

# MENU

FUELING YOUR SUCCESS



GOLD COAST  
**PERFORMANCE**  
CENTRE



Queensland  
Government

# BREAKFAST

## SAMPLE MENU

A Selection of ...

\$9.40  
CONTINENTAL  
ONLY PP

\$14.80  
ATHLETE pp

BREAKFAST: 6AM - 8.30AM  
BOOKINGS ESSENTIAL

### CONTINENTAL BREAKFAST

Selection of cereals, toast, yogurts, fruit, orange juice, milk, tea & coffee

### EGGS (one of the below options)

SPINACH & FETA OMELETTE

FRIED EGGS

POACHED EGGS WITH FRESH CHIVES

SCRAMBLED EGGS

HAM & TOMATO FRITTATA

### ACCOMPANIMENT

(one of the below options)

GRILLED LEG HAM

GRILLED & SEASONED TOMATOES

PORK CHIPOLATAS

CRISPY BACON

SAUTEED MUSHROOMS

### BAKED ITEM (one of the below options)

BREAKFAST CROISSANT

OVEN BAKED HASH BROWNS

TOASTED ENGLISH MUFFIN

FRENCH TOAST WITH CINNAMON SYRUP

### SIDES

SPAGHETTI IN TOMATO SAUCE

BAKED BEANS

### PREMIUM ADD ON (+\$7.05PP)

(one of the below options)

SHAKSHUKA (tomato & pepper poached eggs)

GRILLED CHEESE KRANSKY  
with caramelised onions

SMOKED SALMON with dill

CLASSIC PANCAKES with maple syrup

POACHED EGGS BENEDICT

10% surcharge on public holiday

Please advise staff of any allergies or dietary requirements when ordering

This is a sample menu only; options may vary on seasonal produce and availability.

# LUNCH

## SAMPLE MENU

A Selection of ...

\$16.10  
ATHLETE pp

LUNCH: 11AM - 2PM  
BOOKINGS ESSENTIAL

### COLD SELECTION - SALAD BAR

Salads, fruits and cordial, tea & coffee

### MAIN COURSE

(one of the below options)

GRILLED FISH FILLET  
with a teriyaki glaze and jasmine rice

TEX-MEX BEEF FAJITAS  
with a soft tortilla

LAMB KOFTA  
with lemon yoghurt & pita bread

CARBONARA  
Creamy mushroom & bacon fettucine

VIETNAMESE CHICKEN BÁNH MÌ  
with crusty baguette

### MAIN COURSE (V)

PIZZA  
Mushroom, roast pumpkin & basil pizza

FALAFEL & TABOULI  
with hummus dressing

MISO TOFU  
with spring onion & sesame noodles

GARBANZO BEAN CRUMBLE

### OTHER

ATHLETE COLD LUNCH \$13.45

### SIDES

BLISTERED CHERRY TOMATOES

MEXICAN RICE

CHEESE & SPINACH PASTIES

WOK-FRIED VEGETABLE MEDLEY

HERB & GARLIC FOCACCIA

### VEGETABLES

PARMESAN ZUCCHINI HALVES

SEASONED CORN COB

WARM QUINOA & SPINACH SALAD

BABY BOK CHOY

BROCCOLI & GREEN BEANS

### PREMIUM ADD ON (+\$7.05)

PANKO CRUMBED PORK SCHNITZEL  
with katsu sauce

CHIPOTLE BAKED CHICKEN THIGH FILLET

ZUCCHINI, PANCETTA & HALOUMI FRITTER

SOY GLAZED LAMB STRIPSON SINGAPORE  
NOODLES

GRILLED BARRAMUNDI

10% surcharge on public holiday

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# DINNER

## SAMPLE MENU

A Selection of ...

\$21.80  
ATHLETE pp

DINNER: 5PM - 8PM  
BOOKINGS ESSENTIAL

### COLD SELECTION - SALAD BAR

Salads, fruits and cordial, tea & coffee

### MAIN COURSE

(one of the below options)

#### STROGANOFF

with beef & mushroom

#### ROAST SHOULDER OF PORK

with apple sauce

#### OVEN-ROASTED CHICKEN

with tarragon seasoning

#### CLASSIC ITALIAN BEEF BOLOGNESE

#### MARINATED TANDOORI CHICKEN

DRUMSTICKS

### MAIN COURSE (V)

(one of the below options)

#### TORTELLINI

with spinach & ricotta

#### RAGOUT

with chickpea, roast pumpkin & spinach  
and brown rice

#### LENTIL & VEGETABLE COTTAGE PIE

#### EGGPLANT PARMIGIANA

#### CURRY

with cauliflower, spinach & potato and  
turmeric rice

### SIDES

STEAMED BASMATI RICE

BRAISED RED CABBAGE

ROAST POTATO MEDLEY

SPAGHETTI PASTA

NAAN BREAD

### VEGETABLES

SAUTÉ MIXED GREENS

CAULIFLOWER WITH CHEESE SAUCE

HERB-BAKED ROMA TOMATOES & MINTED  
PEAS

STEAMED ZUCCHINI & BABY CARROTS

STEAMED GREEN BEANS

### PREMIUM ADD ON (+\$7.05)

LAMB SHANK PROVENCAL

GRILLED SALMON WITH BÉARNAISE SAUCE

CHARGRILLED RUMP STEAK WITH RED WINE  
JUS

CHICKEN BREAST WITH PORCINI SAUCE

DUKKHA SPICED LAMB CUTLETS

### OTHER

BBQ DINNER \$14.50

PIZZA AND DRINK STATION \$10.70

10% surcharge on public holiday

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# MORNING & AFTERNOON TEA

SELECTION ONE:	\$5.10pp
Tea, coffee, cordial & water plus 1 food item (e.g. fruit platter)	
SELECTION TWO:	\$6.45pp
Tea, coffee, cordial & water plus 2 food items (e.g. fruit platter & muffins)	
SELECTION THREE:	\$7.85pp
Tea, coffee, cordial & water plus 3 food items (e.g. fruit platter, muffins & danishes)	

## TEA & COFFEE

Barista made coffee	\$5.00pp
Tea & Coffee	\$3.60pp

# FUNCTIONS & CORPORATE PACKAGES

Choice of 2  
platters  
\$14.10pp

Choice of 4  
platters  
\$24.65pp

### The "Wraps & Rolls" Platter

A variety of ham, chicken & turkey filled crusty bread rolls & soft tortilla wraps

### Feta & Sweet Potato Frittata

Slices of sweet potato, zucchini & feta frittata

### Hokkien Noodle Boxes

Individual servings of wok-fried noodles, chicken and vegetables

### Falafels w/ Levantine Dip

Herb-encrusted falafels served with either hummus, baba ganoush or tzatziki

### Deconstructed Bruschetta

Toasted baguette, fresh garlic in olive oil & tomato, onion & basil salsa

### S&F Spanakopita

Crispy filo triangles stuffed w/ spinach and feta cheese

### Fresh & Dried Fruit Platter

A spread of seasonal fresh fruit with dried apricots, dates & figs

### Looking for something else?

The Gold Coast Performance Centre is more than happy to offer alternative corporate function options so if you have something in mind, please let us know.

Alcohol service is available under specific conditions.

10% surcharge on public holiday

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## **OPENING TIMES**

BOOKINGS ESSENTIAL

BREAKFAST: 6:00AM – 8.30AM

LUNCH: 11:00AM – 2:00PM

DINNER: 5:00PM – 8:00PM

# **TRACKSIDE BISTRO**

Train, play, stay ... and eat! To make your stay even more enjoyable, let the Gold Coast Performance Centre take care of your catering. Enjoy meals prepared by our renowned chefs at the Trackside Bistro located in the heart of our facility. Our talented chefs can also organise menus that cater to your specific dietary requirements.

While every precaution is taken to ensure all allergen requirements have been met, we are unable to guarantee that any product is free of traces of any/all allergens.

This is a sample menu only; options may vary on seasonal produce and availability.

### PLEASE NOTE:

1. Meal requirements are to be submitted 30 days prior to arrival.
2. Confirmation of catering numbers is required 14 days prior to arrival, along with any dietary requirements on the allocated form.
3. Groups who have specified dietary requirements must make themselves known to the head chef upon arrival to Trackside Bistro - all dietary requirements to be advised 7 days prior to arrival on allocated dietary form.
4. Extra charges may be applied to variations to the menu.
5. Bookings are essential and meals times must fall within the dedicated times. Variations in meal times may incur an extra charge. (Group meal times may change at the Kitchens discretion due to the demand at the time of booking)
6. Groups are allocated approximately 30 minutes for hot food meal times.
7. Due to health and safety if groups are late or miss their meal time there is no guarantee food will still be available.
8. All pricing is inclusive of GST.
9. 10% surcharge applies on public holidays.
10. The 2020 Trackside Bistro Sample Menu is valid until 31st December 2020. An annual CPI price increase is due on 1st January 2021.
11. All guests must abide by the Trackside Bistro Dining Protocol.

## **CONTACT US**



**GOLD COAST  
PERFORMANCE  
CENTRE**

07 5500 9988

[www.goldcoastperformancecentre.com.au](http://www.goldcoastperformancecentre.com.au)

# ALL SPORTS. ONE LOCATION.

## Contact Details

For further information, please contact Group Sales, Accommodation & Events at the following details:

E: [reservations@goldcoastperformancecentre.com.au](mailto:reservations@goldcoastperformancecentre.com.au)

T: +61 7 5500 9988

The Gold Coast Performance Centre welcomes you to visit our facility. We look forward to further developing our relationship with you into the future.

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