



ULTRA CHALLENGE

sample menu

The following is just a example and is subject to change – you will be provided with a confirmed menu for your Challenge in due course.

25km

- Picnic-style cold lunch

50km

Hot Food

- Cottage pie - *gf*
- Chicken Casserole with potatoes, carrots, swede, onions leeks, red wine - *gf*
- Pasta Bolognese – *vg, gf*

Soup

- Leek & potato - *v*
- Rolls & croutons - *gf options available*

Salads

- Chopped English salad & mixed veg – *vg*
- Cranberry & orange rice salad – *vg*
- Chopped green garden salad – *vg*

Dessert

- Bakewell Tart
- Cappuccino cake - *gf*
- Doughnut selection



75km

Hot Food

Fajitas

- Mexican chicken or beef
- Grilled vegetables
- Flour wrap or taco shell (*gluten free options available*)
- Sour cream, guacamole, salsa
- Salad bar

Pizza

- Cheese & caramelised red onion
- BBQ Beef
- Vegetable Supreme

Gluten free & vegan pizza options available

Soup

- Leek & potato - v
- Rolls & croutons - *gf options available*

Breakfast option - to be added at a suitable time in the morning (dinner options still available)

- Bacon
- Lincolnshire sausage
- Vegetarian sausage - v
- Beans – *vg, gf*
- Grilled tomatoes - *vg*
- Hash browns
- Eggs
- Breads and Rolls – *gf options available*



100km

BBQ

- Bourbon pork rib
- Lamb sausages
- Chicken skewers & dipping sauces
- Courgette & Quorn kebabs - v

Pasta dishes

- Lasagne
- Vegetable cannelloni - v

Salads

- Potato, spring onion, & radish salad - v
- Chopped green salad – v
- Cold rice salad - v
- Various bread & rolls - *gf options available*

Snacks & drinks

Included for ALL Participants

12.5km (Bakery items available!)

25km

38km (Pick 'n' Mix available!)

50km

63km

75km

88km

DRINKS

- Water
- Squash – blackcurrant & orange
- Tea, green tea, decaf coffee, soya milk, sweetener
- Hot chocolate (plus marshmallows & whipped cream at 63km!)
- Nescafe coffee
- Milk for teas/coffees
- Sugar



SNACKS

- Various fruit

Biscuits:

- Chocolate Digestives – *v*
- Plain Digestives – *v*
- Custard Creams – *v*
- Jaffa Cakes

Sweets:

- Haribo – *gf*
- Haribo Tangfastics – *gf*
- Mars-style Bars – *v*
- Twix-style Bars - *v*
- Snickers-style Bars - *v*
- Freddos - *v*

Salty snacks:

- Salted nuts – *vg, gf*
- Dry nuts – *vg, gf*
- Salted crisps – *vg, gf*
- Cheese and onion crisps – *vg, gf*
- Prawn cocktail crisps - *gf*
- Salt & Vinegar Chipsticks – *vg, gf*

Savoury snacks:

- Flapjacks – *please refer to product packaging for dietary info*
- Kellogg's Squares
- Alpen Bars – Strawberry - *v*
- Coco Pops Bars – *v*
- Kellogg's Nut Bars
- Special K Bars – *v*

Other:

- Instant noodles – chicken
- Instant noodles – curry – *v*
- Instant noodles – Thai – *v*
- Nakd Bar – cocoa orange – *vg, gf*
- Nakd bar – cocoa cream – *vg, gf*
- Crunchy Cheese Sticks – *gf*
- Almond & Sesame Seed Bar – *vg, gf*
- Bananito Solar Dried Banana Bar, Dark Chocolate Dipped – *vg, gf*