



SA Track Ultra Aid Station Offerings



<h2><u>Drinks</u></h2>	<h2><u>Food</u></h2>
Available at all times	Available at all times unless otherwise stated
<ul style="list-style-type: none">-water-sports drink-pepsi/coke-ginger ale-hot water-hot tea- coffee- hot chocolate	<ul style="list-style-type: none">-lollies-chips (salt & vinegar and original)-pretzels-granola bars-cookies-chocolate-assortment of fruit**- cake and brownie slices (available intermittently)-assortment of sandwiches***- instant noodles- instant soup-pasta (available after 6pm)-pizza (arrives 2pm & 8pm)
<p>We encourage environmentally friendly practices. You are allowed to bring your own cup.</p>	

Vegan & gluten-free options available for most foods.

**The 'assortment of fruit' consists of watermelon, bananas, and oranges. Not all fruit will be available at all times, but some form of fruit is intended to always be available.

***The 'assortment of sandwiches' consists of cheese, vegemite, vegemite & cheese, peanut butter, Nutella, and peanut butter & Nutella.