



ALL DAY MENU

LIGHT & SHARE

Available 11am – 9pm



Island Fries (v, gf, vg*) 9
taro, kumara, maniota, green banana, sweet chilli mayo, pawpaw salsa

French Fries (v*) 9
garlic aioli, tomato ketchup

Garlic Bread (v, gf*) 9
toasted Turkish bread, garlic herb butter, pesto dip

Melted Cheese Loaded Fries 14



- Raro – shredded roast chicken, pawpaw salsa
- American - smoked crispy bacon, BBQ sauce
- Mexican – guacamole, chipotle salsa (v, vg*)

Nachos (v*, vg*, gf*) 14
corn chips, meat sauce, cheese, sour cream, guacamole

Spicy Potato Wedges (v*, vg*, gf*) 14
spicy potato wedges, cheese, bacon, sour cream

Seafood Chowder 16
big game fish, prawn, calamari, mussels, garlic bread

Cajun Spiced Calamari (gf, df) 16
lime aioli

Buffalo Wings (df) 16
spicy chicken wings, ranch dressing, hot sauce

Chicken Satay (df) 16
char-grilled turmeric & coconut chicken tenderloins, spicy peanut sauce



Coconut Crumbed Prawns (gf*, df) 18
spiced eggplant mayonnaise

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

* - can be made to special dietary requirement



Island specialities



BURGERS, SANDWICHES, WRAPS

Available 11am - 9pm

	Bacon Cheeseburger (gf*)	19
	prime beef patty, bacon, lettuce, mayo, fries, ketchup	
	Game Fish Sandwich (gf*)	22
	crispy local fish fillets, coleslaw, pawpaw salsa, coconut aioli, toasted Turkish, fries, ketchup	
	Club Sandwich (gf*)	22
	grilled chicken, bacon, egg, lettuce, tomato, fries, ketchup	
	Hawaiian Chicken Burger (gf*)	22
	crumbed chicken breast, bacon, cheese, pineapple, lettuce, coconut aioli, fries, ketchup	
	Works Burger (gf*)	24
	prime beef patty, pineapple, fried egg, beetroot, smashed avocado, cheese, lettuce, tomato, fries, ketchup	
	Vegan Cheeseburger (v, vg*, gf*)	25
	plant based "meat" patty, vegan cheese, avocado, lettuce, tomato, red onion, island fries, ketchup	
	add fried egg 27	
	Sirloin Steak Sandwich (gf*)	25
	prime New Zealand sirloin steak, caramelised onion, garlic aioli, toasted Turkish, fries, ketchup	
	add fried egg 27	
	Sizzling Fajitas	
	• garlic & soy marinated tofu, guacamole, fruit chutney	26
	• seasoned chicken, capsicum, onion, soft tortilla, sour cream, fruit chutney, guacamole	27
	• pulled pork, capsicum, onion, soft tortilla, sour cream, fruit chutney, guacamole	27
	• prawns, game fish, mussels, calamari, capsicum, onion, soft tortilla, sour cream, fruit chutney, guacamole	29

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



PIZZA

Available 11am – 9pm
add fries and garlic bread 9

Margherita (v, vg*, gf*)	19
sun dried tomato, basil, garlic, mozzarella	
add olives, mushroom, capsicum	22
Hawaiian (gf*)	22
ham, pineapple, mozzarella	
 Big Island Pulled Pork (gf*)	24
honey roasted kumara, island spinach “rukau”, pawpaw chutney, grated coconut, mozzarella	
BBQ Chicken (gf*)	24
chicken, caramelised onion, capsicum, BBQ sauce, mozzarella	
Meat Lovers (gf*)	26
beef, chicken, pulled pork, sausage, caramelised onion, mozzarella	
Marinara (gf*)	26
local game fish, prawns, mussels, calamari, tomato, red onion, mozzarella, garlic mayonnaise	
Super Supreme (gf*)	26
pepperoni, bacon, ground beef, sausage, mushroom, pineapple, capsicum, mozzarella	
Vegan (gf*)	26
vegan cheese, mushroom, onion, capsicum, olives, oregano, lemon pawpaw seed pepper	
Pizza Family Combo	49
2 pizza of your choice of margarita Hawaiian big island pulled pork BBQ chicken 2 fries 2 garlic bread tomato sauce aioli	

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Island specialities



FAVORITES

Available 11am - 9pm



Game Fish "Ika Mata" (gf, df) 19

Cook Islands' classic – local big game fish marinated in fresh coconut cream, tomato, cucumber, red onion, coriander, island fries, garden salad

Cooks Lager Fish & Chips (gf*) 22

beer battered local game fish, fries, garden salad, lime aioli



Island Style Fish & Chips (gf*) 22

coconut crumbed game fish, island fries, garden salad, pawpaw salsa

Tropical Chicken Parmigiana 26

panko crumbed chicken breast, smoked ham, pawpaw salsa, mozzarella, fries, garden salad

FAMILY COMBO FAVORITES

Available 11am - 9pm

BBQ Family Combo 49

4 sausages | 4 lamb chops | 4 chicken drumsticks
potato salad | garden salad | gravy | tomato sauce

Fish & Chips Family Combo 49

6 beer battered fish | 6 calamari | 6 onion rings
2 fries | coleslaw | tartare | tomato sauce



Pork Ribs Family Combo 49

1 full pork rib | 2 island fries
island slaw | gravy | tomato sauce

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SALADS

Available 11am - 9pm



Coconut Noodle Salad (v, gf, df, vg) 19
fresh julienne coconut noodles, tomato, cucumber, pawpaw, red onion,
coriander, mint, tangy coconut cream dressing, lemon pawpaw seed pepper
add tofu 23 | chicken 23 | prawns 26

Thai Noodle Salad (v, gf, df, vg*) 19
cucumber, capsicum, carrot, coriander, onion, chili, garlic, ginger, glass noodles
add tofu 23 | chicken 23 | beef 24 | prawns 26

Niçoise Salad (v, gf, df, vg*) 19
mixed salad leaves, potato, green beans, hardboiled egg, capers, tomato,
red onion, olives
add tofu 23 | chicken 23 | yellow fin tuna 26



Beach BBQ Bowl (v, gf, df, vg) 22
sweet corn, bell peppers, red onions, pawpaw, roasted kumara,
roasted pumpkin, tomato, cucumber, lettuce, grated coconut,
coriander, lemon & pawpaw seed pepper, lime & chili coconut sauce
add tofu 26 | chicken 26 | prawns 29

SIDES

Available 11am - 9pm

Seasonal Vegetables (v, vg*) 9
dukah spiced butter

Tropical Garden Salad (v, vg*) 9
mixed leaves, red onion, capsicum, cucumber, tomato,
pineapple, toasted coconut

Coconut Rice & Garlic Butter Naan (v, vg*) 9

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Island specialities





DINNER

Available 5.30pm – 9pm

	Spicy Tofu Ramen	26
	organic soba noodles, garlic & soy marinated tofu, fresh chilli, spring onion, bok choy, shitake mushrooms, wakame, ginger, toasted sesame add chicken 30 prawns 32	
	Coconut Chicken Curry (v*, vg*)	28
	local root vegetables, capsicum, spinach, light coconut curry sauce, garlic naan, coconut rice	
	Whole Baby Snapper	32
	oven roasted in banana leaves, glazed in soy, mirin & ginger, turmeric rice, wilted island greens “pinapi”	
	Sticky BBQ Pork Ribs (gf)	32
	half rack baby back pork ribs, ginger, garlic, soy, wilted island greens “pinapi”, island fries	
	Dukah spiced 4-point Rack of Lamb (gf)	34
	sautéed island greens, blistered cherry tomatoes, potato dauphinoise, mint jus	

THE GRILL

Available 5.30PM - 9PM



	Big Game Fish Catch of the Day (gf, df)	29
	herb & garlic smashed kumara, garden salad, peperonata	
	Chilli & Soy Chicken Breast (gf)	29
	char-grilled pineapple, island slaw, coconut rice	
	Wagyu Surf & Turf (gf)	38
	New Zealand Wagyu eye fillet medallions, garlic prawns, wilted island greens “pinapi”, seeded mustard hollandaise, herb mash	
	500g Tomahawk Ribeye (gf)	42
	red onion jus, wilted island greens, herb mash	

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DESSERT

Available 11am - 9pm

	Trio of Ice Creams (v*, vg*, df*, gf*) coconut, chocolate, strawberry	9
	Fresh Fruit Plate (v, vg, df, gf) passionfruit coulis, fresh chia seed pudding	9
	Passionfruit Cheesecake (v) lime crème, pawpaw coulis	12
	Dark Chocolate Coconut Fudge Brownie (v, gf) salted caramel, vanilla ice cream	12
	The Rarotongan Sundae (v, gf*) coconut ice cream, Raro-style donuts, coconut & pineapple curd, passion fruit syrup, fruit salsa, whipped cream	18
	Choco-nutty Sundae (v, gf*) chocolate ice cream, chocolate truffles, white chocolate, peanut butter sauce, chocolate sponge crumb, chocolate cone, whipped cream	18
	Blue Lagoon Meringue Sundae (v, gf*) vanilla ice cream, lemon curd, crisp meringue pieces, citrus biscuit crumbs, toasted Italian meringue, whipped cream	18

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Island specialities



SEAFOOD PLATTER FOR TWO - 99

available 5:30pm – 9pm

“ika mata” – diced local game fish marinated in lemon juice and coconut cream
“mitiore” - grated coconut & poached prawn
game fish sashimi, honey miso marinade
charred garlic tiger prawns
seared pesto crumb game fish
pan seared scallops, spiced sambal
creamy seafood chowder
coconut panko crumbed deep sea fish goujons
tempura pacific oysters
seafood arancini
garden salad, island slaw, warm breads & dips



ISLAND BBQ PLATTER FOR TWO – 59

(gf*, df*)

available 5:30pm – 9pm

“ika mata” – diced local game fish marinated in lemon juice & coconut cream
banana & tamarind glazed char-grilled chicken
BBQ glazed pork ribs
curried pawpaw salad
garden salad
island fries, sweet chilli mayonnaise
rukau “island spinach” in coconut cream
spiced chili & lime coconut cream sauce

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YOU CATCH, WE COOK

(gf*, df*)

available 5:30pm – 9pm

The tropical waters of the Cook Islands are rich with a large variety of deep-water game fish including yellow fin tuna, wahoo, mahimahi, swordfish and more!

Why not savour what you catch?

Please provide your catch to the kitchen by 5pm

Your Game Fish prepared:

24 pp

- ~ pan fried in garlic butter
- ~ seared rare
- ~ beer battered
- ~ panko crumbed
- ~ sashimi, soy, sweet chilli, wasabi

Your choice of two sides:

- ~ fries, aioli
- ~ island fries, pawpaw salsa, sweet chilli mayo
- ~ garden salad, balsamic vinaigrette
- ~ steamed seasonal vegetables
- ~ coconut rice
- ~ garlic bread



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Island specialities