

The Family Travel Company | Healthy Menu Series

Campfire and Stovetop Cooking

Vegetarian / Gluten Free

BREAKFAST

Quinoa eggs

Fire cooked quinoa with sea salt and butter topped with either billy poached or pan-fried eggs.

Avocado salsa

Diced avocado, tomato and rocket with sea salt, lemon juice and drizzled olive oil.

Fire grilled mushrooms

Fire grilled mushrooms tossed in butter and a little vegemite.

Billy pot tea or coffee

Fire boiled tea or coffee. Instant coffee or ground Turkish style coffee.

LUNCH

Cabbage leaf wraps

Broad cabbage leaves filled with pitted olives, avocado, cherry tomato, rocket, and mayonnaise.

Add fire grilled tofu, haloumi, hummus, pesto if desired.

Chilli bean nachos

Fire cooked Mexican chilli beans with a salad of jalapenos, tomato, cucumber, avocado, grated cheese, topped with sour cream.

Enjoy with gluten free corn chips or cabbage leaf chips.

Fetta omelette with Greek salad

An omelette with feta cheese and a traditional Greek salad served on top.

Field snacks

Pepitas, sliced zucchini with guacamole, pecan nuts, olives, mushroom caps with feta cheese and olive oil.

DINNER

Vegetable curry with quinoa

Fire or stove cooked vegetable curry with in-season vegetables and coconut milk. Serve with diced chillies, almond flour damper with butter and coconut yoghurt.

Roasted vegetable salad

Diced vegetables roasted on the fire or in a camp oven, dressed in olive oil vinegar and sea salt, tossed through a Greek salad of leaves, olives, tomato and feta

Rocket, cherry tomato and olive salad

Rocket with tomato, olives and cheese tossed in olive oil and lemon dressing.

DESSERT

Full cream Greek or coconut yogurt

Add a handful of berries to your favourite yoghurt

SHOPPING LIST

Almond flour
Avocado
Basil
Berries
Butter
Cabbage
Cheese
Cherry tomatoes
Coconut cream
Coffee / Tea
Corn chips
Cucumber
Curry powder
Eggs
Garlic
Haloumi
Jalapenos
Lemons
Mayonnaise
Mushrooms
Olives
Olive Oil
Onions
Pepitas
Quinoa
Rocket
Salad leaves
Sea salt
Seasonal vegetables
Sour cream
Tofu
Vegemite
Vinegar
Yoghurt
Zucchini