

AMBER

CARB LOADING MENU

Saturday, 29th August

Fuel up for race day with our selection of hearty pasta, pizza and wholesome favourites made with fresh, seasonal ingredients.
Every main includes your choice of a soft drink or juice.

ATHLETE'S FAVOURITES Served with house-made Focaccia

PENNE ALFREDO Creamy Alfredo sauce, parmesan, parsley	28
CHICKEN PENNE ALFREDO Creamy Alfredo sauce, grilled chicken breast, parmesan, parsley	32
SPAGHETTI BOLOGNESE Classic beef ragu, parmesan, herbs	30
PRAWN & PUMPKIN RISOTTO (V OPTION AVAILABLE) (I) Buffalo mozzarella, crème fraîche, rocket	35
GRILLED BARRAMUNDI (A) Barramundi fillet, herb potatoes, green beans, lemon vinaigrette	32
CHICKEN & RICE Grilled chicken breast, steamed jasmine rice, broccolini, lemon vinaigrette	30

PIZZA

TOMATO & RICOTTA Tomato sugo, ricotta, fresh basil	25
PEPPERONI HOT HONEY Tomato sugo, mozzarella, pepperoni, hot honey	26
TRUFFLE PROSCIUTTO Tomato, prawn cutlet, cherry tomato, Spanish onion, chilli	28
PRAWN (I) Tomato sugo, garlic, tarragon, mozzarella	28
PESTO CHICKEN Marinated chicken, sauteed mushroom, classic pesto	28
CAPRICCIOSA Prosciutto cotto, artichoke, sauteed mushroom, black olives, mozzarella	28

AMBER

SIDES

GARLIC BREAD	5
GARDEN SALAD	5
CAESAR SALAD	5
SHOESTRING FRIES	5
SWEET POTATO FRIES	5
STEAMED SEASONAL VEGETABLES	5
HERB ROASTED POTATOES	5
STEAMED JASMINE RICE	5

STAY HYDRATED

Every main includes your choice of:

SOFT DRINK - COKE, DIET COKE OR SPRITE

JUICE - ORANGE OR APPLE & PINEAPPLE

Upgrade your drink:

ELECTROLYTE DRINKS + 4

COCONUT WATER + 3