

Fat Dog Aid Station Menus 2023

Please note that all menus are subject to change without notification, and thus no food is guaranteed at an aid station. Also, while we do our best to provide allergy-friendly options, we cannot guarantee that there has been no cross-contamination.

At hike-in aid stations, gels will be limited to one per racer. We reserve the right to limit race fuel (bars/gels/waffles) at other aid stations.

If you have specific food or allergy related questions, please email info@fatdog120.ca

Aid Station	Hot/prepared food	Other
Cathedral		Gels/waffles Tailwind Oranges Candy Oreos Coke Ginger ale Ruffles chips pickles
Ashnola (Drop Bags Available)	Grilled cheese sandwiches (gf and vegan available) Nugget potatoes Banana bread *hot beverages if weather is cold and wet	Bars/gels/waffles Tailwind Oranges Watermelon Candy Oreos Coke Ginger ale Ruffles chips Pickles Dried Dates
Trapper	Quesadillas (gf and vegan available) Perogies Soup broth (gf, vegan) Hot chocolate coffee	Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Dried Dates Chocolate chip cookies (gf and vegan options) Saltine crackers Fruit snacks

<p>Calcite (Drop Bags Available)</p>	<p>Cheeseburgers (gf and vegan available) Nugget potatoes Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Brownies Saltine crackers</p>
<p>Pasayten (river crossing) (Drop Bags Available)</p>	<p>Hot dogs (vegan and gf available) Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles</p>
<p>Bonnevier (Drop Bags Available)</p>	<p>Quesadillas (gf and vegan available) Perogies Apple strudel Butternut squash soup (gf and vegan) Peanut butter and jam sandwiches (gf available) Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Chocolate chip cookies (gf available) Saltine crackers Fruit snacks</p>

Heather (Hike in access only)	Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal Pop tarts	Bars/gels/waffles Tailwind Candy Ruffles chips Fruit snacks Dried dates Dried mango
Nicomen Lake (Hike in access only)	Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal (gf available) Rice (with gf soy sauce or soup broth) Hash browns (gf, vegan) (and ketchup) Bacon	Bars/gels/waffles Tailwind Candy Ruffles chips Oreos (gf cookie option) Saltine crackers
Grainger Creek (Hike in access only)	Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal (gf available) Hash browns (gf, vegan) (and ketchup) Pop tarts	Bars/gels/waffles Tailwind Candy Ruffles chips Fruit snacks Dried mango
Hope Pass (Drop Bags Available)	French toast sticks with cinnamon and sugar (gf and vegan options) Eggs Bacon Hash brown patties (gf, vegan) Soup broth (gf, vegan) Hot chocolate Coffee	Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Saltine crackers

<p>Blackwall (Drop Bags Available)</p>	<p>Fried rice (gf, vegan) with gf soy sauce Pancakes (gf and vegan available) Perogies Quesadillas (gf, vegan available) Butternut squash soup (gf, vegan) Apple strudel Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Pickles Saltine crackers Iced tea</p>
<p>Windy Joe's</p>	<p>Banana berry smoothies (gf, vegan) Nugget potatoes Grilled cheese sandwiches (gf and vegan options) Cinnamon buns Soup broth (gf, vegan) Hot chocolate Coffee</p>	<p>Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf cookie option) Pickles Saltine crackers</p>
<p>Strawberry Flats (Drop Bags Available)</p>	<p>Strawberry-rhubarb pie (gf and vegan option) Tortellini with butter and parmesan Soup broth (gf, vegan) Hot chocolate coffee</p>	<p>Bars/gels/waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf cookie option) Pickles Saltine crackers</p>

Cayuse Flats	*hot beverages if weather is cold and wet	Tailwind Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf cookie option) Pickles Saltine crackers
Finish Line (Drop bags available)	Chicken vegetable soup (gf) Butternut squash soup (gf and vegan) Grilled cheese sandwiches (gf and vegan available) Hamburgers (Saturday evening- gf and vegan available) Breakfast sandwiches (Sunday morning – gf and vegan options) Pancakes (gf and vegan available) Soup broth (gf, vegan) Hot chocolate Coffee	Oranges Watermelon Candy Coke Ginger ale Ruffles chips Oreos (gf cookie option) Pickles Saltine crackers