery	<input type="checkbox"/>
chicken noodle	<input type="checkbox"/>	raisins	<input type="checkbox"/>
black bean	<input type="checkbox"/>	cheese slices	<input type="checkbox"/>
minestrone	<input type="checkbox"/>	block cheddar*	<input type="checkbox"/>
pepperoni sticks	<input type="checkbox"/>	cream cheese*	<input type="checkbox"/>
energy bars*	<input type="checkbox"/>		

Notes: _____

Fax the menu to 705-635-1834 or fill it out on-line at www.algonquinoutfitters.com.

Dinner

Fresh meats (first dinner only)			
strip loin steak*	<input type="checkbox"/>	chicken kebab*	<input type="checkbox"/>
marinated steak*	<input type="checkbox"/>	beef kebab*	<input type="checkbox"/>
chicken filet*	<input type="checkbox"/>	rib eye steak	<input type="checkbox"/>
hot dogs	<input type="checkbox"/>	hamburger patties	<input type="checkbox"/>
veggie burgers #	<input type="checkbox"/>		

Ultimate, Super Deluxe and Lightweight DH meals*

pasta parmesan#	<input type="checkbox"/>	chili con carne#	<input type="checkbox"/>
spaghetti	<input type="checkbox"/>	Thai peanut rice #	<input type="checkbox"/>
lasagne #	<input type="checkbox"/>	beef stew	<input type="checkbox"/>
alfredo primavera #	<input type="checkbox"/>	beef stroganoff	<input type="checkbox"/>
vegetable pasta #	<input type="checkbox"/>	Red beans & rice #	<input type="checkbox"/>
stroganoff #	<input type="checkbox"/>	sweet & sour rice #	<input type="checkbox"/>
tandoori curry#	<input type="checkbox"/>	Blk bean tamale pie	<input type="checkbox"/>

Voyageur DH meals

beef stew	<input type="checkbox"/>	chili	<input type="checkbox"/>
lasagne #	<input type="checkbox"/>	stroganoff	<input type="checkbox"/>
beans & rice#	<input type="checkbox"/>	mac & cheese#	<input type="checkbox"/>
chicken stew	<input type="checkbox"/>	potato patties	<input type="checkbox"/>

indicates meatless

Side dishes

instant potatoes	<input type="checkbox"/>	freeze-dried peas	<input type="checkbox"/>
fresh potatoes	<input type="checkbox"/>	f.- d. carrots	<input type="checkbox"/>
egg noodles/sauce	<input type="checkbox"/>	f.- d. onions	<input type="checkbox"/>
white rice	<input type="checkbox"/>	f.- d. corn	<input type="checkbox"/>
brown rice*	<input type="checkbox"/>	f.- d. green beans	<input type="checkbox"/>
fresh vegetables	<input type="checkbox"/>	f.- d. mushrooms*	<input type="checkbox"/>

Desserts

freeze-dried fruits*:	<input type="checkbox"/>	seasonal fresh fruit:	<input type="checkbox"/>
blueberries	<input type="checkbox"/>	apples	<input type="checkbox"/>
strawberries	<input type="checkbox"/>	oranges	<input type="checkbox"/>
apple-nut cake	<input type="checkbox"/>	cheese cake mix *	<input type="checkbox"/>
diced apples	<input type="checkbox"/>	fruit cobblers*:	<input type="checkbox"/>
"S'Mors" mix	<input type="checkbox"/>	blueberry	<input type="checkbox"/>
choc. cookie mix	<input type="checkbox"/>	raspberry	<input type="checkbox"/>
coconut cookie mix	<input type="checkbox"/>	apple	<input type="checkbox"/>
mocha mousse pie	<input type="checkbox"/>	instant pudding:	<input type="checkbox"/>
apple sauce*	<input type="checkbox"/>	flavor pref?_____	
f.- d. ice cream *	<input type="checkbox"/>	marshmallows	<input type="checkbox"/>
f.d. fruit cocktail	<input type="checkbox"/>		