
KILIMANJARO FOOD MENU

These are the typical menu items that we serve to our guests on the mountain. Lunch and dinner are served hot along with tea/coffee in our mess tents. Your lunch will be packed and given to you in the morning to eat along the trail. We are more than happy to assist with specific food requests (i.e. vegetarian, gluten free, vegan) or other requirements. Please advise us by email and let your guide know at the briefing as to your specific requests. We source most items at local markets the day before the climb to ensure everything is fresh.

BREAKFAST

Fruit Juice, Fruit, Cereal or Porridge, French Toast/Plain Toast/Pancakes, Sausages, Margarine, Jam or Honey, Boiled Egg/Spinach Omelet/Fried Egg with Bacon and Bread. Drink: Tea, Coffee, Drinking Chocolate

SNACKS

Peanuts, Crisps, Popcorn or Cookies

LUNCH

Sliced Carrot and Cucumber Strips, Avocado Slices, Boiled Egg, Vegetable or Meat Cutlets, Sandwiches (Egg, Cheese, Tomato, Tuna, Meat, or Peanut Butter), Fruit, Salami Sandwich, Cheese, French Toast, Macaroni and Meat Sauce and Bread

DINNER

Soup of the Day, Bread, Salad, Rice/Pasta/Potatoes, Chicken or Meat, Mixed Vegetables (Carrot, French Beans, Cabbage), Lentils, Spaghetti with Meat Sauce or Fish with Rice, Fried Beef with Roast Potatoes, Rice, Carrots, Cabbage Roast Chicken with Vegetable, Fried Rice, Green Pepper, Carrots, Fruit Salad, Fruit with Custard. Drink: Tea, Coffee, Drinking Chocolate.

ON WAY TO THE SUMMIT

Biscuits, Orange Squash, or Soup. Drink: Tea, Coffee, Drinking Chocolate.

• This is only a sample food menu. Food may differ.