

Fat Dog Aid Station Menus 2025

Please note that all menus are subject to change without notification due to availability, 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.

Tailwind will be various flavors, mixed to 125 calories per 500 mL serving.

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

Aid Station	Hot/prepared food	Other
Cathedral (hike in access only)		Naak waffles Tailwind Candy Chips
Ashnola (Drop Bags Available)	Grilled cheese sandwiches (gf and vegan available) Nugget potatoes Banana bread	Tailwind Oranges Watermelon Candy Oreos Coke Ginger ale Chips Pickles Dried Dates
Trapper	Quesadillas (gf and vegan available) Perogies bacon Soup broth (gf, vegan) Hot chocolate coffee	Naak waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Chips Pickles Dried Dates Chocolate chip cookies (gf and vegan options) Saltine crackers Fruit snacks

Calcite (Drop Bags Available)	Fresh Bannock and maple syrup (traditional Canadian fry bread) Bacon Nugget potatoes Soup broth (gf, vegan) Hot chocolate Coffee	Tailwind Oranges Watermelon Candy Oreos (gf available) Coke Ginger ale Chips Pickles Saltine crackers Banana bread Nature's Bakery bars
Bonnevier (Drop Bags Available)	Cheeseburgers (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	Tailwind Oranges Watermelon Candy Coke Ginger ale Chips Pickles Chocolate chip cookies (gf available) Saltine crackers Fruit snacks
Heather (Hike in access only)	Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal	Naak waffles Tailwind Candy Chips Fruit snacks Dried mango Pop tarts Pepperoni sticks
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)	Naak waffles Tailwind Candy Chips Oreos (gf available) Saltine crackers Peperoni sticks Dried mango Pop tarts Graham crackers

Grainger Creek (Hike in access only)	Soup broth (gf, vegan) Hot Chocolate Coffee Ramen Noodles Instant oatmeal (gf available)	Naak waffles Tailwind Candy Chips Fruit snacks Dried mango Pop tarts Nature's Bakery bars
Hope Pass (Drop Bags Available)	French toast sticks (gf and vegan options) Eggs Bacon Tater tots and ketchup Peanut butter and jam toast or sandwiches Soup broth (gf, vegan) Hot chocolate Coffee	Tailwind Watermelon bananas Candy Coke Ginger ale Chips Pickles Saltine crackers Blueberry muffins
Blackwall (Drop Bags Available)	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	Tailwind Oranges Watermelon Candy Coke Ginger ale Chips Pickles Saltine crackers
Windy Joe's	Banana berry smoothies (gf, vegan) Bacon Tater tots and Ketchup Grilled cheese sandwiches (gf and vegan options) Cinnamon buns Soup broth (gf, vegan) Hot chocolate Coffee	Tailwind Watermelon Candy Coke Ginger ale Chips Oreos (gf option) Pickles Saltine crackers

Strawberry Flats (Drop Bags Available)	Strawberry-rhubarb pie Tortellini with butter and parmesan Nugget potatoes Ramen noodles Soup broth (gf, vegan) Hot chocolate coffee	Naak waffles Tailwind Oranges Watermelon Candy Coke Ginger ale Chips Oreos (gf option) Pickles Saltine crackers
Cayuse Flats (100k, 50 mile and 40 mile only)		Tailwind Oranges Watermelon Candy Coke Ginger ale Chips Cookies 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 Chips Oreos (gf option) Pickles Saltine crackers