

# LANE 5

## GRAB & GO



### SALAD

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CHICKEN SALAD ..... 17.50

SALMON SALAD ..... 17.50

VEGETARIAN SALAD ..... 17.50

### BEVERAGES

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POWERADE ..... 5

COCONUT WATER ..... 6

Natural or Lychee

PROTEIN SMOOTHIE ..... 10

Oats, coconut water, seasonal berries,  
protein powder

### SNACKS

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ENERGY BALLS 3 PACK ..... 9

PROTEIN POWDER SHOT ..... 4  
(30G)

### SPECIALS

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SOUP ..... 10  
Soup of the day

TOASTED SANDWICH ..... 12  
Chicken

Order at the Athletic Concierge

# BAR MENU

## ENTRÉES

### SYDNEY ROCK OYSTER (GF, DF)

Chardonnay mignonette

Single - \$6

Half dozen - \$30

Dozen - \$48

### TACOS

Cabbage slaw, chipotle mayo, pico de gallo

Falafel (V) - \$7

Chicken (DF) - \$7

Salmon (DF) - \$7

### NOURISH BOWL (GF, DF)

Brown rice, cherry tomato, cucumber, house pickles, sprouts, falafel

Extra falafel - \$4

Grilled chicken - \$6

Grilled salmon - \$7

### BEER BATTERED BARRAMUNDI FILLET

Chips, tartare sauce, lemon wedge

Half portion - \$21

Full portion - \$28

## MAINS

### RIGATONI ALLA VODKA (V, N)

30

Rigatoni, Spicy Vodka Sauce, Basil, Burrata Cream

### CLUB SANDWICH

25

Grilled Chicken Breast, Bacon, Cheddar, Lettuce, BBQ sauce, Fries

### STEAK FRITES (GF)

30

220g wagyu bavette, fries, red Wine Jus

### TUNA (GF, DF)

39

Seared Tuna, Avocado, Cucumber, Green Chilli, White Soy Sauce

### CRAB LINGUINI

40

Fraser Island spanner crab, white wine, chilli, garlic butter

### FRITTATA (V, GF)

18

Grilled zucchini, eggplant, red capsicum, meredith feta, garden salad

### CRAB OMELETTE (GF)

25

Spanner crab, chilli, shallots, garden salad

### GRILLED CHICKEN SALAD

18

Crunchy and soft leaves, avocado, hazelnut dressing

## SIDES

### SHOESTRING FRIES (V)

12

### STEAMED BROCCOLINI (V)

12

Lemon, olive oil

### ROASTED BABY POTATOES (GF, V)

12

### MIXED LEAF SALAD (DF, GF, V)

12

Classic vinaigrette

Please see the Athletic  
Concierge to place orders

Bar menu available on request