

We recommend you bring the following items, if desired:

- Dairy milk/yogurt
- Eggs
- Sliced meats and cheeses (for sandwiches)
- Fruits and Vegetables. Several types of root vegetables, cabbage, and kale are locally grown and available, but fresh salad greens, avocado, and fresh fruit may not be available at Johnstone Bay at all times.
- alcoholic beverages

(please pack food items in grocery/non-disposable bags and be mindful of weight and space restrictions on the helicopter)

Items made in house:

- Jam
- Kombucha
- Almond Milk
- Almond butter
- Peanut butter
- Bread
- Hummus

THE PANTRY @ Johnstone Bay is intended to provide items you may need to make a simple lunch that suits your personal

needs (This list is not intended to be exhaustive. Please let us know how we may better accommodate your needs.)

JARS

- Peanut Butter (freshly ground)
- Almond Butter (freshly ground)
- Jam (home-made)

CONDIMENTS

- Mayonnaise
- Ketchup
- Yellow mustard
- Brown mustard
- Barbecue sauce
- Sriracha

OILS

- Olive
- Coconut
- Canola