

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:

Mail to: Piragis Northwoods Company 105 N Central Ave Ely MN 55731	Fax to: 218-365-6220	Scan and email to: adam@piragis.com	Any Questions? Call 800-223-6565
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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 - ♦
Fresh eggs, bacon, and hash browns with a bagel

✂ = Vegetarian
 ♦ = Fresh Food – 1st or 2nd Morning Only
 ✓ = Grab and Go, no prep required

Breakfast Scramble - ♦
Fresh eggs, pork sausage, onions, green peppers, and cheese with a bagel

Breakfast Burrito with Cheese and Salsa wrapped in a Tortilla
Circle your choice of: Western Omelet (bell peppers and onions) or Huevos Rancheros (spicy omelet)

Blueberry Pancakes with Syrup and Bacon

Breakfast items we will provide as needed:

- Butter
- Ketchup
- Cooking Oil
- Spice Kit
- Extra Granola Bars
- Dried Fruit

Cache Lake Biscuits and Gravy - ✂

Cache Lake Hash Brown, Bacon, and Egg Scramble

Oatmeal Packets with Dried Fruit - ✂

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

Please check any additional breakfast items:

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

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

Breakfast Bars with Dried Fruit - ✂ - ✓

Bagels with 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 | <input type="checkbox"/> Kool Aid |

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.*

Summer Sausage with Cheese on:

Circle your choice of: Tortillas or Crackers or Pita

✕ = Vegetarian

⌚ = Takes some time, best for layover days

✓ = Grab and Go, no prep required

Peanut Butter and Jelly on: ✕

Circle your choice of: Tortillas or Pita – Add Crapola for some crunch!

Tuna with Cheese on:

Circle your choice of: Tortillas or Crackers or Pita

Salmon (in foil pouch) on: - (New!)

Circle your choice of: Crackers or Bagel add Cream Cheese (first lunch only)

Hummus on: ✕

Circle your choice of: Pita or Crackers

Blueberry Bagel with Summer Sausage and Cheese

Don't laugh until you try!

Bean Wrap with Cheese and Salsa - ✕

Soup with Bread - ⌚

Circle your choice of: Fish Chowder or Wild Rice and Veggie Soup

Trail Mix (for a quick, light lunch) - ✕ - ✓

Beef Jerky, Granola Bars, and Trail Mix - ✓

BWCA Portage Bars (made by Crapola here in Ely) - ✕ - ✓

Heavy-duty, locally made, energy bars – with honey packets

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 _____ Boca Burgers - ✨
 Circle your choice of: peas or corn or fresh carrots

✨ = Vegetarian
 ⌚ = Takes some time

Campfire Pizzas on Pita with Mozzarella Cheese - ⌚
 Circle all your topping choices: pepperoni onion garlic green peppers

Louisiana Red Beans and Rice with Polish Sausage and your choice of veggie
 Circle your choice of: peas or corn or mixed veggies

Brats and Buns with your choice of side
 Circle your choice of: garlic herb mashed potatoes or mac and cheese or corn

Fish Fry with Garlic Herb Mashed Potatoes and your choice of veggie (You catch the fish!) - ⌚
 Circle your choice of: peas or corn or mixed veggies ---- 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 (New!)
 Circle your choice of: peas or corn or mixed veggies

Jambalaya (New!)
 Circle your choice of: peas or corn or mixed veggies

Fettuccini Alfredo with Chicken
 Circle your choice of: peas or corn or mixed veggies

Louisiana Red Beans and Rice - ✨
 Circle your choice of: peas or corn or mixed veggies

Bent Paddle Beer Braised Chicken Stew (New!)
 Circle your choice of: peas or corn or mixed veggies

Three Cheese Mac & Cheese - ✨
 Circle your choice of: peas or corn or mixed veggies

Jamaican Jerk Chicken with Rice
 Circle your choice of: peas or corn or mixed veggies

Pad Thai – Sriracha & Lime Stuffers on side (New!) - ✨
 Circle your choice of: peas or corn or mixed veggies

Beef Stroganoff with Mushrooms
 Circle your choice of: peas or corn or mixed veggies

Spaghetti & Sauce - ✨
 Circle your choice of: peas or corn or mixed veggies

Cincinnati Style Chili with Beef (New!)
 Circle your choice of: peas or corn or mixed veggies

Soup with Bread - ⌚
 Circle your choice of:
Wild Rice & Veggie or Fish Chowder or Ramen Noodles

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

- Chocolate Pudding
- Vanilla Pudding
- Lemon Cream Pudding
- Chocolate Bars
- S'mores
- Hot Apple Cobbler
- Strawberry Cheesecake
- Triple Berry Crisp
- Neapolitan Ice Cream Sandwich

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

Dinner Items we will provide when appropriate:

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

Please provide any additional comments:

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