



VEGAN ALL DAY MENU

11am – 9pm

Please let your server know you are ordering from the Vegan Menu

Vegetable Tempura (v, vg, gf*, df) 19

Ginger soy dipping sauce

Vegetable Curry Samosas with Sweet Chilli Sauce (v, vg, df) 17

Crispy pastry pockets, spicy vegetables, sweet chilli sauce



Hawaiian Pineapple Fried Rice (v, vg, gf*, df) 22

A tropical-inspired fragrant wok fried rice with pumpkin, island greens, kumara, cashews, and pineapple, seasoned with soy sauce and island spices, sweet chilli sauce

(Add Tofu 4)

Thai Noodle Salad (v, vg, gf*, df) 24

A flavour-packed salad with glass noodles, tomato, cucumber, red onion, mixed greens, herbs, spicy Thai dressing

(Add Tofu 4)



The Rarotongan Coconut Noodle Salad (v, vg, gf, df) 26

A tropical-inspired salad with fresh coconut noodles, island greens, pawpaw, cucumber, capsicum, herbs, chilli lime coconut sauce

(Add Tofu 4)

Vegan "Beyond Meat" Cheeseburger (v, vg, gf*, df) 29

A delicious plant-based patty, dairy-free cheese, lettuce, tomato, and vegan mayo, served on a soft bun with a side of French fries

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

* - can be made to special dietary requirement



Island specialities



VEGAN ALL DAY MENU

11am – 9pm

Please let your server know you are ordering from the Vegan Menu

Vegan Margherita Pizza (v, vg, gf, df) 28

Sundried tomato, dairy-free cheese, tangy tomato sauce, herbs, on a gluten-free vegan pizza base

Vegan Pizza (v, vg, gf, df) 29

Mushrooms, eggplant, onions, tomatoes, herbs, dairy-free vegan cheese on a gluten-free vegan pizza base

Vegan Cheesy Garlic Bread (v, vg, gf*, df) 12

Toasted Turkish garlic bread topped with melted vegan cheese & herbs

Vegan French Fries (v, vg, gf, df) 12

Crispy golden French fries, seasoned with sea salt, served with tomato sauce and vegan sour cream

Island Fries (v, vg, gf, df) 9

Kumara, taro, maniota (arrowroot), and green banana fries sprinkled with toasted grated coconut, served with spicy vegan mayo

Baked Potato Wedges (v, vg, df) 9

Seasoned potato wedges with sides of vegan sour cream, sweet chilli sauce

Topping for your French Fries, Island Fries, Baked Potato Wedges 12

- **Vegan Chilli Cheese** (v, vg, gf, df): topped with spicy vegan chilli beans, dairy-free cheese, vegan sour cream, fresh herbs

Nachos Vegan Chilli Cheese (v, vg, gf, df) 27

Topped with spicy vegan chilli beans, dairy-free cheese, vegan sour cream, salsa, fresh herbs

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Island specialities



VEGAN ALL DAY MENU

11am – 9pm

Please let your server know you are ordering from the Vegan Menu



Tropical Pasta Paradise (v, vg, gf*, df) available 5 - 9pm

24

Sauteed, tender yet slightly crisp, island spinach, capsicum, green beans, eggplant, red onion, and carrot tossed with fettuccine in a light tomato & coconut cream sauce topped with toasted coconut threads & herbs
(Add Tofu 4)

Herbed Mashed Potato (v, vg*, gf, df*)

9

Creamy and fluffy mash, made with the finest New Zealand potatoes, coconut cream, seasoned with a touch of salt, pepper and herbs



Fragrant Coconut Rice (v, vg, gf, df)

9

Aromatic rice steeped in rich coconut cream, infused with lemongrass, sprinkled with toasted coconut

Herbed Seasonal Vegetables (v, vg, gf, df)

9

Sauteed seasonal vegetables including mushrooms, carrots, capsicum and red onion, marinated in a blend of olive oil, herbs & garlic



Fresh Island Garden Salad (v, vg, gf*, df)

9

Garden greens, tomato, cucumber, red onion, served with a light and tangy vinaigrette dressing



Vegan Creamy Kumara Mash (v, vg, gf, df)

9

Smooth and creamy vegan kumara mash, finished with coconut cream, herbs and a hint of garlic



Wilted Island Greens (v, vg, gf, df)

9

Seasonal fresh island greens sauteed in a light onion & garlic coconut cream



Island Slaw (v, vg*, gf, df)

9

A colourful and crunchy slaw made with shredded cabbage, carrot, pawpaw and red onion, tossed in a tangy coconut chili lime dressing

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Island specialities



VEGAN SWEET ISLAND DELIGHTS

11am – 9pm

Please let your server know you are ordering from the Vegan Menu

Indulge in our exquisite selection of desserts crafted with fresh, local ingredients, showcasing the vibrant flavours of the islands



Island-style Dark Chocolate Coconut Fudge Brownie (v, vg, gf, df)

16

A rich, decadent chocolate brownie infused with coconut, drizzled with salted coconut caramel sauce, served with vegan coconut ice cream



The Rarotongan Paradise Sundae (v, vg*, gf, df*)

16

Vegan chocolate & vanilla ice creams, fresh tropical fruits, toasted coconut flakes, vegan coconut salted caramel sauce



Tropical Fruits with Vegan Coconut Ice Cream (v, vg, gf, df)

16

Fresh fruits, creamy vegan coconut ice cream, drizzled with a vegan coconut salted caramel sauce



Coconut Cream Panna Cotta (v, vg, df, gf)

16

Silky, dairy-free panna cotta infused with coconut milk, mango compote

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Island specialities



KIDS 'GONE TROPPO' VEGAN MENU

11 years & under | 11am to 9pm

FAMILY DINE TIME! 5-6pm daily @ The Rarotongan.
Kids eating from the Kids Menu receive a FREE ICE CREAM!

*Substitutes: vegan cheese, gluten-free & vegan pizza base,
gluten-free bread, gluten-free pasta 2*

Please let your server know you are ordering from the Kids Vegan Menu

Vegan Margherita Pizza tomato, DF cheese, GF base (v, vg, gf, df)	13
Vegan Pizza mushrooms, DF cheese, GF vegan base (v, vg, gf, df)	14
Vegan Nachos beans, DF cheese & vegan sour cream (v, vg, df)	14
Vegan Mac & Cheese dairy-free cheese (v, vg, gf*, df)	14
Vegan Cheese Toasted Sandwich (v, vg, gf*, df)	11
Pineapple & Vegetable Fried Rice (v, vg, gf, df) (Add Tofu 3)	12
Vegan Spaghetti olive oil, sea salt, dairy-free cheese (v, vg, gf*, df) (Add Tofu 3)	11
Tempura Vegetables (v, vg, gf*, df)	12
Vegan Cheesy Rainbow Vegetable Skewers (v, vg, gf, df)	11
Vegan Fresh Garden Salad & Grated Dairy-free Cheese (v, vg, gf, df) (Add Tofu 3)	11
Vegan Island Slaw & Grated Dairy-free Cheese (v, vg, gf, df) (Add Tofu 3)	11
Vegan Wilted Island Greens & Grated Dairy-free Cheese (v, vg, gf, df) (Add Tofu 3)	11

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

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Island specialities



KIDS VEGAN DESSERT MENU

11 years & under | 11am to 9pm

FAMILY DINE TIME! 5-6pm daily @ The Rarotongan.
Kids eating from the Kids Menu receive a FREE ICE CREAM!

**Please let your server know you are ordering from
the Kids Vegan Dessert Menu**

Vegan Banana Split (v, vg, gf*, df) **18**

Vegan chocolate, strawberry & vanilla ice creams, dairy-free whipped cream, chocolate sauce, chocolate hail, strawberry wafer, chopped nuts, "hundreds & thousands" sprinkles, maraschino cherries

Vegan Pineapple & Banana Fritters (v, vg, gf*, df) **14**

With a scoop of vegan coconut ice cream

Vegan Rainbow Fruit Skewers (v, vg, gf, df) **12**

With a scoop of vegan coconut ice cream

Vegan Trio of Ice Creams (v, vg, gf, df) **9**

A scoop each of vegan chocolate, strawberry & vanilla ice creams

KIDS 'GONE TROPPO' DRINKS - 8

SODA SPIDER

~frothy fun~

coke, sprite, fanta or
raspberry soda,
vegan ice cream

SUPER SLUSHY

~super cool~

giant-sized blue lagoon
mango, lime or raspberry
in crushed ice

PINK PANTHER

~pink, sweet & fluffy~
lemonade & raspberry,
vegan cream

RASPBERRY RIPPLE

~red goes fastest~
sprite, grenadine power

BLUE MEANIE

~your tongue will turn blue~
blue lemonade

TRAFFIC LIGHT

~the only one on the island~
orange juice, racing stripes

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Island specialities

