



# YOUR MENU OPTIONS

**HIKING FOOD TO TREAT  
YOUR TASTEBUDS**

# YOUR OPTIONS

**Packed full of energy and nutrition, our yummy meal options cater to most preferred diets and lifestyles including delicious gluten free and vegetarian selections.**

**Hiking offers a great opportunity for you to use more energy and enjoy those extra delicious treats!**

**We balance meal variety with packaging, simplicity, locally sourced, and planet-friendly.**

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## 3 DAY/2 NIGHT MENUS

<b>MENU 1</b> .....	<b>3</b>
<b>MENU 2</b> .....	<b>4</b>
<b>MENU 3</b> .....	<b>5</b>
<b>MENU 4</b> .....	<b>6</b>
<b>MENU 5</b> .....	<b>7</b>
<b>GLUTEN FREE MENU 1</b> .....	<b>8</b>
<b>GLUTEN FREE MENU 2</b> .....	<b>9</b>
<b>VEGETARIAN MENU 1</b> .....	<b>10</b>
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# 3 DAY/2 NIGHT MENU - M1

## BREAKFAST

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Mixed Berry Breakfast  
Porridge

## LUNCH

---

Bacon & Egg Pie  
Couscous Salad

## DINNER

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Grass-Fed Lamb, Mint & Rosemary with Rice  
Bacon Mash

## DESSERT

---

Chocolate  
Apple & Berry Crumble

## SNACKS

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2 x Soup, Trail mix, Biscuits, Bliss balls, Smoothie,  
Salami, Cheese & Crackers, Fruit

## DRINKS

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HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - M2

## BREAKFAST

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Smoky Beef, Tomato, Egg and Hashbrown  
Mixed Berry Breakfast

## LUNCH

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Roast Vege & Cashew Nut Frittata  
Banana Bread

## DINNER

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Grass-Fed Barbeque Beef with Rice  
Tasty Chicken Mash

## DESSERT

---

Carrot Cake & Custard  
Chocolate

## SNACKS

---

2 x Soup, Trail mix, Biscuits, Bliss balls, Smoothie,  
Salami, Cheese & Crackers, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - M3

## BREAKFAST

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Apple & Cinnamon Breakfast  
Yoghurt & Muesli

## LUNCH

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Bacon & Egg Pie  
Couscous Salad

## DINNER

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Turkish Style Grass-Fed Lamb with Rice  
Nasi Goreng

## DESSERT

---

Strawberry Ambrosia  
Chocolate

## SNACKS

---

2 x Soup, Trail mix, Biscuits, Bliss balls, Smoothie,  
Salami, Cheese & Crackers, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - M4

## BREAKFAST

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Scrambled Eggs  
Mixed Berry Breakfast

## LUNCH

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Roast Vege & Cashew Nut Frittata  
Hiker's Energy Bar + Fruit

## DINNER

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Beef Stroganoff with Rice  
Chicken Carbonara

## DESSERT

---

Apple & Berry Crumble  
Chocolate

## SNACKS

---

2 x Soup, Trail mix, Biscuits, Bliss balls, Smoothie,  
Salami, Cheese & Crackers, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - M5

## BREAKFAST

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Apple & Cinnamon Breakfast  
Yoghurt & Muesli

## LUNCH

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Banana Bread  
Hiker's Energy Bar + Fruit

## DINNER

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Grass-Fed Barbeque Beef with Rice  
Vegetarian Stir Fry with Rice Noodles

## DESSERT

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Chocolate Brownie Pudding

## SNACKS

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2 x Soup, Trail mix, Biscuits, Bliss balls, Smoothie,  
Salami, Cheese & Crackers, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - GF1

## BREAKFAST

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Mixed Berry Breakfast  
Smoky Beef, Tomato, Egg and Hashbrown

## LUNCH

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GF Roast Vege & Cashew Nut Frittata  
Basil Pesto with Rice

## DINNER

---

Beef Teriyaki with Rice  
Nasi Goreng

## DESSERT

---

Apple & Berry Crumble  
Chocolate Brownie Pudding

## SNACKS

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GF biscuits, Smoothie, GF salami, Bliss balls,  
GF Cheese & Crackers, Fruit, 2x GF soup

## DRINKS

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Hot Drinks

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - GF2

## BREAKFAST

---

Apple & Cinnamon Breakfast  
Mixed Berry Breakfast

## LUNCH

---

GF Bacon & Egg Pie  
GF Brown Rice Cakes + Fruit

## DINNER

---

Roast Lamb with Vegetables & Mashed Potatoes  
Vegetarian Stir Fry with Rice Noodles

## DESSERT

---

Chocolate Brownie Pudding  
Strawberry Ambrosia

## SNACKS

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GF biscuits, Smoothie, GF salami, Bliss balls,  
GF Cheese & cCackers, GF Hikers energy bar, 2x GF soup

## DRINKS

---

Hot Drinks

## EXTRAS

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Contingency Meal

SUBSTITUTIONS:

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# 3 DAY/2 NIGHT MENU - V1

## BREAKFAST

---

Mixed Berry Breakfast  
Porridge

## LUNCH

---

Roast Vege & Cashew Nut Frittata  
Energy Bar + Fruit

## DINNER

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Creamy Carbonara  
Turkish Falafel with  
Rice

## DESSERT

---

Chocolate  
Apple & Berry Crumble

## SNACKS

---

2 x Soup, Smoothie, Trail mix, Cheese & Crackers,  
Plant based jerky, Bliss balls, Biscuits, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

---

Contingency Meal

SUBSTITUTIONS:

---

# 3 DAY/2 NIGHT MENU - V2

## BREAKFAST

---

Apple & Cinnamon Breakfast  
Porridge

## LUNCH

---

Couscous Salad  
Energy Bar + Fruit

## DINNER

---

Indian Curry with Rice  
Creamy Carbonara

## DESSERT

---

Chocolate  
Strawberry Ambrosia

## SNACKS

---

2 x Soup, Smoothie, Trail mix, Cheese & Crackers,  
Plant based jerky, Bliss balls, Biscuits, Fruit

## DRINKS

---

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

## EXTRAS

---

Contingency Meal

SUBSTITUTIONS:

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# HIKING HACKS

## *It's hike time!*

*Hopefully, you've digested the info we've provided, and your mind, body, and hiking boots are feeling prepped and ready to go!*

*So you'll have the best experience possible, each item in your hiking package has been carefully chosen with you and your preferences in mind.*

*Now, get out there, embrace our great outdoors, and don't forget to share your experience with us and the world!*

## PLAN & PREPARE

- **Collect your hut tickets** and check the latest track conditions at the Queenstown or Te Anau Department of Conservation (DOC) Visitors Centre.
- **Review** your TO DO list (emailed to you).
- **Visit [www.easyhike.nz/planner](http://www.easyhike.nz/planner)** anytime you have internet access to learn more about what to expect out there and along the way.
- **Download** the *Plan my Walk app*, create your walk plan, and download it before you go.

## SAFETY

- **You are responsible for your safety, so stay safe out there!**

Although we have provided your hiking supplies, you are responsible for ensuring you take appropriate clothing, food, and gear. We have provided you with a helpful checklist of what to take, so please review it and ensure you are fully prepared for conditions and circumstances. Staying safe also means following the track markers, signposted tracks, and looking out for one another. We recommend familiarising yourself with the Outdoor Safety Code for extra peace of mind.

## TRANSPORT

- **Car relocation:** Your lockbox has been delivered with your package.
- **Bus transport:** Check your last email for all the details.

## GEAR

- **Familiarise yourself with your pack** and adjust to suit. Ensure it's a comfortable and secure fit. Please call us if you have any questions about any of your gear.
- **Pack light.** We have done our bit with the gear we've provided - now it's over to you to do yours! Don't take too much. Remember, you have to carry out what you carry in - including rubbish.
- **Hiking poles.** Lightweight, height-adjustable, and very sharp at the tips. Be careful storing these in or on your pack as they can rip holes (in packs and skin!).

## FOOD

- **Remove and recycle** any excess packaging.
- **A few zip lock bags** are included to help re-organise/distribute your food if needed.
- **Packing tip** - Organise food into bags for each hiking day. Keep the current day and your snacks close and easy to grab.
- **Contingency meals** - The noodles and BackCountry meals have been provided for contingency purposes. It's important you take them.
- **Soups are our secret weapon.** Use when you need a boost, or to warm up if you're cold/wet. Plus it will complete your 3-course meal!

## FEEDBACK & REVIEW

We've included a feedback form and would love your thoughts on how we can improve. Every bit helps! As a small, local business, reviews help others learn about our service. We'd really appreciate it if you could take a few minutes to share your experiences with us on **Facebook, Google, or TripAdvisor**.

Thank you, and happy hiking!

More info: [easyhike.nz](http://easyhike.nz)

Toll-free: **0800 327 944**

Email: [info@easyhike.co.nz](mailto:info@easyhike.co.nz)



@easyhike.nz



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No hassle adventuring