



SAMPLE MENU

This is just a sample of some of the dishes you will be served on our trips. You will still see some of the standards as well – Peanut Butter and Jelly, Tuna and maybe even some SPAM! Our chef is always creating new and delicious meals to serve on the trail.

BREAKFAST

Organic Oatmeal: No description necessary

Backpackers Pancakes: Backpacking Pancakes? That's right! We grill 'em up right on the trail. We take the standard pancake and add a little protein with some walnuts and oatmeal. Add some cranberries or blueberries and drown them in some maple syrup for some extra energy.

Southwest Breakfast Burritos: We cook up some scramblers, add some salsa and southwest spices and roll it all up in a tortilla. This dish is only available during the cooler months.

Couscous and Fruit: Couscous is not just for dinner. We add some fruit, cinnamon and sugar, making this a tasty, high energy breakfast to get you through your hike!

LUNCH

Not your daily grind: Spinach herb tortilla spread with sage and thyme infused hummus, provolone (Jarlsberg) cheese, sun dried tomatoes, sliced honey roasted turkey, and basil infused oil.

Chicken Xanadu: Toasted pita stuffed with chicken salad, dried cranberries and candied walnuts tossed with fresh thyme.

DINNER

The New Yorker: Just Roughin it brings a lil' N.Y.C to Arizona with shredded beef, melted American cheese, sauteed onions and a drizzle of balsamic reduction in a (garlic herb tortilla/or pita). Served with pipping hot potato soup.

Spaghetti Western: Cork Screw pasta tossed in our thick and hearty roasted tomato sauce with red wine, basil, oregano, onions, fennel and a touch of chili flakes for a little kick in your heels.

Baharat & aromatic cous-cous: In this tasty middle eastern dish we have tossed chicken, coriander, cinnamon, paprika, nutmeg and other middle eastern spices over a bed of aromatic cous-cous.

Pesto Pasta with Pine Nuts: Enjoy a variety of pastas made with our fresh basil sauce (depending on time of year), topped with pine nuts and parmesan cheese. Chicken can also be added.

*Many of our dishes can be made Vegetarian or adjusted for dietary needs or allergies.

**Dishes served are dependent on the time of year to ensure freshness and quality.