

2026 Mountains to Coast Meal Plan Menu

ALL MEAL PLAN ORDERS MUST BE RECEIVED ON OR BEFORE SEPTEMBER 17th

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. 17th.

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 3

Dinner (Mount Airy)

Pulled BBQ pork, tangy cole slaw, buns, brown sugar baked beans, pasta salad, garden salad, assorted cookies and brownies, tea, water

Sunday, October 4

Breakfast (Mount Airy)

Sausage egg and cheese breakfast bake, assorted fresh fruit, sliced bagels with cream cheese and fruit preserves, assorted breakfast breads and muffins, orange juice

Dinner (Eden)

Herb roasted chicken, mac-n-cheese, green beans, mixed green salad, rolls, assorted desserts, tea, water

Monday, October 5

Breakfast (Eden)

Ham, egg, and cheese casserole, sausage links, assorted fresh fruit, assorted bagels and muffins, orange juice

Dinner (Hillsborough)

Italian meatballs, pasta marinara, herb roasted vegetable medley, caesar salad, rolls, chocolate cake, tea, water

Tuesday, October 6

Breakfast (Hillsborough)

French toast casserole, turkey sausage patties, assorted bagels with cream cheese and fruit preserves, fresh fruit, greek yogurt with granola, orange juice

Dinner (Henderson)

BBQ pork, baked chicken, green beans, boiled potatoes, slaw, hushpuppies, tea

Wednesday, October 7

Breakfast (Henderson)

TBD

****Dinner (Weldon)****

Hamburger steak and gravy, baked chicken, mashed potatoes, smoked turkey green beans, corn muffin, tea

Thursday, October 8

****Breakfast (Weldon)****

Scrambled eggs, turkey sausage, pork sausage, bacon, seasoned hashbrown potatoes, assorted fruit, assorted pastries, fruit juice

****Dinner (Edenton)****

Fried chicken, fried fish, mashed potatoes with gravy, slaw, hushpuppies, banana pudding, tea

Friday, October 9

****Breakfast (Edenton)****

Bacon, sausage, scrambled eggs, hash brown potatoes, biscuits

****Dinner (Manteo)****

TBD

Saturday, October 10

****Breakfast (Manteo)****

TBD

End of Ride Celebration (Hatteras Island)

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 (\$300)

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

Dinner on 10/3 - Breakfast only on 10/6 (\$150)

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

Dinner only on 10/8 (\$100)

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

Dinner only on 10/7 – Breakfast on 10/10 + End of Ride Celebration (\$150)

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

Dinner only on 10/6 (\$200)

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

final menus are subject to change