```css
body {
    background-color: #1a1a1a; /* Dark background */
    color: white;
    font-family: Arial, sans-serif;
    /* This centers the menu on the screen */
    display: flex;
    justify-content: center;
    align-items: center;
    height: 100vh;
    margin: 0;
}

.main-menu-container {
    text-align: center;
    padding: 20px;
    background: rgba(0, 0, 0, 0.7); /* Semi-transparent menu box */
    border-radius: 10px;
}

h1 {
    font-size: 3em;
    margin-bottom: 40px;
    color: #007bff; /* Bright blue for a sporty look */
}

.menu-button {
    display: block;
    width: 300px;
    padding: 15px;
    margin: 15px 0;
    font-size: 1.2em;
    font-weight: bold;
    color: white;
    background-color: #007bff; /* Primary button color */
    border: 2px solid #007bff;
    border-radius: 5px;
    cursor: pointer;
    transition: background-color 0.2s, transform 0.1s;
}

.menu-button:hover {
    background-color: #0056b3; /* Darker blue on hover effect */
    transform: scale(1.02);
}
```