OX EXPEDITIONS

FOOD MENU

Acatenango Overnight

Special Diets & Allergy Notice – Please Read

We can accommodate vegetarian - ***(VG)***, gluten-free (Celiac) - ***(GF)***, and lactose-free - ***(L)*** diets, requested in advance.

If you follow a more specific or medically necessary diet (e.g., keto, low-FODMAP, vegan, etc.), we may not be able to meet all requirements, and you may need to bring your own food.

We use third-party kitchens and local restaurants, which means cross-contamination is possible. For severe allergies, please notify us in advance so we can advise accordingly.

1st day

(R) = Regular (VG) = Vegetarian (L) = Lactose-Free (GF) = Gluten-Free

Breakfast:

Served with Coffee or Tea

- **Classic "Chapin" Burrito Breakfast**

Eggs | Beans | Rice | Flour Tortilla | Sour Cream | Cheese — ***(R) (VG)*** // *Corn Tortilla* — ***(GF) (L)***

Lunch:

- **Baked Italian Sandwich**

Ham | Cheese | Onion | Bell Pepper | Italian Herbs — ***(R)***

- **Gluten Free Veggie Sandwich**

Gluten-Free Bread | Mixed Vegetables | Herbs — ***(GF) (VG) (L)***

Dinner:

Served with a Glass of Wine

- **The Carboload Bowl**

Pasta | Tomato Sauce | Onion | Mushrooms | Green Been | Carrot | Herbs — ***(R)(VG)(L)*** // *Rice* — ***(GF)***

2nd day

Breakfast:

Served with Coffee or Tea

- **Continental Breakfast**

Banana Bread | Baguels | Muffin | Cream Cheese | Tuna | Avocado | Nutella — ***(R)(VG)*** // *Corn Tortilla* — ***(GF)***

! NUT ALLERGY WARNING

While we do not include nuts in meals, many clients bring nuts and trail mix as personal snacks (we even recommend it for energy).

If you have a severe nut allergy, please be aware:

- We cannot guarantee a nut-free environment
- We cannot ensure your safety from accidental exposure during the tour
- Your health is important to us, and we recommend taking all necessary precautions or discussing the situation with us in advance.