



100km AID MENU(2025)

		Drink	Food	100km Limited menu
1A	YOKOTE (21km)	WATER Barley tea Cola Citric acid drink Sports drink	Banana Bean-paste bun Potato chips Salt tablets Mini donut Azuki bean jelly Fruit jelly	Pickled plums
2A	HASUIKE (35km)	WATER Cola	Banana Bean-paste bun Potato chips Salt tablets	
3A	ICHINOSE (40km)	WATER Barley tea Cola Citric acid drink Sports drink Orange juice	Banana Bean-paste bun Potato chips Salt tablets Mini donut Azuki bean jelly Fruit jelly Rice ball instant noodles	Soba dumpling soup a filled sandwich
4A	Forest road (54km)	WATER Cola	Banana Bean-paste bun Potato chips Salt tablets	
5A	RYUOO (70km)	WATER Barley tea Cola Citric acid drink Milk tea Sports drink Orange juice	Banana Potato chips Salt tablets Mini donut Azuki bean jelly Fruit jelly Rice ball instant noodles Consomme soup	miso soup Inari sushi Amazake mini
6A	ICINOSE (83km)	WATER Barley tea Cola Citric acid drink Sports drink Orange juice	Banana Bean-paste bun Potato chips Salt tablets Mini donut Azuki bean jelly Fruit jelly Rice ball instant noodles	Wild vegetable udon a filled sandwich
7A	OKUSHIGA (91km)	WATER Barley tea Cola Citric acid drink Milk tea	Banana Bean-paste bun Potato chips Salt tablets Mini donut Azuki bean jelly Fruit jelly Rice ball instant noodles Consomme soup	Pickles Inari sushi

※提供メニューは当日までに変更になる場合がございます。