

# 2025 Mountains to Coast Meal Plan Menu

**ALL MEAL PLAN ORDERS MUST BE RECEIVED ON OR BEFORE SEPTEMBER 18<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. 18<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, October 4

### **\*Dinner (Lake Lure)\***

Assorted pizzas (cheese, pepperoni, hot honey pepperoni, veggie, meat lovers), salad, chocolate chip cookies, water, soda

## Sunday, October 5

### **\*Breakfast (Lake Lure)\***

Scrambled eggs, bacon, sausage, biscuits and gravy, fruit, danish, water, coffee

### **\*Dinner (Lincolnton)\***

Baked chicken breast and thighs, green beans, sauteed potatoes and onions, salad, cookies, tea, lemonade, water

## Monday, October 6

### **\*Breakfast (Lincolnton)\***

Scrambled eggs, bacon, sausage, biscuits and gravy, fruit, cinnamon roll muffins, coffee, orange juice, water

### **\*Dinner (Kannapolis)\***

Baked ziti, garden salad, garlic bread, cookies, tea, lemonade, water

## Tuesday, October 7

### **\*Breakfast (Kannapolis)\***

Biscuits and sausage gravy, fruit salad, hash browns, coffee, water

### **Dinner (Asheboro)**

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

## Wednesday, October 8

### **Breakfast (Asheboro)**

Bacon, sausage, scrambled eggs, home potatoes, biscuits, gravy, coffee

### **\*\*Dinner (Fuquay-Varina)\*\***

Carved turkey, macaroni and cheese, green beans, hushpuppies, rolls, banana pudding, tea, lemonade

## Thursday, October 9

### **\*\*Breakfast (Fuquay-Varina)\*\***

Scrambled eggs, bacon, hash rounds, bread/toast, mixed fruit, coffee, orange juice, water

### **\*\*Dinner (Goldsboro)\*\***

Fried chicken, pulled pork, boiled potatoes, slaw, hushpuppies, water, tea

## Friday, October 10

### **\*\*Breakfast (Goldsboro)\*\***

Scrambled eggs, french toast casserole, hash brown casserole, sausage biscuits, orange juice, coffee

### **\*\*Dinner (Wallace)\*\***

BBQ chicken, BBQ pork, cole slaw, green beans, macaroni and cheese, mixed greens salad, hushpuppies, banana pudding, water, tea

## Saturday, October 11

### **\*\*Breakfast (Wallace)\*\***

Scrambled eggs, country sausage links, breakfast potatoes, mini biscuits, fresh fruit, coffee, orange juice

### **End of Ride Celebration (Fort Fisher)**

**Free to all registered participants and non-riders while supplies last. Guests must pre-purchase guest tickets.**

**Free Beer at the Cycle NC Beer Garden Presented by the NC Craft Brewers Guild!**

### **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 (\$275)**

**\*3-Day Breakfast & Dinner Western Option  
Dinner on 10/4 - Breakfast only on 10/7 (\$140)**

**\*\*3-Day Breakfast & Dinner Eastern Option  
Dinner only on 10/8 – Breakfast on 10/11 + End of Ride Celebration (\$140)  
End of Ride Guest Ticket for 10/12 -- (\$25)**

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