



## Food Preferences Form

An African Safari typically consists of three activities: eating, sleeping, and hunting. It is not unusual for there to be more emphasis placed on the last activity than the first two activities, therefore to ensure clients are not deprived in attending to the first two it is important that we plan carefully. Accordingly, we solicit your input in naming food preferences for the three daily meals to assist us in presenting you with food that makes your safari experience more enjoyable. On the respective lists below, please check those food items you find acceptable by marking an A in the space, if preferred mark with a P, if not desired at all, leave blank.

Generally speaking, which meal of the day is most important to you? \_\_\_\_\_

**BREAKFAST.** The general sense of urgency that everyone feels in getting afield to hunt each day can compromise this meal on occasion. Depending on the day's schedule, a hot breakfast may be available; other times there is a need for a quick bite and a timely departure, therefore a Continental Breakfast may be the order of the day. In either case we need to focus on foods that are quickly available but still tasteful and fulfilling.

### HOT BREAKFAST

- \_\_\_ Eggs
- \_\_\_ Bacon
- \_\_\_ Ham
- \_\_\_ Sausage
- \_\_\_ Corned Beef
- \_\_\_ Pancakes
- \_\_\_ Grits
- \_\_\_ Fried Apples
- \_\_\_ English Muffin
- \_\_\_ Wheat Toast
- \_\_\_ White Toast
- \_\_\_ Bagel
- \_\_\_ English Muffin
- \_\_\_ Biscuit
- \_\_\_ Juice, Orange
- \_\_\_ Juice, Grapefruit
- \_\_\_ Juice, Grape
- \_\_\_ Juice, Tomato
- \_\_\_ Juice, Mango
- \_\_\_ Coffee
- \_\_\_ Hot Tea
- \_\_\_ Hot Chocolate

### CONTINENTAL BREAKFAST

- \_\_\_ Boiled Egg
- \_\_\_ Fresh Fruit
- \_\_\_ Canned Fruit
- \_\_\_ Cold Cereal
- \_\_\_ Bagel
- \_\_\_ Wheat Toast
- \_\_\_ White Toast
- \_\_\_ English Muffin
- \_\_\_ Biscuit
- \_\_\_ Donuts, Assorted
- \_\_\_ Butter
- \_\_\_ Jam or Jelly
- \_\_\_ Cream Cheese
- \_\_\_ Block Cheese
- \_\_\_ Meats, Cold Cuts
- \_\_\_ Milk, Whole
- \_\_\_ Milk, 2%
- \_\_\_ Milk, Skim
- \_\_\_ Milk, Soy
- \_\_\_ Juice
- \_\_\_ Coffee
- \_\_\_ Hot Tea
- \_\_\_ Hot Chocolate

**LUNCH.** Box lunches of sandwiches, chips, and fruit, soft drinks, juices or water are the norm during the hunting day, supplemented by a variety of cookies and snacks. Using the same selection notation as above, please mark your choices below.

Wheat Bread    White Bread    Rye    Pumpernickel    Bagel    Croissant  
 Ham    Roast Beef    Turkey    P-Nut    PB&J    Other:  
 Mustard, Yellow    Mustard, Brown or Spicy    Mayo    Horseradish    Other:  
 Chips, Plain    Chips, BBQ    Chips, Corn    Chips, Other: \_\_\_\_\_

LUNCH (Con't.)

Apple    Orange    Banana    Grapes    Pear    Other: \_\_\_\_\_  
 Coke    Pepsi    Ginger Ale    Root Beer    Flavored Water    Plain Water  
 Orange    Grape    Iced Tea   Fruit Juice: \_\_\_\_\_

**DINNER.** The evening meal is usually the main meal of the day, where the chef has most of the day to plan and prepare something satisfying that consists of a main dish (usually game) and various side dishes of vegetables, salad, fruit, dessert, etc. Sometimes a hearty stew, or traditional ethnic dishes like lasagna or traditional African choices will be prepared. Since the meat of the evening is usually game, using the same selection notation as above please mark your other preferred choices below. Note that in all cases, Bushmans Quiver can accommodate special dietary needs. The last section of this form is reserved for the client to express what those needs might be.

Green Beans    Broccoli    Squash, Yellow    Spinach    Corn    Peas  
 Lima Beans    Carrots    Potatoes    Salad, Tossed    Squash, Zucchini  
 Cauliflower    Rice    Cole Slaw    Baked Beans    Mac&Cheese

**DIETARY RESTRICTIONS:** If you have specific food allergies, intolerances, or restrictions please list those here. Please be thorough and specific. To the extent possible, this information is not shared outside of our culinary staff. (keep scrolling down to bottom)

\_\_\_\_\_  
\_\_\_\_\_

**SPECIAL OCCASIONS REGISTRY:** Please let us know if you are celebrating any "special occasion" while on safari (honeymoon, anniversary, birthday, etc.)

\_\_\_\_\_

NAME (PRINT): \_\_\_\_\_

DATE OF ARRIVAL: \_\_\_\_\_ DATE OF DEPARTURE: \_\_\_\_\_

**Upon completion of this form, please send it to Stephan at [Stephan@BushmansQuiver.co.za](mailto:Stephan@BushmansQuiver.co.za)**

**Bushmans Quiver Quality African Safaris**  
34 Nietvoorbij Crescent, Welgelegen Estate, Garden Route 6546 RSA • Phone +27 82 887 2154 • Fax +27 86 649 5153  
Email [Stephan@BushmansQuiver.co.za](mailto:Stephan@BushmansQuiver.co.za) • Web [www.BushmansQuiver.com](http://www.BushmansQuiver.com)