

3 DAY 2 NIGHT FRASER ISLAND MENU

****VEGETARIAN | VEGAN OPTIONS**

DAY 1

BREAKFAST

Pippies Hostel - Toast with Spreads, Tea/Coffee

LUNCH

Wraps with Ham, Beef or Tuna with Lettuce, Tomatoes, Cucumber, Red Onion, Cheese
Condiments of Sweet Chilli, Mustard or Mayo

****Mexican Bean Spread**

SNACK

Biscuits and Fruit

DINNER

BBQ 120g Angus Beef Pattie and Sausages with Green Beans, Garlic Potatoes, Onion Gravy

****Falafel Pattie**

DAY 2

BREAKFAST

Pancakes with Maple Syrup, Museli with Fruit, Toast and Spreads

LUNCH

Open Chicken Schnitzel Burger with Lettuce, Tomatoes, Sliced Cheese, Coleslaw, Beetroot

****Moroccan Vegetable Burger**

SNACK

Biscuits and Fruit

DINNER

Bolognaise Sauce with Pasta, Parmesan, Garlic Bread

**** Chickpea, Mushroom and Zucchini Sauce**

DAY 3

BREAKFAST

Toast with Beans or Spaghetti, Museli and Fruit

LUNCH

Wraps with Beef, Ham or Tuna with Lettuce, Tomatoes, Cucumber, Cheese
Condiments of Sweet Chilli, Mustard or Mayo

**** 4 Bean Mix Spread**

DRINKS

Cordial Juice, Tea/Coffee and
Pristine Fraser Island Drinking Water

