



MENU

MENU	MAIN INGREDIENTS	MAIN ALLERGENS	NOTES
VOLUNTEER SNACKS - JUNE 4TH			
Muffins (various flavours)	Milk, eggs, wheat, soy	Contains: milk, eggs, gluten (wheat), soy	Gluten-free option available
Nuts	Almonds, cashews, walnuts		Peanut-free
Whole fruits	Apples, bananas, grapes		
Coffee / Tea			Decaf option available
BBQ DINNER - JUNE 5TH			
Appetizer: Cheese and crackers with chips		Contains: gluten (wheat), milk	Gluten-free crackers available
Potato salad	Potatoes, red wine vinegar, grainy mustard, celery, onion	Contains: mustard	Gluten-free, dairy-free, vegetarian
Coleslaw	Cabbage, apple cider vinegar, olive oil		Gluten-free, dairy-free, vegetarian
Hamburgers (halal)	Bun, ground beef, salt, pepper	Contains: sesame, gluten (wheat), eggs (in gluten-free buns)	Gluten-free or vegan bun options available
Veggie burgers	Bun, black beans, rice, corn, soy	Contains: soy, sesame, eggs (in gluten-free buns)	Patty is vegan and gluten-free Gluten-free bun available
Jumbo hot dog (100% beef)	Bun, beef	Contains: milk, gluten (wheat), soy, mustard	
Vegan hot dog	Bun, tofu, wheat, soy, corn	Contains: gluten (wheat), soy	Vegetarian
Watermelon	Watermelon		
Cookies	Milk, eggs, wheat, barley, soy	Contains: milk, eggs, gluten (wheat and barley), soy	Gluten-free and vegan options available
Rice Krispie squares	Marshmallows (gelatin)	Contains: milk, eggs, gluten (wheat and barley), soy	Gluten-free and vegan options available
Brownies	Milk, eggs, wheat, soy	Contains: milk, eggs, gluten (wheat and barley), soy	Vegetarian Gluten-free and vegan options available
Coffee / Tea			Decaf option available
SNACKS - WORKSHOPS AND MASTERCLASSES - JUNE 6TH			
Muffins (various flavours)	Milk, eggs, wheat, soy	Contains: milk, eggs, gluten (wheat), soy	Gluten-free option available
Nuts	Almonds, cashews, walnuts		Peanut-free
Whole fruits	Apples, bananas, grapes		
Apple juice			
Coffee / Tea			Decaf option available

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BOXED LUNCHES - JUNE 6TH			
Ham and swiss sandwich	Bun, ham, swiss cheese	Contains: milk, gluten (wheat)	Gluten-free option on request
Turkey club sandwich without bacon	Bun, turkey	Contains: gluten (wheat)	Gluten-free option on request
Southwest quinoa sandwich	Bun, onions, eggplant, peppers, zucchini, quinoa, spinach, grilled vegetables oil, lime juice, salt and pepper	Contains: gluten (wheat)	Vegan Gluten-free option on request
Roast beef sandwich	Bun, beef, mustard	Contains: gluten (wheat), mustard	Gluten-free option on request
Side salad	Quinoa, corn, edamame, bean mix, kale, fusion mix salad: onion, garlic, bell pepper	Contains: soy	Gluten-free, vegan
Bag of chips			
Cookies	Milk, eggs, wheat, barley, soy	Contains: milk, eggs, gluten (wheat, barley), soy	Gluten-free option on request
Whole fruits	Apples, bananas		
SNACKS - DURING AND AFTER THE CHALLENGE - JUNE 6TH			
Chocolate milk		Contains: milk	
Apple juice			
V8 juice			
Protein bars (Clif Bars)		Contains: gluten (wheat)	
Gluten free bars			Gluten-free
Nuts	Almonds, cashews, walnuts		Peanut-free
Whole fruits	Apples, bananas		
Electrolyte drink			Gluten-free
COCKTAIL - JUNE 6TH			
Nachos with topping (salsa)	Corn tortillas, tomatoes		Gluten-free, vegan
DINNER - JUNE 6TH			
Mediterranean chickpea salad	Onions, garlic, bell peppers, chickpeas	Contains: milk	Gluten-free
Greek salad	Lettuce, tomatoes, cucumbers, feta cheese	Contains: milk, gluten (wheat)	Gluten-free
Beef lasagna (halal)	Beef, onions, garlic, pasta, cheese	Contains: milk, gluten (wheat)	
Vegetarian lasagna	Bell peppers, eggplant, cheese, wheat	Contains: milk, gluten (wheat)	Vegetarian
Herb chicken drumsticks (halal)	Chicken		Gluten-free
Grilled vegetable and tofu skewers	Onions, garlic, bell peppers, zucchini	Contains: soy	Gluten-free, vegan
Garlic bread	Bread, garlic	Contains: gluten (wheat)	Vegetarian
Seasonal vegetables			Gluten-free, vegan
Macarons	Almond flour, eggs	Contains: almonds, eggs, milk, gluten (wheat), soy, sulfites	Nut-free option available
Butter tarts	Milk, eggs, wheat, soy	Contains: milk, eggs, gluten (wheat), soy, sulfites	Nut-free Gluten-free option available
Fruits platter	Melon, berries, pineapple		Gluten-free, vegan
Coffee / Tea			Decaf option
BOXED LUNCHES - JUNE 7TH (PREORDER)			
Ham and swiss sandwich	Bun, ham, swiss cheese	Contains: milk, gluten (wheat)	Gluten-free option on request
Turkey club sandwich without bacon	Bun, turkey	Contains: gluten (wheat)	Gluten-free option on request
Roasted vegetables and hummus sandwich	Bun, chickpeas, vegetables	Contains: gluten (wheat), chickpeas, sesame	Gluten-free option on request
Bag of chips			
Cookies	Milk, eggs, wheat, barley, soy	Contains: milk, eggs, gluten (wheat, barley), soy	Gluten-free option on request
Whole fruits	Apples, bananas		
V8 juice			
Cheese		Contains: milk	