

The below is designed to give all challengers a 'flavour' of the food, and meals that you can expect to receive on a 2022 Ultra Challenge. There is no 'definitive' list, as we often change some items and options – due to supply, feedback and the location of an event. We can cater for all dietary requirements, and there will always be 'options' available at each stop, sometimes these options are set aside from the main catering, so we advise that you ask/ speak to a member of staff if you require something further.

Start – Available 0km Start Line

Friday Night Dinner – Available Start Line Campsite, not included, purchase in advance - £10

Available on challenges, where we have camping available on the Friday night, you will need to book & purchase in advance of the challenge.

- ✓ Hearty hot meal (will be different per challenges)
- ✓ Selection of canned drinks
- ✓ Hot drink station - teas, coffee & decaf (dairy & soya milk available)

Saturday Morning Breakfast – Available 0km Start Line, not included, pay on the day – costs vary

- ✓ Breakfast Roll – sausage, bacon, vegetarian & vegan options
- ✓ Barista coffee, tea & other hot drinks available

Included for all Challengers

- ✓ Bananas, biscuits & energy bars
- ✓ Hot drink station - teas, coffee, & decaf (dairy, oat & soya milk available)
- ✓ Water refill (we advise you bring 2L of pre-filled up water with you)
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest Stop 1 (~11km)

Included for all Challengers

- ✓ X1 Breakfast Pastry - Pain Au Chocolate, Pain Au Raisin, Almond Croissant etc. (GF & V)
- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Tribe bars (selection of protein, energy & fuel bars) - (GF & VE)
- ✓ Selection of sweets & chocolate in packets (e.g. haribo, mini chocolate selection)
- ✓ Small packets of nuts
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest Stop 2 (~25-28km)

1st Quarter Challenge Finisher's

- ✓ Hot BBQ Meal – burger or hot dog (GF, V & VE options)
- ✓ Pasta salad, Coleslaw, Potato Salad, Mixed Salad
- ✓ Selection of canned drinks

All 'non-finishing' Challengers

- ✓ Sandwich/ sub roll (GF, V & VE options), packet of crisps, cookie, fruit (banana or apple)
- ✓ Selection of canned drinks

Included for all Challengers

- ✓ Hot drink station - teas, coffee & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest stop 3 (~35-42km)

Included for all Challengers

- ✓ Savoury pastry bites – cheese rolls, sausage rolls (GF, V & VE options)
- ✓ Flapjack & muffin selection (GF, V & VE options)
- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Tribe bars (selection of protein, energy & fuel bars) - (GF & VE)
- ✓ Pick & Mix sweet station
- ✓ Small packets of nuts
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest stop 4 (~50-58km)

Included for all Full, 1st Half & 2nd Quarter Challengers

- ✓ Hot main meal – exact menu will be dependent upon challenge selection likely to be similar to the below examples:
 - Hot pasta dish e.g. spaghetti, tomato & basil etc. (GF, V & VE options)
 - Mild chicken curry & rice (GF, V & VE options)
 - Pasta salad, Coleslaw, Potato Salad, Mixed Salad
 - Selection of white/granary baps
 - Cupcake for desert! (GF option)
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Sunday Breakfast included for overnight campers only

- ✓ Full English breakfast – eggs, bacon, beans, sausage
- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Hot drink station - teas, coffee, hot chocolate & green tea (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest stop 5 (~63-68km)

Included for all Challengers

- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Tribe bars (selection of protein, energy & fuel bars) - (GF & VE)
- ✓ Selection of sweets & chocolate in packets (e.g. haribo, mini chocolate selection)
- ✓ Small packets of nuts
- ✓ Hot drink station - teas, coffee, & hot chocolate (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles)
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest stop 6 (~75km)

Included for all Full, 2nd Half & 3rd Quarter Challengers

- ✓ Hot main meal – exact menu will be dependent upon challenge selection likely to similar to the below examples:
 - Hot & cold wraps made to order (fillings include chicken, tuna, cheese, grilled halloumi, ham & cheese) (GF, V & VE options)
 - Breakfast baps (served overnight) fillings include bacon, sausage, veggie (GF, V & VE options)
 - Potato wedges, salad & condiments
- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Tribe bars (selection of protein, energy & fuel bars) - (GF & VE)
- ✓ Selection of sweets & chocolate in packets (e.g. haribo, mini chocolate selection)
- ✓ Small packets of nuts
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles) & orange/ blackcurrant cordial
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest Stop 7 (~90km)

Included for all Challengers

- ✓ Fruit selection – e.g. bananas, oranges etc.
- ✓ Tribe bars (selection of protein, energy & fuel bars) – (GF & VE)
- ✓ Selection of sweets & chocolate in packets (e.g. haribo, mini chocolate selection)
- ✓ Small packets of nuts
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles)
- ✓ Isotonic Energy Drink (we used a range of different brands & flavours)

Rest stop – Finish

Included for all Challengers

- ✓ BBQ Burgers served Saturday 17:00– Sunday 01:00, Sunday 11:00am onwards
 - Southern fried chicken burger & fries
 - Beef Burger & fries (GF buns available)
 - Veggie burger & fries
 - Salad & condiments
 - Gluten free buns available
 - Selection of canned drinks
- ✓ Breakfast served between Sunday 01:00am – 11:00am
 - Full English Breakfast selection - bacon, sausage, egg, hash brown, beans & mushrooms
 - Selection of canned drinks
- ✓ Hot drink station - teas, coffee, & decaf (dairy & soya milk available)
- ✓ Water refill station (bring your own bottles)

Please note that some items at the above may be swapped or changed, depending on availability, supply & partnerships. We cannot guarantee specific types of branded snacks or sweets.