



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.

4 DAY/3 NIGHT MENUS

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4 DAY/3 NIGHT MENU - M1

BREAKFAST

Mixed Berry Breakfast
Porridge
Apple & Cinnamon Breakfast

LUNCH

Bacon & Egg Pie
Couscous Salad
Hiker's Energy Bar + Fruit

DINNER

Grass-Fed Lamb, Mint & Rosemary with Rice
Vegetarian Stir Fry with Rice Noodles
Grass-Fed Barbeque Beef with Rice

DESSERT

Chocolate
Apple & Berry Crumble
Carrot Cake & Custard

SNACKS

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

DRINKS

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

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - M2

BREAKFAST

Smoky Beef, Tomato, Egg and Hashbrown
Mixed Berry Breakfast
Porridge

LUNCH

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

DINNER

Grass-Fed Beef Mexican Chilli with Rice
Bacon Mash
Turkish Style Grass-Fed Lamb with Rice

DESSERT

Strawberry Ambrosia
Chocolate
Apple & Berry Crumble

SNACKS

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

DRINKS

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

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - M3

BREAKFAST

Scrambled Eggs
Porridge
Yoghurt & Muesli

LUNCH

Roast Vege & Cashew Nut Frittata
Turkish Falafel with Rice
Hiker's Energy Bar + Fruit

DINNER

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

DESSERT

Apple & Berry Crumble
Strawberry Ambrosia
Chocolate

SNACKS

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

DRINKS

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

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - M4

BREAKFAST

Mixed Berry Breakfast
Porridge
Smoky Beef, Tomato, Egg and Hashbrown

LUNCH

Bacon & Egg Pie
Couscous Salad
Hiker's Energy Bar + Fruit

DINNER

Turkish Style Grass-Fed Lamb with Rice
Vegetarian Stir Fry with Rice noodles
Beef Stroganoff with Rice

DESSERT

Chocolate
Apple & Berry Crumble
Chocolate Brownie Pudding

SNACKS

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

DRINKS

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

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - M5

BREAKFAST

Yoghurt & Muesli
Mixed Berry Breakfast
Scrambled Eggs

LUNCH

Banana Bread
Basil Pesto with Rice
Hiker's Energy Bar + Fruit

DINNER

Grass-Fed Barbeque Beef with Rice
Nasi Goreng
Chicken Carbonara

DESSERT

Carrot Cake & Custard
Strawberry Ambrosia
Chocolate

SNACKS

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

DRINKS

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

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU – GF1

BREAKFAST

Mixed Berry Breakfast
Smoky Beef, Tomato, Egg and Hashbrown
Apple & Cinnamon Breakfast

LUNCH

GF Roast Vege & Cashew Nut Frittata
Basil Pesto with Rice
GF Hiker's Energy Bar + Fruit

DINNER

Beef Stroganoff with Rice
Nasi Goreng
Roast Lamb with Vegetables & Mashed Potatoes

DESSERT

Chocolate Brownie Pudding
Apple & Berry Crumble
Fruit Salad Fusion

SNACKS

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

DRINKS

Hot drinks

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - GF2

BREAKFAST

Apple & Cinnamon Breakfast
Mixed Berry Breakfast
Smoky Beef, Tomato, Egg and Hashbrown

LUNCH

GF Bacon & Egg Pie
Turkish Falafel with Rice
GF Brown Rice Cakes + Fruit

DINNER

Beef Teriyaki with Rice
Vegetarian Stirfry with Rice Noodles
Tasty Chicken Mash

DESSERT

Strawberry Ambrosia
Chocolate Brownie Pudding
Fruit Salad Fusion

SNACKS

GF biscuits, Smoothie, GF salami sticks, Bliss balls,
GF Cheese & Crackers, Pretzels, 2x GF soup, GF noodles

DRINKS

Hot drinks

EXTRAS

Contingency Meal

SUBSTITUTIONS:

4 DAY/3 NIGHT MENU - V1

BREAKFAST

Mixed Berry Breakfast
Porridge
Apple & Cinnamon Breakfast

LUNCH

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

DINNER

Creamy Carbonara
Turkish Falafel with Rice
Vegetarian Stir Fry

DESSERT

Chocolate
Strawberry Ambrosia
Apple & Berry Crumble

SNACKS

3 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:

4 DAY/3 NIGHT MENU - V2

BREAKFAST

Mixed Berry Breakfast
Porridge
Date & Walnut Loaf

LUNCH

Banana Bread
Turkish Falafel with Rice
Hiker's Energy Bar + Fruit

DINNER

Nasi Goreng
Creamy Carbonara
Indian Curry with Rice

DESSERT

Chocolate
Apple & Berry crumble
Strawberry Ambrosia

SNACKS

3 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:

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** 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!

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Easy HIKE
No hassle adventuring