

# 2023 Mountains to Coast Meal Plan Menu

**ALL MEAL PLAN ORDERS MUST BE RECEIVED ON OR BEFORE SEPTEMBER 14<sup>th</sup>**

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. 14<sup>th</sup>.

**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. Seconds are only available in the last 15 minutes of each meal plan time window.

*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, September 30

### **\*Dinner (Banner Elk)\***

Spaghetti with Meatballs, Salad, Bread, Dessert, Tea & Water

## Sunday, October 1

### **\*Breakfast (Banner Elk)\***

Sausage and Egg Biscuit, Muffins, Yogurt Cup, Fruit, Juice, Coffee & Water

### **\*Dinner (Wilkesboro)\***

Grilled Chicken, Baked Potato, Small Side Salad, Dinner Roll, Water & Tea

## Monday, October 2

### **\*Breakfast (Wilkesboro)\***

Bacon & Sausage Casseroles, Fruit Salad, Buttermilk Biscuits, Apple Juice, Orange Juice & Coffee

### **\*Dinner (Winston-Salem)\***

Chicken Pie, Green Beans, Seasoned Roasted Potatoes, Sweet Tea, Unsweet Tea, Lemonade & Water

## Tuesday, October 3

### **\*Breakfast (Winston-Salem)\***

Sausage and Egg Casserole, Yogurt, Honey Bun Cake, Orange Juice & Coffee

### **Dinner (Mebane)**

Taco Bar w/ Grilled Steak, Grilled Chicken, Flour Tortillas and fixings such as Diced Tomatoes, Shredded Lettuce, Sour Cream & Guacamole, Black Beans, Rice, Sweet Tea, Unsweet Tea & Lemonade

## Wednesday, October 4

### **Breakfast (Mebane)**

Biscuits, Bacon, Scrambled Eggs, Sausage, Gravy, Grits, Oatmeal, Fresh Fruit, Coffee & Orange Juice

### **\*\*Dinner (Henderson)\*\***

Marinated Chicken Breast, Jasmine Rice, Sautéed Green Beans, Dinner Roll & Bottled Water

## Thursday, October 5

### **\*\*Breakfast(Henderson)\*\***

Egg Frittata, Sausage Links, Hashbrown Patty, Biscuit, Apple Juice, Orange Juice & Coffee

### **\*\*Dinner (Tarboro)\*\***

Hamburger Steak with Gravy, String Beans, Mashed Potatoes, Rolls & Tea

## Friday, October 6

### **\*\*Breakfast (Tarboro)\*\***

Scrambled Eggs, Sausage, Grits, Biscuits, Coffee & Bottled Water

### **\*\*Dinner (Kinston)\*\***

BBQ, Fried Chicken, Slaw, Potato Salad, Pasta Salad, String Beans, Hush Puppies, Banana Puddings, Sweet & Unsweet Tea

## Saturday, October 7

### **\*\*Breakfast (Kinston)\*\***

Scrambled Eggs, Grits, Hashbrown Casserole, Applewood Bacon, Fresh Link Sausage, Country Ham, Fresh Fruit, Biscuits, Coffee, Orange Juice & Water

### **End of Ride Celebration (Emerald Isle)**

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

**Free Beer from New Belgium Brewing Company at the Fat Tire Beer Garden!**

### **End of Ride Meal Menu**

Fried Shrimp, Fried Trout, Steamed Shrimp, Slaw, Pasta Salad, String Beans, Hushpuppies, Sweet & Unsweet Tea

Non-registered guests may participate, but must purchase a "Guest Ticket" (\$15).

### **Meal Plan Options:**

**Full Week Breakfast & Dinner Meal Plan (\$235)**

**\*3-Day Breakfast & Dinner Western Option**

**Dinner on 9/30 - Breakfast on 10/3 (\$115)**

**\*\*3-Day Breakfast & Dinner Eastern Option**

**Dinner on 10/4 - Breakfast on 10/7 + End of Ride Celebration (\$115)**

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

*\*final menus are subject to change\**