



HIKING MENU

Allergies: _____

- _____ **Sandwich only (\$8 + taxes)**
- _____ **Full lunch box (\$20 + taxes)**

No modification authorized on the menu

(Please write down the desired quantity next to each item)

Choices of wrap

_____ **CHICKEN SALAD WRAP**

(Wheat wrap, chicken salad, caesar dressing, parmesan cheese, bacon bits and lettuce)

or

_____ **HAM SALAD WRAP**

(Wheat wrap, ham salad, mayonnaise, mustard, lettuce, tomatoes and Swiss cheese)

or

_____ **SALMON AND SMOKED SALMON WRAP (\$5 EXTRA)**

(Wheat wrap, salmon and smoked salmon salad, cream cheese, sour cream, red onions, capers and dill)

or

_____ **VEGETARIAN WRAP**

(Wheat wrap, veggie pâté, hummus with pepper, grilled vegetables and lettuce)

Choices of drink

- _____ Orange
- _____ Apple
- _____ Vegetables

Choices of fruit

- _____ Orange
- _____ Apple

Included in the meal

Bag of nuts and dried fruits, raw vegetables, multigrain bar and mild cheddar cheese

Extra

- _____ Tétrapak water (500 ml) | \$4.00
- _____ Sparkling water (250 ml) | \$3.00

- _____ Energizing water (355 ml) (sparkling raspberry or no-sparkling grapefruit) | \$6.00

Name: _____

Room number: _____

Time and date desired: _____

*Please leave at the dining room at least 2 hours prior to your departure time.
"Bon appétit!"*



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