




VEGAN MENU

Breakfast Available 7am – 11am

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| Granola Bowl (gf*) | 12 |
| fresh coconut cream, chia seed, pawpaw, yogurt, blueberry compote | |
| Tofu Scramble (v, vg, df, gf) | 16 |
| your choices - tomato mushroom mozzarella onion capsicum chili | |
| Tropical Island Breakfast Buffet | 24 |
| fresh Island fruits, fresh fruit salad, home-stewed fruits, muesli, fresh baked breads, cereals, toast, spreads, fruit juices, tea & coffee | |

Available 11am – 9pm

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|  Island Fries (gf) | 9 |
| taro, kumara, maniota, green banana, pawpaw salsa | |
| French Fries (gf) | 9 |
| tomato ketchup | |
| Garlic Bread (gf*) | 9 |
| toasted Turkish bread, garlic herb olive oil | |
| Melted Vegan Cheese Loaded Fries | 14 |
| Mexican - guacamole with chipotle salsa (gf*) | |
| Nachos (gf) | 14 |
| corn chips, refried beans, vegan cheese, guacamole | |
| Spicy Potato Wedges (gf*) | 14 |
| spicy potato wedges, vegan cheese | |
| Vegan Cheeseburger (gf*) | 25 |
| plant based “meat” patty, vegan cheese, avocado, lettuce, tomato, & red onion, fries & ketchup | |
| Sizzling Fajitas (gf*) | 26 |
| marinated tofu, guacamole, spicy fruit chutney | |
| Vegan Pizza (gf*) | 26 |
| mushroom, onion, capsicum, olives, oregano, pawpaw pepper, vegan cheese | |



island specialities

v – vegetarian | gf – gluten free | df – dairy free | vg – vegan

* - can be made to special dietary requirement

Prices in New Zealand dollars, inclusive of 15% GST. Payment can be made by room charge, credit card or cash.
Cheques only accepted by prior arrangement. A 15% surcharge applies on all Cook Islands Public Holidays.



Coconut Noodle Salad (gf) 19

fresh julienne coconut noodles, tomato, cucumber, pawpaw, red onion, coriander, mint, tangy island cream dressing, lemon pawpaw seed pepper
add tofu 23

Thai Noodle Salad (gf) 19

cucumber, capsicum, carrot, coriander, onion, chili, garlic, ginger, glass noodles
add tofu 23

Niçoise Salad (gf) 19

mixed salad leaves, potato, green beans, capers, tomato, red onion, olives
add tofu 23



Beach BBQ Bowl (gf) 22

sweet corn, bell peppers, red onions, pawpaw, roasted kumara, roasted pumpkin, tomato, cucumber, lettuce, grated coconut, coriander, lemon pawpaw seed pepper, ginger lime chili coconut sauce
add tofu 26

Spicy Tofu Ramen (gf) 26

organic soba noodles, marinated tofu, fresh chilli, spring onion, bok choy, shitake mushrooms, wakame, ginger garlic & toasted sesame



Vegan Coconut Curry (gf) 26 local root vegetables, capsicum, spinach, light coconut

curry sauce, garlic naan, fragrant basmati rice
add tofu 29

Seasonal Vegetables (gf) 9

in season vegetables, extra virgin olive oil

Tropical Garden Salad (gf) 9

mixed leaves, red onion, capsicum, cucumber, tomato, pineapple, toasted coconut

Coconut Rice & Charred Naan (gf*) 9

Trio of Vegan Ice Cream (gf*) 9

coconut, chocolate, strawberry

Fresh Fruit Plate 9

passionfruit coulis, fresh chia seed pudding



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KIDS 'GONE TROPPO' VEGAN MENU

Available to kids 11 years & under
Available from 11am to 9pm

MEALS

| | |
|-----------------------------------------------|----|
| Garlic Bread (gf*) | 5 |
| French Fries (gf) | 5 |
| Fresh Garden Salad (gf) | 6 |
| add vegan cheese | 7 |
| Steamed Vegetables (gf) | 6 |
| add vegan cheese | 7 |
| Vegan Cheese Toasted Sandwich (gf*) | 9 |
| Spaghetti | 9 |
| napoli (gf*) or olive oil & sea salt (gf*) | |
| add vegan cheese | 10 |
| Margherita Mini Pizza with Vegan Cheese (gf*) | 10 |
| Vegetable Fried Rice | 12 |

DESSERTS

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| Tropical Fruit Salad (gf) | 5 |
| Selection of Ice Creams (gf) | 6 |
| Banana Split vegan ice cream (gf) | 8 |



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