



PROFESSIONAL RIVER OUTFITTERS, INC

P.O. Box 635 • Flagstaff, AZ 86002 • (928) 779-1512 • (800) 648-3236

2008 Menu

Breakfast

Hearty Breakfast - these meals don't necessarily need a side dish, but most can be combined with meat.

- B1 Omelets with Assorted Fillings** – eggs, cheese, onions, peppers and tomatoes
- B2 Eggs Benedict** – eggs with Hollandaise sauce over English muffins and Canadian bacon
- B3 Fried Egg Sandwiches** – eggs, cheese and English muffins – add ham or Canadian bacon
- B4 Huevos Rancheros** – eggs, cheese, refried beans, tomatoes, salsa, corn tortillas and red enchilada sauce
- B5 Breakfast Burritos** – eggs, cheese, tomatoes, onion, salsa, flour tortillas and green enchilada sauce

Build your own Breakfast - these can be combined to create a hearty breakfast or served alone for a light breakfast.

- | | | |
|--|------------------------------------|----------------------------|
| BB1 Pancakes (specify syrup) | BB7 Bagels and Cream Cheese | BB15 Canadian Bacon |
| BB2 Eggs to Order | BB8 Breakfast Potatoes | BB16 Chorizo |
| BB3 French Toast | BB9 English Muffins | BB17 Bacon |
| BB4 Lox, Capers & Red Onion | BB10 Flour Tortillas | BB18 Breakfast Ham |
| BB5 Assorted Cold Cereal & Milk | BB11 Granola & Milk | BB19 Sausage Links |
| BB6 Assorted Hot Cereal | BB12 Assorted Cheese | BB20 Turkey Sausage |
| | BB13 Instant Oatmeal | BB21 Yogurt |
| | BB14 Toast | |

Breakfast Accompaniments – Add these to any meal

- | | | |
|---------------------------------|----------------------------|--------------------|
| BAR Raisins | BAM Maple Syrup | BAK Ketchup |
| BBB Blueberries (canned) | BAL Log Cabin Syrup | BAH Honey |
| BAW Walnuts | BAB Brown Sugar | |
| BAS Salsa | BAA Apple Sauce | |

Lunch

Perishable lunches are available for the first 12 days with Icee Kool coolers, 10 days with all other coolers. Add your choice of bread.

- LA1 Cold Cuts** – a selection of sliced turkey, beef and ham served with cheese, lettuce, tomato and onion, mayonnaise and mustard
- LA2 Cold Cuts Combo** – ¾ meat and ¼ veggie cuts served with same condiments as LA1
- LA3 Veggie Cuts** – tofu turkey & tofu salami with avocados and same condiments as LA1
- LA4 Guacamole** – avocado spread w/ cheese, lettuce, tomato, onion, sour cream & salsa
- LA5 Cream Cheese and Cucumbers** – with tomato, red onion and salsa, great on bagels

More Lunch Options..



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Lunch Cont'd

Non-Perishable lunches for any day of your trip – add your choice of bread

- LB1 Cream Cheese Spread** – diced red onion, black olives and salsa, great on bagels or crackers
- LB2 Hummus Spread** – garbanzo-tahini spread served with onions, tomatoes, lettuce
- LB3 Pasta Salad** – rotini (precooked in camp), red peppers, onions, olives, artichoke hearts, sun dried tomatoes and pesto dressing
- LB4 Tabouli Salad** – a wheat salad with cheese, sun dried tomatoes, cukes, olives and iceberg lettuce
- LB5 Marinated Veggie Salad** - three beans, roasted red peppers, sun dried tomatoes and cheese with dressing
- LB6 Bean Taco Salad** – meatless salad with beans, tortilla chips, cheese, salsa and flour tortillas
- LB7 Egg Salad** – eggs (hard boiled in camp), red onion, mayonnaise and pickle relish
- LB8 Salami and Cheese** – meat or meatless salami with cheese, red onion, mustard and mayonnaise
- LB9 Chicken Salad** – canned chicken, celery, lettuce, red onion, mayonnaise and cheese
- LB10 Tuna Salad** – canned tuna, celery, lettuce, mayonnaise and pickle relish
- LB11 Salmon Salad** – canned salmon, red onion, lettuce, capers and mayonnaise
- LB15 Peanut Butter, Jelly and Honey** - Quick, simple, and just like mom used to make!!! Yum.
- LB16 Muffuletta Sandwiches** – Salami, Prosciutto, provolone, French bread with olive salad mix
- LB17 Zesty Wraps** – Add your choice of canned meat to these wraps with ranch dressing, green onions, lettuce, and sun-dried tomato.
- LB18 Chinese Chicken Salad** – Canned chicken, green onions, carrots and peanuts tossed with dressing served lettuce wrap style

Bread Options

- | | | |
|---|--|---|
| ASW Assorted Wheat and Rye Bread | PIT Pita Pockets (<i>lasts for the first 10 days</i>) | AWR Assorted Wraps (spinach, sundried tomato, herb etc...) |
| BAG Bagels | ROL Kaiser Rolls (<i>one time only</i>) | |
| TOR Flour Tortillas | TRC Triscuit Crackers | |

Meat/Meatless Add-On's

- | | | |
|--------------------------|-----------------------|------------------------|
| CCT Turkey Breast | CCH Ham | CTS Tofu Salami |
| CCS Salami | CCR Roast Beef | CTT Tofu Turkey |



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Lunch Accompaniments and Snacks - available with any meal

- | | | | |
|--------------|-----------------------|--------------|---|
| LAS1 | Assorted Cookies | LAS17 | Clif Bars |
| LAS2 | Trail Mix | LAS18 | Luna Bars |
| LAS3 | M & M's – both kinds | LAS19 | Assorted Candy Bars |
| LAS4 | Mixed Dried Fruit | LAS20 | Honey Roasted Nuts |
| LAS5 | Fig Newtons | LAS21 | Mixed Nuts |
| LAS6 | Red Vine Licorice | LAS22 | Salty Trail Mix |
| LAS7 | Pringles | LAS23 | Gardetto's |
| LAS8 | Wasabi Peas | LAS24 | Pretzels |
| LAS9 | Beef Jerky | LAS25 | Almond Butter |
| LAS10 | Turkey Jerky | LAS26 | Green Olives |
| LAS11 | Summer Sausage | LAS27 | Black Olives |
| LAS12 | Pepperoncini | LAS28 | Greek Olives |
| LAS13 | Avocados | LAS29 | Artichoke Hearts |
| LAS14 | Roasted Red Peppers | LAS30 | PB & J Fixins |
| LAS15 | Pickles | LAS31 | Nutella |
| LAS16 | Assorted Granola Bars | LAS32 | Relish Combo <i>(Combo includes pickles, pepperoncini, & roasted red peppers)</i> |

Snack Boxes

Snacks are packed in a 20mm Box. Sorry, no substitutions, 20mm rental not included.

Sweet

- Candy Bars
- Clif Bars
- Asst Cookies
- Dried Fruit
- Granola Bars
- Honey Roasted Nuts
- Red Vine Licorice
- Luna Bars
- Trail Mix

Salty

- Beef Jerky
- Gardettos
- Mixed Nuts
- Pretzels
- Pringle Chips
- Salty Mix
- Tortilla Chips
- Salsa
- Wasabi Peas

Combo

- Candy Bars
- Asst Cookies
- Dried Fruit
- Honey Roasted Nuts
- Mixed Nuts
- Red Vine Licorice
- Pretzels
- Pringle Chips
- Trail Mix
- Wasabi Peas



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Appetizers

Perishable (good for the first 14 days) appetizers are marked with an (*).

- | | | | |
|-----------|---|------------|---|
| A1 | *Crackers & Specialty Cheeses | A8 | Popcorn & Butter |
| A2 | Crackers, Sardines & Kippers | A9 | Pringles with Sour Cream & Onion Dip |
| A3 | Lemony Oysters, Triscuits & Cream Cheese | A10 | *Tortilla Chips, Salsa & Guacamole Dip |
| A4 | Crackers, Cream Cheese & Pepper Jelly | A11 | Hummus, Carrots, Dolmas & Greek Olives |
| A5 | Queso Dip with Tortilla Chips | A12 | Spinach Artichoke Dip with Crackers & Veggies |
| A6 | *Fresh Veggies and Ranch Dressing Dip | A13 | Olive Tapenade, Cream Cheese & Crackers |
| A7 | Triscuits, Cream Cheese, Shrimp, Cocktail Sauce | | |

Dinner

Key:

(90) Number of minutes each will take to prepare





“Rafting Gourmet” menu items - these may take more time or culinary skill, but are well worth it

DO Baked in a Dutch Oven with coals



Grilled on a Firepan

The following dinners use fresh foods and are suitable for your first 12 dinners with Icee Kool coolers, 10 days with all other coolers. Add your meat/meatless and your choice of marinades if you like.

- DA1 Stroganoff** – fresh mushrooms, garlic, onion, sour cream, pasta and add your choice of sirloin strips, meatless crumbles or veggies. (45)
- DA2 Pasta Primavera** – a colorful mix of broccoli, cauliflower, carrots and onions with your choice of pasta and sauce (60)
- DA3 Fresh Stir Fry** – onions, garlic, carrots, broccoli and bell peppers with choice of stir-fry sauce and rice (75) (add meat or tofu)
- DA4 Fajitas** – bell peppers, onions, flour tortillas, sour cream, tomatoes, lettuce, cheese and salsa (add meat strips, C-FAJ or SS-FAJ) (75)
- DA5 Burritos** – black beans, onions, cheese, avocado's, tomatoes, sour cream and salsa (60) (add meat)
- DA6 Fish Tacos** – cumin seasoned cod served on corn and flour tortillas and topped with cabbage lime slaw and salsa (45)
- DA7 Thanksgiving Turkey** – breast meat served with cranberry sauce and gravy (45)
- DA8  Salmon Steaks** – with lemon wedges & sour cream sauce (75)
- DA9  Halibut Steaks** – with lemon wedges and tartar sauce (75)



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Dinners Cont'd

- DA10  **Chicken** – boneless skinless chicken breasts (75)
- DA11  **Lamb Chops** – with a mint sauce (75)
- DA12  **Pork Loin Chops** – boneless with applesauce (75)
- DA13  **Burgers and/or Dogs** – use codes DA13-BG for burgers, DA13-DOG for dogs, DA13-BRA for brats & sauerkraut. Add your choice of burger or dog option (see codes below). All come with fixin's and you can combine up to two of these meals. (75)
- DA14  **Ribeye Steaks** – with sautéed mushrooms, onions and steak sauce (75)
- DA15  **Tri Tip** – Beef's best kept secret; a California classic, this is a relatively inexpensive, yet tender and tasty steak cut from the bottom half of the sirloin. Great with the chimichurri marinade (75)
- DA16  **Doro Wat (DO)** – this classic Ethiopian red pepper stew with boneless chicken thighs can be as hot or mild as you wish (90)
- DA17  **Chicken Tikka Masala** – Boneless chicken thighs marinated in yogurt and an Indian curry spice blend (90)
- DA18  **Butternut Squash Ravioli with Sage Butter**
- DA19  **Pork Tenderloin** – try either marinated (75) or **DA19-A**  stuffed with prosciutto, spinach, herbs & parmesan (90)
- DA20  **Chicken, Shrimp, & Chorizo Paella (DO)** (90)
- DA21  **Chicken with Basil and Thai Chili (DO)** – a great spicy and sweet sauce (90)
- DA23  **Orange Roughy with Spicy Cilantro Sauce** (75) fish substitution may occur depending on availability

The following dinners can be early or late trip meals, depending on the meat/meatless option added.

- DB1 **Pasta and Sauce** – your choice of pasta & sauce with parmesan (75)
- DB2 **Spinach Lasagna (DO)** - canned spinach & mushrooms, onions, peppers and marinara sauce layered with mozzarella, ricotta and pasta (150)
- DB3 **Green Chile Stew** – crushed tomatoes, green chilies, pinto beans, onions, and garlic served with cheese, salsa and flour tortillas (45)
- DB4 **Enchiladas (DO)** - cheese, onions, bell peppers, and jalapenos layered with corn tortillas and red enchilada sauce (90)
- DB5 **Veggie Noodle Soup** – homemade with veggies, pasta, boullion, crackers and your choice of chicken strips, canned chicken or tofu. (45)
- DB6  **Layover Chicken and Andouille Sausage Gumbo (120)**



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The following dinners utilize non-perishable ingredients and are suitable for any dinner.

- DC1 Macaroni & Cheese** – Kraft sharp cheddar deluxe (30) (add canned tuna, peas)
- DC2 Corn Chowder** – hearty corn, potato and bacon chowder you make from scratch (60)
- DC3 Jambalaya** – Cajun dish of summer sausage, canned shrimp and chicken with tomatoes, peppers, and onions. Add your choice of rice (60)
- DC4 Tomato Soup and Grilled Cheese Sandwiches** (45)
- DC5 Black Beans and Rice with Quesadillas** (45)
- DC6 Veggie Chili** – packaged mix with canned tomatoes and beans served with flour tortillas and cheese (45)
- DC7 Hammus Alabamus** – canned ham with cloves smeared with honey mustard, served with pineapple slices. (60)
- DC8 Late Trip Stir Fry** – onions, garlic, carrots, bean sprouts, water chestnuts, bamboo shoots and peas. Add choice of canned meat, sauce, and rice (60)
- DC9 Falafel Burgers** – pan-fried falafel patties in flour tortillas with tahini sauce, tomatoes, pickles, red onions and Greek olives (75) (during the first week of the trip you may request pita bread, use code DC9-PITA)
- DC10 Veggie Pot Pie (DO)** – add choice of canned meat to this veggie medley with a golden Bisquick crust. (45)
- DC11 Indian Curry Stew** – a golden curry with potatoes, carrots, onions and spinach. (45)
- DC12 BLT's** - bacon, lettuce, tomato, avocados and cheese sandwiches. (35) (order some sides)
- DC13 Hot BBQ Turkey Sandwiches** – Canned turkey served with BBQ sauce, jalapeno, cheese and your choice of bread
- DC14 Tamales** – A combo of green chili cheese and red chili pork tamales served with enchilada sauce
- DC14 Hot Turkey Sandwiches** – Canned turkey, mashed potatoes, stuffing and gravy served over your choice of bread

Meat/Meatless Options

P	Pork Strips	BCC	Canned Chicken	CC	Canned Crab
SH	Frozen pre-cooked shrimp	GDB	Garden Burgers	BIT	Boca Italian Sausage
SS	Sirloin Strips	CS	Canned Shrimp	C-FAJ	Fajita Chicken Strips
GB	Ground Beef	MC	Meatless Ground Crumbles	IS	Italian Sausage
C	Chicken Strips	CT	Canned Tuna	SS-FAJ	Fajita Sirloin Strips
GT	Ground Turkey	TF	Tofu	CSA	Canned Salmon
				CTY	Canned Turkey



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Burger and Dog Options

BP	Beef Patties	GDB	Garden Burgers	BB	Boca Burgers
TB	Tempeh Burgers	TFP	Tofu Pups	HD	Hot Dogs
PSS	Polish Sausage	BW	Bratwurst		

Pasta Sauce

ALF	Alfredo – packaged alfredo sauce	DRM	Dreamy Sauce – rich sauce of cream, basil, garlic, canned tomatoes and shredded Parmesan cheese
MAR	Marinara – spaghetti sauce with onions and mushrooms	LGB	Lemon, Garlic & Butter - scampi
PSTO	Pesto – packaged pesto sauce with pine nuts		

Pasta

PS	Spaghetti	PL	Linguine	PT	Tortellini
PF	Fettuccine	PR	Rotini	PG	Gnocchi

Stir Fry Sauce

TP	Thai Peanut Sauce	KC	Kaibab Curry – red curry with raisins, cashews, coconut, chutney and pineapple chunks
SF	Stir Fry Sauce		

Rice

RBR	Brown Rice	RI	Instant White
RW	White Rice	RIB	Instant Brown
RB	Basmati Rice		

Marinades

MB	BBQ	MCC	Chimichurri (an Argentinean delight, made from scratch, with garlic, parsley, vinegar & oil – great on any meat/protein)
MLP	Lemon Pepper		
MI	Italian		
MM	Mole		



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Salads

The following salads use very perishable ingredients and can only be served the first seven days. Ordered once is suggested.

- SD1 Spinach Salad** - pre-washed spinach leaves, red onion, mushroom, bacon bits & honey dijon dressing
- SD2 Greek Salad** - romaine lettuce, feta, olives, red onion, tomato, cucumber & Caesar dressing
- SD3 Cucumber Salad** – cucumbers with a sugar and rice vinegar dressing
- SD39 Salmon Pasta** – lemony butter dill sauce with green beans, pasta and smoked salmon
- SD40 Mexi-Beef Salad** – beef, jicama, orange, avo's, beans tossed with a cilantro vinaigrette
- SD36 Quinoa Salad** – quinoa grain, feta, asparagus, tomato and vinaigrette
- SD38 Mediterranean Rice Salad** – with greek olives, parmesan, pine nuts and spinach
- SD41 Gaspacho** – cold tomato veggie soup, made with V8 and veggies

The following salads use heartier fresh ingredients and may be served the first 14 days.

- SD4 Fruit Salad** – melon, apple, canned pineapple, raisin & walnut. Great for lunch
- SD5 Garden Salad** - iceberg lettuce, tomato, carrot, cucumber, celery, red onion, and dressings
- SD7 Tabouli Salad** - Middle Eastern wheat salad served with tomato, cucumber, and green onion
- SD42 Blue Cheese Slaw** – green cabbage with a blue cheese and yogurt dressing

The following salads utilize mostly non-perishable ingredients and are great at any time of your trip.

- SD9 Black Bean Salad** - canned black beans, corn and olives with diced bell peppers, red onion and oil & vinegar
- SD10 Chinese Cabbage Salad** - green cabbage, and ramen noodles with a soy/sesame dressing
- SD12 Coleslaw** - traditional cabbage crunch
- SD43 Cous Cous Chick Pea Salad** – sweetened with raisins, apples and spices
- SD14 Apple & Mandarin Orange Salad**
- SD15 Jicama Cucumber Salad**
- SD32 Red Potato Salad**
- SD17 Tropical Fruit Salad**



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Side Dishes

The following side dishes utilize mostly non-perishable ingredients and are great at any time of your trip.

SD8	Calabacitas (Mexican Squash) - blend of canned zucchini, green chilies, and corn, with onion, garlic and tomato	SD19	Inst Potatoes	SD30	Ramen Noodles
SD11	Green Bean Casserole	SD20	Three-Bean Salad	SD31	Quesadillas
SD16	Chile Corn Bread (DO)	SD21	Baked Beans	SD33	Salmon Cakes
SD18	Spanish Rice	SD22	Refried Beans	SD34	☺ Creamy Coconut Rice
		SD23	Soup (inst single serv)	SD44	Quick Minestrone Soup
		SD24	Garlic Bread	SD45	Quick Navy Bean Soup
		SD25	Rice Pilaf	SD46	Quick Split Pea Soup
		SD26	Inst Black Beans		
		SD27	Herb Stuffing		
		SD28	Cous Cous		
		SD29	Dinner Rolls		

Fresh Vegetables

These are listed in order of perishability

FVAS	Asparagus (~3 days)	FVZC	Zucchini (~7 days)	FVCR	Carrots
FVGB	Green Beans	FVYS	Yellow Squash	FVRP	Red Potatoes
FVBR	Broccoli (~5 days)	FVBS	Butternut Squash	FVRS	Russet Potatoes
		FVBC	Baby Carrots	FVYA	Yams

Canned Vegetables

CVGB	Green Bean	CVCR	Carrots	CVBB	Black Beans
CVS	Spinach	CVZ	Zucchini	CVJ	Jalapeno
CVP	Peas	CVM	Mushrooms	CVMS	Mushroom Soup
CVC	Corn	CVGC	Green Chiles		



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Desserts

Desserts can also be chosen from Lunch Accompaniments and Snacks.

Order desserts from this category only once and during the first 5 days; these both require a lot of cooler space.

SA1 New York Cheesecake

SA3 Frozen Dessert Of The Day - Restaurant style

These desserts are suitable for the first 10 days of your trip.

SB1 Pound Cake & Whipped Cream – add fruit.

SB2 Watermelon - please select only once, due to space

These desserts are baked in a Dutch Oven over coals, and can be enjoyed any time during your trip. Plan on 75 minutes to prepare each dessert, start to finish.

SA4 Peach Cobbler

SA8 Devils Food Cake – Vanilla Frosted

SA5 Apple Crisp

SA9 Pineapple Upside-Down Cake

SA6 Flash Flood Brownies

SA10 German Chocolate Cake - Coconut Pecan Frosted

SA7 Carrot Cake – Cream Cheese Frosted

You may plan to serve the following desserts any time during your trip.

SB3 Boatman’s Cheesecake - Mini cheesecakes

SB9 S'Mores

SB4 No-Bake Chocolate Mousse Pie

SB10 Ginger Snaps

SB5 Pepperidge Farm Cookies

SB11 Mint Cookies

SB6 After Dinner Mints

SB13 Assorted Hard Candy

SB8 No-Bake Cheesecake (add fruit)

SB12 Caramel & Apples

Dessert Fruit Add-Ons

CBB Canned Blueberries

CCC Canned Cherries

CP Canned Peaches

CA Apple Pie Filling