



THE ALPINE CLUB OF CANADA

Sample Menu – Catered Camps and Courses

We know that food can make or break a mountain adventure. That's why we currently procure our backcountry food from a local Bow Valley provider – PeakEats – based out of Canmore, AB. Together, the ACC, PeakEats and our team of porters ensure that our catered camps are delivered high quality, tasty and nutritious food without any preservatives or extra salt. Whether it be dehydrated meals at remote huts on the Wapta or fresh, chef-prepared meals at frontcountry facilities, our aim is to make our food a stand-out ingredient of any ACC Adventure.

Below are a few examples of our meals:

Breakfast:

Blueberry Pancakes and Maple Syrup
Veggie Scrambled Eggs and Hash Browns
Oatmeal (for early start days to go get some powder or reach the summit!)

Lunches:

Lunches consist of a sandwich and four snacks. Examples of snacks are:
Homemade trail mix with dehydrated fruit
Peakeats Peak Bar
Wagon Wheel or Cookies
Cliff Bar
Sweet and Salty Bar
Lara Bar
Fresh fruit (trip dependent)

Appetizers:

Cheese and Crackers
Chips and Salsa
Veggies and Hummus

Dinners:

Chili
Massaman Curry
Beef and Broccoli
Home-style Pork and Potato Stew

Where possible, we do try to provide as many fresh ingredients as possible - for example, at the relatively accessible Wheeler Hut. However for more remote camps such as on the Wapta Icefields, most of our food will arrive in dehydrated format due to logistical necessity.

Our portion sizes are generous but if you feel like you eat more than most, have a unique craving, or want to pack in some extra fresh items, we do encourage you to bring along a few of your own snacks to compliment our offerings.

Our caterers can customize meals to cater for individual allergies and preferences without compromising on taste or nutrition. However, in some instances we do require a dietary surcharge for this service. Please be sure to choose the correct dietary option and provide us with full information around allergies, intolerances etc. during your camp registration

Lastly, we are constantly looking to improve and perfect our camp food (and indeed all aspects of our camps), so if you have advice, recommendations or feedback to offer, please don't hesitate to do so at adventures@alpineclubofcanada.ca.

Bon appetite!