

2024 Mountains to Coast Meal Plan Menu

ALL MEAL PLAN ORDERS MUST BE RECEIVED ON OR BEFORE SEPTEMBER 19th

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. 19th.

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, October 5

Dinner (Spruce Pine)

BBQ, baked beans, potato salad, coleslaw, tea, water, dessert

Sunday, October 6

Breakfast (Spruce Pine)

Bacon, egg and cheese croissant, fruit cup, potatoes, coffee, juice

Dinner (Lenoir)

Pork loin, roasted sweet potatoes, green beans, rolls, iced tea, water

Monday, October 7

Breakfast (Lenoir)

Egg, meat and cheese wraps, potatoes, fruit, coffee, water

Dinner (Statesville)

Lasagna buffet with meatballs, salad, bread, tea & water

Tuesday, October 8

Breakfast (Statesville)

Scrambled eggs, bacon, sausage, breakfast potatoes, danish, fruit, coffee, water

Dinner (Thomasville)

Grilled chicken breast, meatloaf, mashed potatoes, green beans, cheesecake, tea, water

Wednesday, October 9

Breakfast (Thomasville)

Breakfast sandwiches, fruit cups, home fries, juice, coffee, water

****Dinner (Pittsboro)****

Hamburger steak, mashed potatoes & gravy, green beans, rolls, tea, water

Thursday, October 10

****Breakfast (Pittsboro)****

Scrambled eggs, bacon, sausage, grits, biscuit, coffee, water

****Dinner (Benson)****

Pulled pork, chopped chicken, green beans, potato salad, Martin's potato buns, brownies, tea

Friday, October 11

****Breakfast (Benson)****

Bacon/egg/cheese on a waffle or sausage/egg/cheese on a waffle, fruit or hash browns, coffee, water

****Dinner (Elizabethtown)****

BBQ, fried chicken, slaw, potato salad, string beans, hush puppies, iced tea, water, banana pudding

Saturday, October 12

****Breakfast (Elizabethtown)****

Scrambled eggs, grits, bacon, country ham, biscuits, coffee water

End of Ride Celebration (Ocean Isle)

Free to all registered participants and non-riders while supplies last. Guests much pre-purchase guest ticket.

Free New Belgium Brewing Company beer 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

Meal Plan Options:

Full Week Breakfast & Dinner Meal Plan (\$250)

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

Dinner on 10/5 - Breakfast only on 10/8 (\$125)

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

Dinner only on 10/9 – Breakfast on 10/12 + End of Ride Celebration (\$125)

End of Ride Guest Ticket for 10/12 -- (\$25)

final menus are subject to change