



PROFESSIONAL RIVER OUTFITTERS, INC

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

2011 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 | BB22 Beef Sausage |

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 Galaxy 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 italian 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>) | TRC Triscuit Crackers |
| BAG Bagels | ROL Sesame Rolls (<i>one time only</i>) | AWR Assorted Wraps (spinach, sundried tomato, jalapeno) |
| TOR Flour Tortillas | | |

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	Pub Mix
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
Pub Mix
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

Gluten Free Box

Assorted and Shelf Stable Gluten Free foods are packed in a 20mm Box. Sorry, no substitutions, 20mm rental not included.

GFBOX – includes Bars, Bread, Cold and Hot Cereal, Cheese Puffs, Cookies, Crackers, Granola, Pancake Mix, Pasta, Pretzels & Rice Cakes.

[Click here to see our menu with Gluten Free meals noted](#)





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2011 Menu

Appetizers



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

- | | | | |
|-----------|---|------------|---|
| A1 | *Crackers & Specialty Cheeses | A9 | Pringles with Sour Cream & Onion Dip |
| A2 | Crackers, Sardines & Kippers | A10 | *Tortilla Chips, Salsa & Guacamole Dip |
| A3 | Lemony Oysters, Triscuits & Cream Cheese | A11 | Hummus, Carrots, Dolmas & Greek Olives |
| A4 | Crackers, Cream Cheese & Pepper Jelly | A12 | Spinach Artichoke Dip with Crackers & Veggies |
| A5 | Queso Dip with Tortilla Chips | A13 | Olive Tapenade, Cream Cheese & Crackers |
| A6 | *Fresh Veggies and Ranch Dressing Dip | A14 | *BBQ Chicken Wings, Celery & Dressing |
| A7 | Triscuits, Cream Cheese, Shrimp, Cocktail Sauce | A15 | *Edamame |
| A8 | Popcorn & Butter | | |

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 Galaxy 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 (35)
- DC14 Tamales** – A combo of green chili cheese and red chili tamales served with enchilada sauce (35)
- DC15 Hot Turkey Sandwiches** – Canned turkey, mashed potatoes, stuffing and gravy served over your choice of bread (35)

Heat & Eat Dinners

Main entrées are fully cooked and easy to prepare, suitable for your first 12 dinners. Add quick sides for a fast and easy meal. These entrees are subject to availability and substitution may occur.

- HE1 Beef Brisket** (35)
- HE2 BBQ Pulled Pork Sandwiches** – serve with sesame buns. (35)
- HE3 Carnitas** – serve with corn tortillas, salsa & shredded cheese. (35)
- HE4 Chile Con Carne** (35)
- HE5 Pork Loin** (35)
- HE6 Prime Rib** (35)



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Meat/Meatless Options

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

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	PGF Gluten Free Pasta
PF Fettuccine	PG Gnocchi	PR Rotini	

Stir Fry Sauce

TP Thai Peanut Sauce	KC Kaibab Curry – red curry with raisins, cashews, coconut, chutney and pineapple chunks <i>gf</i>
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 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 <i>gf</i>	SD19	Inst Potatoes	SD30	Ramen Noodles
SD11	Green Bean Casserole	SD20	3-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 Cheddar Broccoli Soup
		SD26	Inst Black Beans	SD47	Tamales
		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 *gf*

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