

THE  
**MORAN**  
*Constitutional*  
**RELAY**  
  
Menu

**Always offered at HQ (Friday afternoon - Sunday afternoon)**

Hot drinks – Coffee, Tea, Hot cocoa, Apple cider  
Water  
Electrolyte (Gnarly Hydrate)  
Assortment of chips, energy bars, snacks  
Cup ramen noodles  
Instant Vietnamese Pho noodles (vegan)  
Instant oatmeal



**Saturday & Sunday Breakfast (served 6:00am-8:00am)**

Bagels, Croissants, Sliced bread (regular & GF) with assortment of spreads  
Ham, Cheese  
Assortment of cereals  
Yogurt  
Oatmeal (GF/DF)  
Boiled eggs  
Fruits  
Milk, Almond milk, Lemonade, Orange juice



**Saturday Dinner (served 5:30pm-8:30pm)**

Roasted broccoli (vegan/GF/DF)  
Shepherd's pie – meat (GF) and vegan (GF/DF) options  
Pizzas (vegan/regular) from local restaurant [Pizzeria Portofino!](#)

**Sunday Post Race (served 12:00pm-4:00pm)**

Chili (vegan) with assortment of toppings (GF/DF available)  
Hawaiian bread rolls  
Tortilla chips (GF/DF)  
Assortment of vegetables (vegan/GF/DF)

Menu items are subject to change. We are not gluten-free / vegan kitchen.

To help reduce waste, we encourage you to bring your own coffee mug, as well as a re-usable water cup.