

## Snorkel Trip Ingredients

| MENU ITEM                             | INGREDIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <b>Fruit Tray</b>                     | Pineapple, orange, or seasonal fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Cinnamon Roll</b>                  | <p>Sugar, potato flakes, yeast, flour, water, egg, salt, oil.<br/>           Icing: Butter, Powdered sugar, condensed milk, lemon extract.</p> <p>AM trips only</p>                                                                                                                                                                                                                                                                                                                    |
| <b>Muffin</b>                         | <p>Muffin: GF Flour, brown sugar, canola oil, kosher salt, baking powder, baking soda, cinnamon, nutmeg, vanilla extract, and mango or pumpkin or banana</p> <p>Icing: Water &amp; sugar<br/>           Muffin Flavor: Banana, Summer – Mango, Thanksgiving through Christmas – Pumpkin</p> <p>AM substitute for Cinnamon Roll as option for Vegan/Vegetarian &amp; Gluten/Dairy Free<br/>           PM substitute for Cookies option for Vegan/Vegetarian &amp; Gluten/Dairy Free</p> |
| <b>Greenoa Salad</b>                  | Quinoa, cucumber, cilantro, garbanzo bean, salt, lemon juice, red wine vinegar, olive oil and artichoke heart.                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Chips &amp; Salsa</b>              | <p><b>Chips:</b> whole grain corn, water, vegetable oil, salt<br/> <b>Salsa:</b> tomatoes, onion, garlic, jalapeno, pineapple, lime, cilantro, salt, pepper</p>                                                                                                                                                                                                                                                                                                                        |
| <b>Spring Mix w/ Trilogy Dressing</b> | <p>Spring Mix</p> <p>Croutons: enriched flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract</p>                                                                                                                                                                                                                                                                                         |

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| <p style="text-align: center;"><b>Spring Mix w/ Trilogy Dressing</b></p>                                          | <p>and ascorbic acid (to preserve freshness)), whey, salt, sugar, yeast, 2% of less of spices, dehydrated parsley, onion powdered paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes.</p> <p>Shredded Parmesan: Parmesan cheese, (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor. Contains milk)</p> <p>Dressing: Water, rice vinegar, apple cider vinegar, Italian seasoning, olive oil, canola oil and blue cheese mix (blue cheese (cultured pasteurized milk, salt, enzymes), salt, monosodium glutamate, modified corn syrup, maltodextrin, natural and artificial flavor, onion, spices, garlic, less than 2% of: guar gum, calcium stearate added to reduce caking ,dried.</p> <p>Contains: Milk and Soy.<br/>Vegetarian</p> |
| <p style="text-align: center;"><b>Spring Mix w/ Pineapple Ginger Vinaigrette or Balsamic Vinegar Dressing</b></p> | <p>Spring Mix</p> <p>Croutons: enriched flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil (with rosemary extract and ascorbic acid (to preserve freshness)), whey, salt, sugar, yeast, 2% of less of spices, dehydrated parsley, onion powdered paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes</p> <p>Parmesan Cheese: (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor.</p>                                                                                                                                                                                                                                                                           |

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|                                        | <p>Dressing Options:</p> <ul style="list-style-type: none"> <li>• Pineapple Ginger Vinaigrette<br/>Dressing: Pineapple, carrot, ginger, rice wine vinegar, red wine vinegar, sesame oil, garlic, olive oil, salt, brown sugar, gluten-free shoyu, cilantro.</li> <li>• Organic Balsamic Vinegar Dressing (packaged): Organic Wine Vinegar, Cooked Organic Grape Must. Contains Naturally Occurring Sulfites.</li> </ul>                                                                                                                                                                                                                             |
| <b>Vegan Eggplant Wrap</b>             | <p>Spring mix, clover sprouts, carrots, cucumber, eggplant, onions, salt, pepper, pineapple vinaigrette (pineapple, carrot, ginger, rice wine vinegar, red wine vinegar, sesame oil, garlic, olive oil, salt, brown sugar, gluten free shoyu &amp; cilantro) gluten-free wrap.</p> <p>Vegan/Vegetarian &amp; Dairy/Gluten Free</p>                                                                                                                                                                                                                                                                                                                  |
| <b>Shoyu Chicken &amp; Quinoa Rice</b> | <p>Shoyu Chicken: Chicken, gluten-free shoyu, sugar, ginger, pineapple juice, garlic.</p> <p>Gluten-Free Teriyaki Glaze: Gluten-free shoyu, water, pineapple juice, rice vinegar, garlic, jalapeno peppers, ginger, cornstarch, brown sugar, salt &amp; apple cider vinegar.</p> <p>Quinoa Rice: Quinoa, white rice, vegetable liquid concentrate (vegetable juice blend (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate, salt, citric acid) maltodextrin, salt, sugar, yeast extract, garlic powder, mushroom juice concentrate, spice, natural flavor), and salt</p> |

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| <b>Dinner Roll</b>                  | <p>Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, butter (pasteurized cream, salt), eggs, contains less than 2% of each of the following: sodium silicoaluminate, potato flour, yeast, sobitan monostearate, ascorbic acid (added as a dough conditioner), whey, corn flour, monocalcium phosphate, soy flour, nonfat milk, salt, wheat gluten, datem, calcium silicate (anti-caking), sodium stearyl lactylate, calcium sulfate, ammonium sulfate, wheat starch, enzymes.</p> <p><b>Contains: Wheat, Soy, Egg, Milk</b></p> |
| <b>Ice Cream w/ Chocolate Syrup</b> | <p>Roselani Vanilla Ice Cream: Skim Milk, Sugar, Butter, Vanilla Extract, Stabilizer (Mono &amp; Diglyceride, Locust, Bean Gum, Guar Gum, Carrageenan), Annatto</p> <p>Hershey's Chocolate Syrup: High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Potassium Sorbate, Xanthan Gum, Salt, Monoate 60, Vanillin, Artificial Flavor, Mono- and Diglycerides, Polysorb</p>                                                                                                                                                                                                                                   |