

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, Orange juice



Friday light meal (served 6:00pm-9:00pm)

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

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

Penne pasta with marinara (vegan) and meatballs (GF pasta available)
Roasted garlicky broccoli (vegan/GF/DF)
Garlic bread (vegan/DF) (GF bread available)

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

Shepherd's pie – meat (GF) and vegan (GF/DF) options
Assortment of vegetables (vegan/GF/DF)

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

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