

An aerial photograph of a coastal city skyline, likely Gold Coast, Australia. The foreground shows a wide, sandy beach with gentle waves washing onto the shore. In the middle ground, several modern, multi-story apartment buildings with glass facades are prominent. The background shows more residential buildings and greenery under a clear blue sky.

# RACE WEEK

# GUIDE TO

# DINING OUT

AUSTRALIA'S  
**GOLDCOAST.**<sup>™</sup>

*fisiocrem*<sup>™</sup>  
**GC50**  
RUN FESTIVAL

*Queensland*





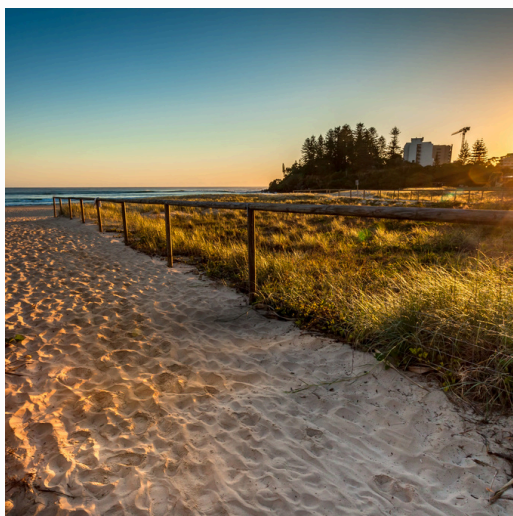
# WELCOME



We are beyond excited to return to beautiful Coolangatta for the 29th edition of the fisiocrem GC50 Run Festival.

This year, we've got events taking place throughout the weekend so there's plenty of opportunity to check out everything the Southern end of the Gold Coast has to offer while you're in town.

When you arrive in Coolangatta you can look back towards the Gold Coast coastline and be proud of yourself for committing to the challenge of the fisiocrem GC50 Run Festival. Our team wishes you the best of luck!



We know that many of you are heading to Coolangatta to enjoy a getaway with family, friends and club mates this October and we look forward to seeing you around town throughout event week.

We are committed to supporting local business and encourage participants to visit the area ahead of the event weekend, test out the run course and perhaps some of the many food and beverage establishments that we can support!

**Hot tip: Book restaurants ahead for event weekend.**

If your local business would like to feature within our guide, please contact us at [info@goldcoast50.com](mailto:info@goldcoast50.com).

*Enjoy, Team GC50*





# DINING OUT

As any runner (and family member of a runner) knows, food is fuel! This is never more true than in the week leading up to the big race. So to help you out, we here at the fisiocrem GC50 have compiled a list of some of our favourites.

We've broken this down for you by Breakfast and Dinner, starting here with some dinner suggestions. Keep scrolling through this guide and you'll find our favourite brekkie spots too!



## FRANC JR'S PIZZERIA

Pizza fanatics, this is the place for you! Opening in September, following the success of sister restaurant Francie's Pizzeria, Franc Jr's will serve up their take on Detroit style pan pizza's. Gather the run club and be transported back in time as you sit around the red leather studded booths - accepting walk in's only.

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## COOLANGATTA SURF CLUB

When searching for the perfect place to dine in Coolangatta, why not select the locals choice for a family-friendly restaurant. Watch the whales or dolphins from the balcony and listen to the waves wash over the beach. The menu specialises in a range of steaks, seafood, salads, and children are catered for with their own menu. All profits from the Club going towards training and equipment for life savers who patrol our beaches.

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## COOLANGATTA HOTEL

Whether you're dining within the Bistro Restaurant or sipping on a refreshing beverage in the sundrenched beer garden, Cooly Hotel has something to satisfy all tastebuds. Discover local brews and delicious pub classics while you take in the beautiful sights of Coolangatta Beach and Marine Parade.

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## BASKK

Enjoying stunning ocean views and a dreamy fit-out, dining destination and bar Baskk has all of the ingredients for memorable beachside long lunch, an intimate dinner for two or a fun-filled feast with the brood. The menu covers land and sea with tasty bar snacks, handmade pizzas, and share plates of barbecued meats and seafood.

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## KIRRA BEACH HOTEL

Long-run by head chef Richard Whiting, the kitchen serves up all the favourites just as they should be – fresh, honest, mouth-watering. From good old pub classics to weekend seafood specials straight from the local trawlers, we make sure everyone at the table goes home with a full stomach and a mighty good taste in their mouth.

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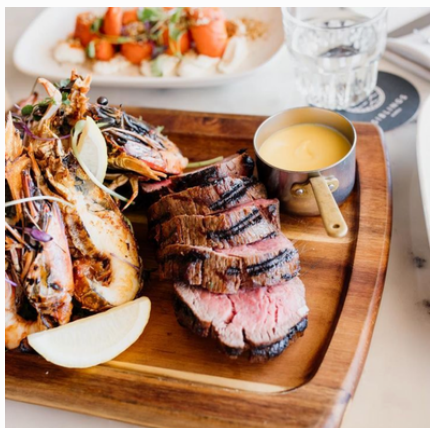
## RADICI PASTA HOUSE

If it's pasta you're craving, get yourself acquainted with this local Italian gem. The casual dining spot, tucked in along Griffith Street, is well known for its delicious handmade pastas - from spaghetti to tagliatelle and tagliolini. Be sure to kick off with the pizza bites and finish with Sicilian-style cannoli.

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## SIBLINGS KIRRA

Beach-side dining at it's best, with uninterrupted ocean views of Kirra Beach, Siblings Kirra hits the sweet spot between refined and casual. The extensive menu pays homage to the abundance of fresh seafood on the Gold Coast, with premium local ingredients and modern Mediterranean flavours taking centre stage.

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## XENIA GRILL

The greek menu is designed to share, with everything from smaller meze plates to belly-busting Greek banquettes brimming with succulent meats and fresh seafood. There's also favourites like moussaka, spanakopita, saganaki, housemade dips and a menu of street-style souvlaki filled with chicken, lamb or pork with crackle.

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## 4 PINES X BOARDRIDERS

4Pines X Boardriders Coolangatta is a short 100m stroll from those white sandy shores, nestled on the beach front of the busy Strand precinct, offering tasty pub fare like spiced chicken wings smothered in kick-ass sauce, to fish tacos, grazing boards and vibrant salads. As you'd expect, there's a wide range of tap beers on offer.

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## KIRRA BEACH SURF CLUB

Looking for a tasty beach with the best beach views on offer? Look no further.

Kirra Beach Surf Club is absolute beachfront! The restaurant has tasty food, the bar offers a huge range of ice-cold drinks, tea & coffee.

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## BILLY CHOW

Billy Chow is the 'little brother' of the much-loved Ally Chow in Nobby Beach. While we could rave about the entire menu, the spanner crab rice paper rolls, ocean trout crumpets and eye fillet pad see ew are all must-orders.

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## BONDI GRILL'E

These lads hail from Brazil, so they know their way around a BBQ—think: finger-licking racks of ribs (we’re talking pork, beef and lamb), steaks, local market fish, and ridic burgers. If you’re eager to check out one of the best restaurants in Coolangatta but don’t care to change out of your running gear, these guys will welcome you with open arms.

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## ST HELENS

Introducing another side of the American cuisine to the Aussie dining scene, St Helens serves up burgers, sliders, wings and ribs with an emphasis on sourcing local ingredients. St Helens is a place where you can drop in for a drink or snack at the bar, or just sit out the front gazing at one of the best ocean views on the coast.

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## AGAVE ROSA

This modern Gold Coast-Mexican-fusion restaurant is a real palate-dazzler. At Agave Rosa you will find a range of beautifully loaded tacos on the menu, but the Asian twist on Mexican classics means that nestled among the expected are plenty of unexpected gems.

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## EARTH N SEA

The famously healthy pizzas at Earth n Sea have been made with a unique blend of wholemeal flour since 1976. Not only do they make great tasting pizza but they are also open for breakfast and lunch as well. Offering take-away pizza for those looking for casual in-room dining the night before the event.

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## HANKS

The menu is crafted around fresh ingredients, sourced daily including homemade pasta, sliced meats, fresh seafood and Tuscan Schiacciata bread. Handmade pasta dishes include Bay Lobster spaghetti with cherry tomato, chilli, garlic and lemon and Cavatelli with pork & fennel sausage, broccolini and pangrattato. On the grill, there are Ballina king prawns with green garlic butter and lemon and Chargrilled spatchcock with nduja butter and charred lemon.

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## BAR EVELYN

Bar Evelyn is a charming pizza, pasta and antipasto bar that rocks a retro, Italian-American theme with definite 70s vibes.

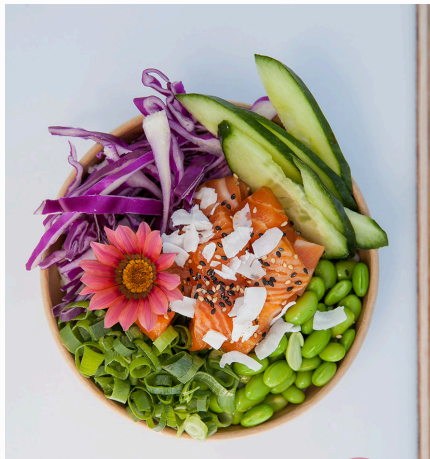
Located directly opposite the finish line on Marine Parade, be sure to get your reservation in early!

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## HIPOKE

HiPoke brings an authentic blend of tropical culture and fresh food built for active lifestyles. Our unique menu is a wholesome, fast-food alternative on a mission to do well for your body and the community. HiPoke offers an all-day menu of nutrient rich juices, smoothies and poke bowls designed to fuel people on the go.

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## PIZZERIA

Looking for the best pizza in Cooly? Quality, sustainable ingredients are at the heart of our menu. We create simple, honest food with fresh ingredients & bold flavours! Our family friendly restaurant is known for our pizzas, pastas, oven roasted wings and local craft beers. We have a dedicated vegan menu and also provide gluten free, dairy free and vegetarian options.

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## GREENMOUNT SURF CLUB

A perfect location for casual, beach-side dining for lunch or dinner 7 days. Renowned for being the locals' choice for family-friendly dining, we provide a perfect backdrop with stunning sunset views, where the rhythmic sounds of the surf set the tone for an unforgettable meal.

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IT'S YOURS TO  
*experience*

CURRUMBIN VALLEY / 1247PM

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EXPERIENCE  
**GOLDCOAST**

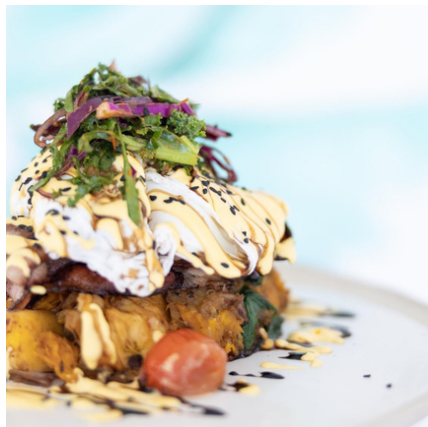




# BREAKFAST

Okay, so you've touched down in Coolangatta on Friday evening and sampled one of the many restaurants available.

After a morning stroll or light run to stretch the legs it's time for breakfast. In no particular order (these are all great) - here goes!



## LITTLE MALI

Little Mali Espresso and Deli is a boutique new space in the heart of Rainbow Bay serving takeaway espresso coffee, healthy, home made food, fresh juices, and smoothies as well as a gourmet selection of premium cheeses and deli products.

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## THREE SONS COFFEE CARTEL

Great coffee, delicious food with view across to Coolangatta beach. Choose from a range of menu items for breakfast and lunch favourites, or grab and go straight from the counter. These guys know coffee and they will make it just how you like it with a range of nine milks available.

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## GRIFFITH STREET LARDER

The ideal brunch spot, try their 'bread or bowl' options or their famous Eggs Benny on a Hash Brown. Along with an epic eggs benedict here, Larder offers an array of homemade cakes, muffins, and mind-blowing brownies.

Our pick for consistently great coffee!

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## ESPRESSO COOLY

Espresso Cooly is a vibrant local coffee shop located on Dutton St. Known for its exceptional coffee and friendly staff. Enjoy affordable prices and diverse menu options that include breakfast rolls, burritos, and sweets. The relaxed atmosphere makes it an ideal spot to enjoy quality food and drinks.

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## BOARD SHORT BARISTA

BSB, located on the south side of Coolangatta SLSC offers delicious breakfast dishes from 6am and tasty brunch lunch dishes from 11am, weather permitting. The simple yet satisfying breakfast menu offers bacon and egg brioche, pumpkin, spinach and feta fritters, Belgian waffles and smashed avo to name a few.

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## HAIG ST CAFE KIRRA

Wholesome food and good coffee in the heart of Kirra. Overlooking the world-famous Kirra beach this cafe offers a relaxed dining experience for Breakfast and Lunch.

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## KIRRAMISU

The menu caters for the whole family, serving sumptuous breakfast and lunches and a specially designed children's menu that satisfies even the fussiest of kids. Also featuring a delicious selection of home-made boutique cakes, freshly squeezed juices, real fruit smoothies and old school milkshakes.

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## BELLAKAI

Bellakai - where gorgeous ocean views are matched with great coffee, good vibes and modern Australian food that hits the spot. Located on Marine Parade, just a stones throw away from the GC50 finish line Bellakai serves up breakfast with a view.

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