

Food & Beverages on the River

Below is a sample of what you may experience on your river trip. Our meals are varied, and specific menus may change from trip to trip depending on the availability of ingredients and the nature and length of the trip. Perishable fruits, vegetables, meats and dairy products are always purchased the evening before departure and are packed on ice in separate coolers. All utensils and dishes are cleaned using an approved 4-step dishwashing system that includes a sterilizing rinse.

A Sample Menu From Ouzel Outfitters

- First Day -

Deli Buffet Lunch

An assortment of whole wheat breads, fresh deli meats, plenty of fresh vegetables with extras like avocado, green peppers and pepperoncini. Served with fresh sliced seasonal fruits, cookies, chips & dip and ice water, lemonade and ice tea.

Grilled Salmon & Pasta

Start with an appetizer of gourmet cheeses and crackers or crudites platter followed by fresh salmon or steelhead fillets grilled to perfection and served with fresh pasta & pesto, Greek salad with homemade olive oil dressing and hot Italian bread (baked fresh in our Dutch ovens). For dessert enjoy a creamy chocolate fondue served with fresh strawberries, seasonal fruits and Decaf coffee or tea.

- Second Day -

Pancakes & Ham

Pancakes made to order with bananas and blueberries, served with tender slices of country ham, maple syrup, yogurt, mixed berries, seasonal sliced melons, orange juice and gourmet coffee or tea.

Mediterranean Wraps

An assortment of flatbreads served with spicy hummus, fresh-sliced peppers, sprouts, tomato, avocado, kalamata olives, homemade tzatziki, fresh fruits, chips & dip, gourmet cookies and beverages.

Pork Tenderloin & Red Potatoes

Start with a freshly made creamy spinach dip followed by teriyaki or garlic marinated pork tenderloin grilled to perfection and garnished with shallots, served with a fresh Caesar salad, toasted French bread and tender red potatoes. For dessert enjoy our famous black-bottom cake - double chocolate cake baked in our Dutch oven with dollops of cream cheese and chunks of chocolate.

- Third Day -

Scrambled Eggs & Bacon

Scrambled eggs served with crispy bacon, toasted English muffins, fresh fruit, orange juice and gourmet coffee or tea.

Chicken Fajitas

Sliced grilled chicken breast and flour tortillas served with black beans, fresh vegetables, salsa, chips, fresh fruit, cookies and beverages.

Meals & Menus May Change From Trip to Trip

While the meals listed above are likely to be encountered on your trip, we also serve a variety of simpler dishes when appropriate, such as on longer trips, trips with lots of kids or for groups with many dietary restrictions. Simpler meals may include a “cold” breakfast featuring cereal, toasted bagels, yogurt and fruit; and dinners including spaghetti (our special recipe), grilled chicken (perhaps with a sweet chutney curry) and stir-fry (Teriyaki or Thai). Regardless of the menu, you can always count on a balanced meal with plenty of fresh fruits and vegetables and a delicious dessert.

Dietary Requests

Our menus are designed to be flexible in order to accommodate vegetarians and those with other dietary restrictions. Since our meals are largely made from scratch, it is easy for us to prepare portions on the side without garlic or other ingredients you may be allergic to. When and where appropriate, dishes and utensils are not used to prepare or serve more than one dish. Here is a breakdown of what we are able to provide:

Vegetarians/Vegans – Plenty of fresh fruits and vegetables (including avocado and bell peppers) will be supplemented with Hummus, Tofu, Bocca Burgers, Pates and other protein sources. Meals that have ingredients containing animal products and/or dairy products will have portions that can be prepared on the side without these ingredients.

Nut Allergies - Since we don't use a lot of pre-made and processed ingredients, it is not difficult for us to check for oils and extracts, either avoiding them altogether, or preparing portions on the side.

Wheat/Gluten Allergies – While we cannot guarantee your favorite brand we will have gluten free products such as breads, tortillas, snacks and pastas.

Non-Dairy – While we cannot guarantee your favorite brand, we can provide soymilk and will prepare dairy-free portions of meals where necessary.

Beverages

Ice water is always available, with lemonade and ice tea available in camp and at lunch each day. Hot water for coffee, tea and hot chocolate is always available in camp, with fruit juices offered in the mornings and decaf coffee in the evenings. A selection of fine wine is served with dinner each evening. You are welcome to bring soda, beer, spirits or other drinks, which we will be happy to keep on ice, but please avoid glass containers.

Kids

We understand well that kids can be picky eaters. We are happy to include kid-friendly foods such as hot dogs and hamburgers, macaroni and cheese and other requested items to supplement meals. We also have snacks handy such as granola bars and fruit during the day. Peanut butter and jelly is always present in camp and at lunch.

If you have specific dietary restrictions please list these on your trip registration form. This information will go directly to the your trip leader who is responsible for the meal ingredients on your trip. As always, feel free to call or email us if you have any questions about meals.