

MILFORD SOUND PACKED PICNIC LUNCH - Altitude Tours

INCLUSIONS AND ALLERGENS

A packed picnic lunch is included on all standard Milford Sound tours. You can choose between a Chicken or Vegetarian option. We also cater for Gluten Free, Dairy Free, Halal, Vegan, and Nut-Free diets. If you have any other dietary requests, please contact our reservations team prior to departure and we'll do our best to accommodate your needs.

Each meal includes a sandwich, roast vegetable salad, and a baked good.

We take great care to prepare all meals safely. However, due to the nature of our catering environment, we cannot guarantee a completely allergen-free space (for example, there may be traces of gluten in the air). Please let us know of any allergies or dietary requirements when booking so we can take every possible precaution.

Chicken Roll Lunch

- European Bakery (EB) roll with chicken, cheese & salad
- Roast vegetable salad
- Gluten-free chocolate brownie
- Mintie

Vegetarian Lunch

- EB roll with hummus, cheese & salad
- Roast vegetable salad
- Gluten-free chocolate brownie
- Mintie

Gluten-Free Chicken Lunch (includes Coeliac)

- GF bap with chicken, cheese & salad
- Roast vegetable salad

- Gluten-free chocolate brownie
- Mintie

Gluten-Free Vegetarian Lunch (includes Coeliac)

- GF bap with hummus, cheese & salad
- Roast vegetable salad
- Gluten-free chocolate brownie
- Mintie

Dairy-Free Chicken Lunch

- Freya's sandwich with chicken & salad
- Roast vegetable salad
- Vegan banana cake
- Mintie

Dairy-Free Vegetarian Lunch

- Freya's sandwich with hummus & salad
- Roast vegetable salad
- Vegan banana cake
- Mintie

Nut-Free Chicken Lunch

- EB roll with chicken, cheese & salad
- Green salad (no nuts)
- Vegan banana cake

- Mintie

Nut-Free Vegetarian Lunch

- EB roll with hummus, cheese & salad
- Green salad (no nuts)
- Vegan banana cake
- Mintie

Vegan Lunch

- Freya's sandwich with hummus & salad
- Roast vegetable salad
- Vegan banana cake

Nightshade-Free Lunch

- EB roll with chicken & mayo (no tomatoes)
- Green salad
- Vegan banana cake
- Mintie

Egg-Free Chicken Lunch

- Freya's sandwich with chicken, vegan mayo, cheese & salad
- Roast vegetable salad
- Vegan banana cake
- Mintie

Egg-Free Vegetarian Lunch

- Freya's sandwich with hummus, cheese & salad
- Roast vegetable salad
- Vegan banana cake
- Mintie

Halal Chicken Lunch

- EB roll with Halal chicken, cheese & salad
- Roast vegetable salad
- Gluten-free chocolate brownie

Ingredients & Allergens (Summary)

Our lunches are made using fresh, high-quality ingredients sourced from trusted local suppliers.

Breads:

- *European Bakery Roll (standard)* – contains gluten, milk, soy
- *Freya's Tuscan Mixed Grain (dairy-free)* – contains wheat, gluten, soy
- *GFF Bap (gluten-free friendly)* – no gluten, may contain egg, sesame, tree nuts

Proteins & Mixes:

- *Chicken Mix* – chicken, mayo, cheese, mesclun, carrot, seasoning
- *Halal Chicken Mix* – prepared to Halal standards
- *Vegetarian Mix* – hummus, mesclun, tomato, cucumber, cheese, carrot

Salads & Sides:

- *Roast Vegetable Salad* – pumpkin, red onion, potatoes, broccoli, cauliflower, carrots, parsnips, beetroot, quinoa, basil pesto (cashew-based)

- *Nut-free option available* (pesto removed)
- *Toasted Seeds* – sunflower & pumpkin seeds

Sweets:

- *Gluten-Free Chocolate Brownie* – contains almonds, eggs, dairy
- *Vegan Banana Cake* – dairy and egg-free
- *Mintie* – contains gelatin (not vegan)

Important Allergy Information

We take great care to prepare all meals safely. However, due to the nature of our catering environment, we cannot guarantee a completely allergen-free space (for example, gluten dust in the air).

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