



## Backcountry Menu

Backcountry food plans are unique to each trip and must incorporate seven factors:

1. Mix of protein, carbohydrates, calories, and vegetables
2. Expiration window of perishable food
3. Packing weight and trash disposal
4. Water requirements
5. Fuel required and its pack weight
6. Number of people and days on the trip
7. Dietary restrictions and preference

The following menu options, based on years of experience, and are the basis of our customized food plans that reflect the factors above.

### Dinner

#### *Chicken Pesto Besto\**

An old favorite. Pasta boiled in vegetable bouillon served with chicken, mushrooms and cherry tomatoes sauteed in a pesto sauce. Choice of gnocchi or angel hair pasta.

#### *Jaisalmer-licious\* +*

Inspired by a Rajasthani guide whose skills in backcountry cuisine helped ease the days on the back of his camel (backstory included, if asked). A savory Indian butter curry dish served with chicken or tofu and rice or naan.

#### *Trout and Taters Pie*

Served best when the fish ain't bitin'.  
Smoked trout with mashed potatoes and fresh asparagus.

#### *Mediterranean Medley*

Who knew Patagonia sells backcountry provisions? Mackerel sauteed in smoked Spanish paprika oil with mussels cooked in a sofrito marinade, served with cherry tomatoes and spinach over organic basmati rice.

\*Gluten free option available

+ Dairy-free options available using coconut milk

*Some options are only available on the first day depending on expiration and "keep" quality.*



## Lunch

### *Wrap it Up\**

Tortilla wraps with marinated tuna from the *Safe Catch* brand - a “catch to can” sustainable fishing company that only hand packs fish with 10 times less mercury than the FDA mercury action limit.

### *Salameese*

Salami and cheese. Never underestimate what Trader Joe’s adds to a camp trip.

### *Ants on a Stick\**

For all the moms out there, who remember their own moms, who remember their own moms, *ad infinitum*. Celery with peanut butter and raisins.

## Breakfast

### *Taco This, Taco That\**

Street tacos with scrambled eggs, sausage and potatoes. Served with salsa on request. (Full disclosure - the eggs are freeze-dried and absolutely delicious)

### *Lox in your Sox\**

Smoked salmon and bagels. Best eaten without shoes and in your tent.

### *Pack Up and Move Out*

Protein bars and/or oatmeal. The only breakfast for the backpacker on the go.

### *Coffee and Tea*

French-pressed coffee and a variety of teas served hot every morning.

## Dessert

### *S’most*

A backcountry deconstruction of the traditional favorite based on the teachings of Smokey the Bear. Only you can prevent forest fires. Only you.



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