



MENU PREFERENCES

PLEASE COMPLETE AND RETURN TO NATURE TOURS OF YUKON.

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: **MALE** **FEMALE** Birth date: _____

3 | Do you have a healthy appetite or do you eat smaller portions generally?
 Portion size: **SMALLER** **AVERAGE** **LARGER**

4 | Are you a Vegetarian or vegan? **NO** **VEGETARIAN** **VEGAN**

5 | Do you have other dietary restrictions and/or allergies? **NO** **YES**
 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
Dinner 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 **SWEETNER** **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.

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

11 | Your preferences for dinner? 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: _____