



Menu Preferences

Please complete and return to Nature Tours of Yukon Inc.

Note: In order to be able to prepare our trips in the best possible way for you, we would like to ask you to inform us and our guides of any preferences you may have concerning your daily menu. All our trips are wilderness trips, so some restrictions may apply, but we will do our utmost to meet all your preferences.

1. Name: _____
Name of Tour: _____
Departure date: _____

2. Height: _____ Weight: _____
Sex: _____ Birth date: _____

3. Do you have a healthy appetite or do you eat smaller portions generally?
Smaller _____ Average _____ Larger _____ portions.

4. Are you a Vegetarian or vegan? _____

5. Do you have other dietary restrictions and/or allergies? Please list:

6. What kind of beverages do you prefer during meals?

Breakfast	Cold: Water / Juice	Hot: Coffee / Tea / Chocolate / Milk
Lunch	Cold: Water / Juice	Hot: Coffee / Tea / Chocolate / Milk
Supper	Cold: Water / Juice	Hot: Coffee / Tea / Chocolate / Milk

7. And for quenching your thirst (please bring appropriate container):

Cold: Water / Juice Hot: Coffee / Tea / Chocolate / Milk

8. Do you take sugar and cream or milk in hot beverages?

Sugar _____ Sweetener _____ Milk _____ Cream _____

When answering next questions, please note that we can carry limited supplies and have to prepare meals in the field.

9. Please let us know your preferences for breakfast? E.g. cereal, bread, etc.

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10. Please let us know your preferences for lunch? E.g. soup, bread, etc.

11. And your preferences for supper? E.g. rice, pasta, potatoes, meat, fish, veggies etc.

12. Please let us know any preferences you may have concerning following food types:

Coffee: Regular _____ Decaf _____

Tea: Black _____ Green _____ Herbal _____

Bread: Brown _____ White _____ Whole Wheat _____

Other, please list:

Signature: _____ Date: _____