



Cinque Ports 100

Marshals' Walk 5th, 6th & 7th May 2018

Menu Choices at Checkpoints

CP1 Pett Level – Cold drinks and snacks, including sausage rolls/quorn rolls, cakes and snack bars

CP2 Rye – Hot & Cold Drinks, Sandwiches, cake and oranges

CP3 Wittersham – Hot & Cold Drinks, Cold Snacks including sausage rolls/quorn rolls, bananas, scones and cake

CP4 Tenterden – Hot & Cold Drinks, Quiche, fruit & rice

CP5 Appledore – Hot & Cold Drinks, Pasta with tomato sauce, fruit pies & custard

CP6 Lydd – Hot & Cold Drinks, cold snacks including scones, cake, crisps and chocolate bars

CP7 New Romney – Hot & Cold Drinks, Pizza, salad and fruit & rice

CP8 Dymchurch – Hot & cold drinks, cup a soup, fruit pie and custard

CP9 Hythe – Breakfast stop usual fare

CP10 Folkestone – Hot & cold drinks, wraps, crisp bread with tuna, pate, cheese, salad etc, plus cake

CP11 Dover – Hot & Cold drinks, sandwiches and cake

CP12 St Margarets – Hot & Cold drinks, crumpets, banana custard and flapjack

CP13 Deal – Hot & Cold drinks, pizza with salad and cake & fresh melon

CP14 Sandwich – Hot & Cold drinks – Beans/Spaghetti on Toast and cake & fresh pineapple

CP15 Northbourne – Hot & Cold drinks, Hot Dogs or Macaroni Cheese, Jelly Pots

CP16 Maydensole – Cold drinks & cold drinks only – biscuits, crisps, cake & chocolate bars