

Friday Menu

Breakfast

Cold and Hot Cereal
Bananas
Fruit
Sausage
Egg Casserole
Pancakes
Hashbrowns
Bagels and Cream Cheese
Coffee (Regular and Decaf)
Hot Chocolate
OJ, V8 Juice, and Milk 2%

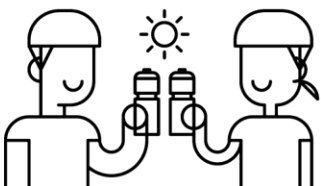
Lunch

Build Your Own Lunch (BYOL)
Sandwiches – Build Your Own (turkey, roast beef, peanut butter & jelly)
Vegetarian option (hummus, cream cheese, cucumber, lettuce, apples)
Cheese on the side
Bread/wrap options
Assorted chips
Condiment table (mayo, mustard, pickles)
Soup (in-camp)
Brownies/Cookies
Iced tea, Lemonade

***Long route riders will be served gourmet packed lunches at the lunch stop**

Dinner

Bar-B-Q Tri Tip
Grilled Portabella Mushroom or Marinated Tofu (vegetarian option)
Potatoes
Sautéed Veggies
Dessert
Ice Tea, Lemonade, Coffee



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