

Food



In the DR, people typically eat breakfast with might include eggs, smashed plantains or a grilled ham and cheese sandwich with coffee or fruit juice. Lunch is the main meal of the day and the traditional version is called the 'bandera' (flag) which consists of foods that represent each color of the Dominican flag.

Other typical lunches could include spaghetti, chicken and rice, plátanos, beans and rice, beef and fish. Dinner is usually a simple grilled sandwich or soup. There will always be vegetarian options available during your trip. Please let us know before you arrive if you would like vegetarian meals or have any specific food allergies.

