

RACE WEEK

GUIDE TO

DINING OUT



AUSTRALIA'S
GOLDCOAST.

fisiocrem
GC50
RUN FESTIVAL

Queensland



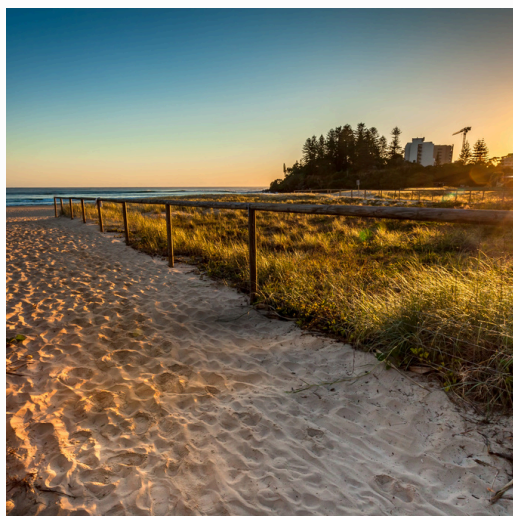
WELCOME



We are beyond excited to return to beautiful Coolangatta for the 30th 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@gc50runfestival.com.au

Enjoy, Team GC50

BURLEIGH BEACH

THAT GOLD COAST HOLIDAY FEELING



Queensland.com



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!



GEORGE'S PARAGON

Seafood lovers, this one's for you! Set above the bustling Coolangatta beachfront, George's Paragon brings a taste of the Mediterranean to the Gold Coast, with fresh seafood, Greek favourites and plenty of generous plates made for sharing.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



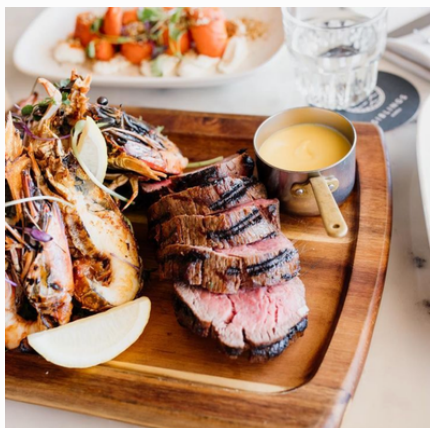
ROMAN KITCHEN & BAR

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



**Eat, play
& shop!**



Make the Most of GC50 at The Strand

Discover exclusive GC50 offers at The Strand.

Scan the QR code to visit our website, explore,
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📍 72-80 Marine Parade, Coolangatta QLD 4225

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the Strand.
AT COOLANGATTA



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.

[VIEW THE MENU](#)

KIRRA BEACH SURF CLUB

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

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

[VIEW THE MENU](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



HOUSE OF BAMBOO

The House of Bamboo is Coolangatta's vibrant destination for bold pan-Asian street food, shared plates, handcrafted cocktails and live entertainment. Blending energetic nightlife with relaxed hospitality, the venue offers locals and visitors a memorable place to eat, drink, connect and celebrate in a colourful, immersive setting inspired by Asia.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

CHOOFAS SMOKEHOUSE

Choofas Smokehouse & Seafood brings together American-style BBQ and fresh local seafood in one seriously generous menu. Think slow-smoked ribs, pulled pork, burgers and steaks alongside prawns, calamari and fresh seafood, with plenty of share plates for the whole crew.

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THE AZTEC COOLY

The Aztec has been a Coolangatta favourite since 1993! Expect generous plates of tacos, burritos, enchiladas and sizzling Mexican classics, with plenty of margaritas and sangria to wash it all down. A relaxed, family-friendly spot that's perfect for a post-run feast with the crew.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



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.

[VIEW THE MENU](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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!

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

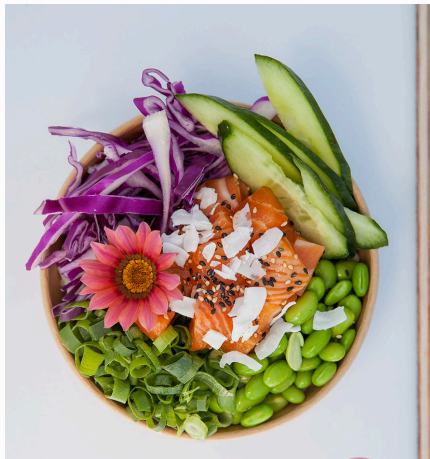
GET UP AND GOLD COAST



 SURFERS PARADISE

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EXPERIENCE
GOLDCOAST™



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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

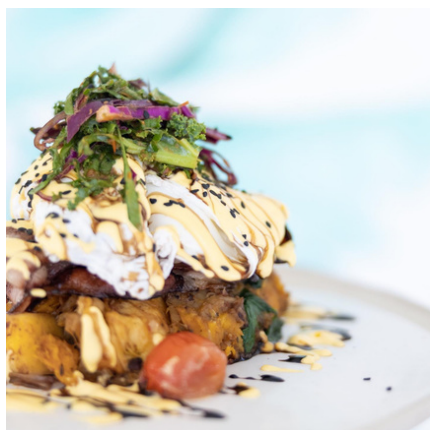
[VIEW THE MENU](#)[VIEW INSTAGRAM](#)



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.

[VIEW INSTAGRAM](#)



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!

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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GC50



MADE BARBER & BARISTA

We've created a communal oasis where our community comes together for specialty coffee, high-quality matcha and epic local retail offerings, right by the beach. We're also known for our delicious toastie menu!

Open from 5.30am, 7 days a week.

[VIEW THE MENU](#)

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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.

[VIEW THE MENU](#)

[VIEW INSTAGRAM](#)



**EVERY SUNDAY
8AM TO 2PM**

BROADBEACH

**KURRAWA
PARK**

Every **1ST** and **3RD**
of the month

COOLANGATTA

**QUEEN ELIZABETH
PARK**

Every **2ND** and **4TH**
of the month
If there's 5 weeks

BURLEIGH HEADS

**JUSTINS
PARK**

Every **LAST** Sunday
of every month



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MARKETS & EVENTS INFO



OLD QUARTER

Old Quarter is proudly Australia's only specialty coffee company sourcing, roasting and serving 100% Southeast Asian green beans direct from small holder farmers.

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PANCAKE DINER

Serving up all-day breakfast alongside their famous stacks of fluffy buttermilk pancakes, indulgent crepes, waffles and plenty of hearty savoury options. It's the kind of relaxed, family-friendly spot where you can roll in hungry and leave very, very full. Perfect for a post-race brekkie or treat with the kids. Located in The Strand Shopping Centre.

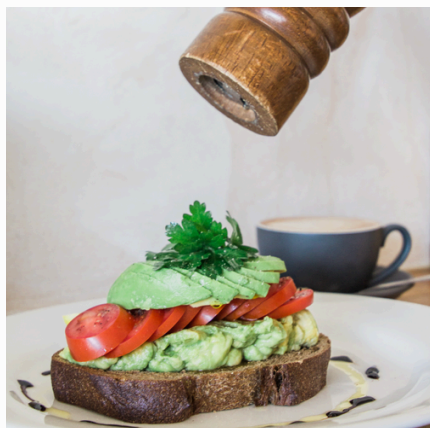
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BEEFY'S

Beefy's Coolangatta is home to Australia's award-winning pies, famously loved chips, barista-made coffee and hearty meals. Conveniently located at The Strand, we're the perfect stop for breakfast, lunch or a quick takeaway. From our famous steak pies to value meal deals and great coffee, Beefy's satisfies all cravings!

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)

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.

[VIEW THE MENU](#)[VIEW INSTAGRAM](#)