

## Piragis Northwoods Canoe Trip Menu

We will use your menu selections as a guide when packing your food. We will do our best to make sure that you have ample portions without carrying too much food. When you arrive in Ely, we will go over the food packout with you to make sure you know how to prepare everything and you are happy with the quantity. At that time, we can adjust portions as appropriate. Please fill out the menu completely. The directions are listed on each page. If you would like us to build the menu for you, please select that option below.

Party Name: _____	# of Adults: _____	# of Youth: _____
Trip Start Date: _____	Trip End Date: _____	
# of Nights: _____ (This will be the number of breakfasts and dinners that you select.)		
# of Days: _____ (This will be the number of lunches you select.)		

**Please build the menu for us.** Everything looks good. We have no allergies or vegetarians in our group. If you select this option, stop. You are done. If you would like to make your own selections, leave this blank and please continue.

Are there any vegetarians in your group?     Yes     No

If yes, please explain:

Does anyone in your group have a food allergy?     Yes     No

If yes, please explain:

Please make any comments, notes, or special requests below:

**When complete, submit below or:**

Print and mail to: Piragis Northwoods Company 105 N Central Ave Ely MN 55731	Print and fax to: 218-365-6220	Email to: adam@piragis.com	Any Questions? <b>Call 800-223-6565</b>
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**Breakfast:** Please choose one meal for the entire group for each morning. Enter the number of mornings your group would like each meal. The total number of meals you should select is the same as the number of **NIGHTS** on your trip. *For example, a 5-day, 4-night trip should select 4 breakfasts in total.*

**Boundary Waters Breakfast Sandwich - ♦**  
*Fresh eggs, bacon, and cheese on a bagel*

**Heat-and-Eat Breakfast Burrito - ♦**  
*Made at Sheridan Street Deli in Ely, MN. Fresh eggs, sausage, hashbrowns, onions, peppers, and cheese. Wrapped in foil. Heat and eat! Vegetarian and Gluten-free NOT available.*

**Omelet/Wrap**  
*Dehydrated Western Omelet (bell peppers and onions) with cheese and salsa wrapped in a tortilla*

**Blueberry Pancakes with Syrup and Bacon**

**Cache Lake Biscuits and Gravy - ✕**

**Oatmeal Packets with Dried Fruit - ✕**

**Original Crapola with Dried Milk (optional) - ✕ - ✓**  
*Cran-apple granola made in Ely*

**Colonial Times Crapola with Dried Milk (optional) - ✕ - ✓**  
*Strawberry-blueberry granola made in Ely*

**Light Breakfast - ✓ - ✕**  
*Assortment of breakfast bars, dried fruit, and nuts. Good for light appetites.*

✕ = Vegetarian  
 ♦ = Fresh Food – Only once per trip  
 ✓ = Grab and Go, no prep required

**Breakfast items we will provide as needed:**

- Butter
- Ketchup
- Cooking Oil
- Spice Kit

**Please check any additional breakfast items:**

- Hash Browns
- Hot Sauce
- Extra Onion
- Extra Cheese
- Honey
- Peanut Butter
- Cream Cheese - ♦
- Dried Fruit

**Drinks:** Check the drink options you would like for your trip.

- |                                                   |                                                 |                                          |
|---------------------------------------------------|-------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Coffee – Regular Ground  | <input type="checkbox"/> Tea – Black            | <input type="checkbox"/> Hot Chocolate   |
| <input type="checkbox"/> Coffee – Regular Singles | <input type="checkbox"/> Tea – Green            | <input type="checkbox"/> Hot Apple Cider |
| <input type="checkbox"/> Coffee – Decaf Ground    | <input type="checkbox"/> Tea – Earl Grey        | <input type="checkbox"/> Gatorade        |
| <input type="checkbox"/> Coffee – Decaf Singles   | <input type="checkbox"/> Tea – Constant Comment | <input type="checkbox"/> Crystal Light   |
| <input type="checkbox"/> Sugar                    | <input type="checkbox"/> Tea – Flavored Herbal  | <input type="checkbox"/> Tang            |
| <input type="checkbox"/> Creamer                  | <input type="checkbox"/> Honey                  |                                          |

How many coffee drinkers? \_\_\_\_\_

**Lunch:** Please choose one meal for the entire group for each lunch. Enter the number of days your group would like each lunch. The total number of meals you should select is the same as the number of **DAYS** on your trip. *For example, a 5-day, 4-night trip should select 5 lunches in total.*

**Boundary Waters Charcuterie** - <> (only once per trip)  
*Boar's Head salami, aged cheddar cheese, and crackers with apples*

**Summer Sausage with Cheese on:**  
*Select your choice of: Tortillas or Crackers or Pita*

**Peanut Butter and Jelly on:** ✨  
*Select your choice of: Tortillas or Pita*

**Tuna with Cheese on:**  
*Select your choice of: Tortillas or Crackers or Pita*

**Boar's Head Hummus on:** ✨ - <> (only once per trip)  
*Select your choice of: Pita or Crackers Add Carrots*

**Blueberry Bagel with Summer Sausage and Cheese**  
*Don't laugh until you try!*

**Bean Wrap with Cheese and Salsa** - ✨

**Cache Lake Wild Rice and Veggie Soup with Crackers** - ⌚  
*Great for a long lunch or rainy day on the lake!*

**Snack Lunch** - ✓  
*Assortment of beef jerky, granola bars, trail mix, and Portage Bars (made here in Ely by Crapola).  
 Best for light appetites or a quick lunch on a travel day.*

✨ = Vegetarian  
 ⌚ = Takes some time, best for layover days  
 ✓ = Grab and Go, no prep required  
 <> = Only once per trip

**Snack Options:**

In addition to the meals listed above, we will provide snacks. Please check which selections you would like to include. Remember the more you pick, the heavier the food pack gets.

- |                                                                  |                                                    |
|------------------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Cookies                                 | <input type="checkbox"/> Fresh Fruit (only once)   |
| <input type="checkbox"/> Granola Bars                            | <input type="checkbox"/> Fresh Carrots (only once) |
| <input type="checkbox"/> Hard Candy                              | <input type="checkbox"/> Beef Jerky                |
| <input type="checkbox"/> Dried Fruit                             | <input type="checkbox"/> Trail mix                 |
| <input type="checkbox"/> Cup O' Soup (great for those cold days) |                                                    |

**Items we will provide when appropriate:**

- Mustard
- Mayo
- Ketchup
- Spice Kit

**Dinner:** Please choose one meal for the entire group for each dinner. Enter the number of days your group would like each dinner. The number of meals you should select is the same as the number of **NIGHTS** on your trip.  
**For example, a 5-day, 4-night trip should select 4 dinners in total.**

**Grilled Dinner with Potato and your choice of veggie** – (first night only) - ⌚  
*\*Enter the number of group members who want each item below*  
 \_\_\_\_\_ Steaks    \_\_\_\_\_ Chicken Breasts    \_\_\_\_\_ Veggie Burgers - ✨  
*Select your choice of:    peas    or    corn    or    fresh carrots*

✨ = Vegetarian  
 ⌚ = Takes some time

**Campfire Pizzas on Pita with Sauce & Mozzarella Cheese** - ⌚  
*Select all your topping choices:    pepperoni    onion    garlic    peppers*

**Beans and Rice, add Polish Sausage and your choice of veggie**  
*Select your choice of:    peas    or    corn*

**Grilled Sausages (pre-cooked) and Buns with your choice of side**  
*Select your choice of:    mashed taters    or    mac and cheese    or    corn*

**Fish Fry with Garlic Herb Mashed Potatoes and your choice of veggie** (You catch the fish!) - ⌚  
*Select your choice of:    peas    or    corn    ----    Tartar    Lemon Juice*

**Helpful Hints:**

- Remember, the more fresh options you select, the heavier your food pack will be.
- Freeze-dried entrees are fast, easy to prepare, and better than ever.
- Sides, desserts, and additional items are nice, but remember, they add weight and take time to prepare.

**Freeze Dried Entrees – Eat well and save weight – (hearty, light-weight meal options)**

**Pesto Chicken Pasta**  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Fettuccini Alfredo with Chicken**  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Szechuan Chicken and Rice**  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Beef Stroganoff with Mushrooms**  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Kathmandu Curry** - ✨  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Three Cheese Mac & Cheese** - ✨  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Pad Thai** - ✨  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Lasagna** - ✨  
*Select your choice of:    peas    or    corn    or    mashed taters*

**Desserts:** Pick a dessert for the group each night (optional).

- Chocolate Pudding
- Vanilla Pudding
- Chocolate Bars
- S'mores
- Hot Apple Crisp
- Triple Berry Crisp
- Peach Blueberry Crisp
- Camp Dark Chocolate Cheesecake

**Please check any additional dinner items:**

- Italian Fry Bread       Onion Fry Bread
- Garlic Fry Bread       Plain Fry Bread
- Dill Fry Bread       Extra Onions
- Extra Cheese      Extra Garlic
- Extra Fish Fry Fixings

**Dinner Items we will provide when appropriate:**

- Ketchup      • Butter
- Mustard      • Spice Kit
- Mayo      • Cooking Oil

Please provide any additional comments:

A large empty rectangular box intended for providing additional comments.