

2022 Mountains to Coast Meal Plan Menu

ALL MEAL PLAN ORDERS MUST BE RECEIVED ON OR BEFORE SEPTEMBER 16th

Cycle NC offers an optional dining plan for those looking for a pre-ordered breakfast and/or dinner option each day. This year's meal plan features local caterers from each community with great quality and variety! You may purchase the meals online when registering for the ride, or you can always come back and add the meal plan to an existing registration until Sept. 16th.

Dinner is 5pm-6:30pm and **Breakfast is 6:30am-8am**. CNC cannot be responsible for the quality or quantity of the meals. All meals are one serving.

If you are a finicky eater, have special dietary needs (i.e. vegetarian, gluten free, vegan, etc.) then this meal plan may not be the best fit for you.

Refunds will not be issued for any unused meals.

ALL MEAL PLANS CAN BE PURCHASED THROUGH THE ONLINE MOUNTAINS TO COAST REGISTRATION SYSTEM.

Saturday, October 1st

Dinner (Lake Junaluska)

Tossed house salad, Baked spaghetti with house made meat sauce, Baked ziti with marinara (vegetarian), Italian blended vegetables, Garlic breadsticks, Assorted desserts, Coffee, Iced tea, Lemonade and Water.

Sunday, October 2nd

Breakfast (Lake Junaluska)

Scrambled Eggs, Bacon and Sausage, Southern grits, Biscuits and gravy, Cereal and yogurt, Coffee, milk, juice and water

Dinner (Hendersonville)

Pulled Pork BBQ, Creamy Slaw, Green Beans, Dinner Rolls, Iced Team

Monday, October 3rd

Breakfast (Hendersonville)

Egg Souffle - Veggie and Cheese, Biscuits w/ butter & jam, Breakfast Potatoes, Bacon, Coffee

Dinner (Tryon)

Meatballs in Asian sauce, Herbed Grilled Chicken cutlet, Rice, Roasted Green Beans, Power greens coleslaw, Garden salad, Sweet/Unsweetened Iced Tea and Water.

Tuesday, October 4th

Breakfast (Tryon)

Egg casserole w/veggie and meat cheese, Country potatoes with peppers and onions, fresh cut fruit, Orange Juice and Coffee

Dinner (Belmont)

Chicken Tacos Topped with Cheese Raw Onion, Cilantro and Limes, Side Salad, Churro, Bottled Water

Wednesday, October 5th

Breakfast (Belmont)

Eggs, Bacon, Sausage, Biscuits, Orange Juice, Coffee

****Dinner (Albemarle)****

Savory Pot Roast OR Grilled Chicken with Mushroom Cream Sauce, Rustic Mashed Potatoes, Sauteed Vegetable Medley, Dinner Bread, Seasonal Cobbler, Assorted Beverages

Thursday, October 6th

****Breakfast(Albemarle)****

Waffles, Scrambled Eggs, Bacon (Pork), Sausage (turkey), Fresh Fruit

****Dinner (Laurinburg)****

Chopped BBQ, Fried Chicken, Baked Beans, Cole Slaw, Rolls, Banana Pudding, Tea

Friday, October 7th

****Breakfast (Laurinburg)****

TBD

****Dinner (Whiteville)****

Hamburger steak & Gravy, Grilled chicken, Mash Potatoes, Peas, Rolls, Tea, Dessert

Saturday, October 8th

****Breakfast (Whiteville)****

Eggs, Cheese Biscuits, Oatmeal, Bacon, Sausage, Coffee, Juice

End-of-the-Ride Celebration (Holden Beach)

Free to all registered participants and non-riders while supplies last.

Free Beer from HI-WIRE BREWING!

End-of-the-Ride Meal Menu

Fried Shrimp, Fried Flounder, Sauteed Scallops, Fried Chicken Fingers, Stewed Potatoes, Baked Beans, Slaw, Hush Puppies, Banana Pudding, Brownie Delight, Tea, Water

Non-registered guests may participate, but must purchase a "Guest Ticket" (\$13).

Meal Plan Options:

Full Week All Meals Meal Plan (\$225)

***3-Day All Meals Western Option for 10/1 – 10/4 (\$110)**

****2-Day All Meals Eastern Option for 10/6 – 10/8 (\$95)**

End of Ride Guest Ticket for 10/8 -- (\$15)

final menus are subject to change