



ALL DAY MENU

SOUTH SEAS TAPAS

11am – 9pm

*Embark on a culinary adventure with our **South Seas Tapas**, showcasing the vibrant flavours of the South Pacific in a collection of small tasting plates. Perfect for sharing.*



Coconut Crumbed Prawns with Mango Dipping Sauce (gf*, df)
Crispy prawns coated in coconut crumbs, mango dipping sauce

24



Yellowfin Tuna & Pineapple Skewers (gf*, df)
Lightly grilled, drizzled with teriyaki sauce

24

Cajun-Spiced Calamari with Garlic Aioli (gf, df*)
A delightful combination of heat and tang

19

Honey Mustard Chicken Wings (gf, df)
Glazed for a sweet and tangy flavour

19

Sesame-Coated Thai Fish Cakes (gf, df)
Sweet chilli sauce

22

Prawn & Vegetable Tempura (gf*, df)
Crispy tempura, ginger soy dipping sauce

26

Vegetable Tempura (v, vg, gf*, df)
Ginger soy dipping sauce

19

Vegetable Curry Samosas with Sweet Chilli Sauce (v, vg, df)
Crispy pastry pockets, spicy vegetables, sweet chilli sauce

17

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

* - can be made to special dietary requirement



Island specialities



ISLAND-INSPIRED COMFORT FOODS

11am – 9pm

*Indulge in the vibrant flavours of the South Pacific with our **Island-Inspired Comfort Foods**, showcasing the best of the region's cuisine.*



"Ika Mata" - Classic Cook Islands Marinated Big Game Fish (gf, df) 24

A true island favourite. Fresh yellowfin tuna marinated in a zesty coconut, lime & chilli sauce, island fries



Cooks Lager Fish & Chips (gf*, df*) 26

Crispy beer-battered fish using our favourite local tipple for that extra burst of flavour, tartare sauce, French fries, garden salad



Island-Style Fish & Chips (gf*, df*) 26

A tropical twist on a classic. Coconut-crusted fish, island fries, island slaw, sweet chilli mayo, spicy pawpaw salsa



Pacific-Style Coconut Seafood Chowder 24

A creamy chowder with big game fish, shrimp, calamari, mussels, finished with coconut cream, cheesy garlic bread



Island-Style Chicken Coconut Curry (gf*, df) 29

Tender pieces of chicken simmered in a creamy coconut curry sauce with potatoes, carrots, onion, and spinach, seasoned with island spices, fluffy coconut rice, paratha bread



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 Chicken 6 | Shrimp, Calamari & Mussels 8 | Tofu 4)

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Island specialities



TROPICAL ISLAND SALADS

11am – 9pm

Explore the vibrant fresh flavours of the South Pacific with our light and tasty **Tropical Island Salads**.



The Rarotongan Yellowfin Tuna Salad and Citrus Dressing (gf*, df*) **29**

Seared fresh-caught yellowfin tuna on island greens with cucumber and tomato, crispy fried onions, island citrus dressing

Grilled Chicken Caesar Salad (gf*, df*) **28**

Grilled chicken breast, bacon, croutons, parmesan cheese, crisp Cos lettuce, drizzled with a creamy Caesar dressing

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 Beef 6 | Chicken 6 | Prawns 9 | 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 Chicken 6 | Prawns 9 | Tofu 4)

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Island specialities



BURGERS & SANDWICHES

11am – 9pm

BBQ Bacon Cheeseburger (gf*, df*) **24**

Crispy bacon, smoky BBQ sauce, cheddar cheese, caramelised onions, juicy beef patty, fresh lettuce, sliced tomato, French fries



Hawaiian Chicken Teriyaki & Pineapple Burger (gf*, df*) **24**

Panko-crumbed chicken breast, bacon, melted cheese, grilled pineapple, lettuce, coconut aioli, teriyaki sauce, French fries

Club Sandwich (gf*) **26**

Triple-decker with layers of roasted chicken, crispy bacon, egg, lettuce, tomato, mayo, toasted bread, French fries



Coconut Crusted Big Game Fish Sandwich (gf*, df*) **29**

Breaded big game fish fillet, crispy coconut crust, lettuce, tomato, spicy pawpaw salsa, toasted Turkish bread, French fries

Steak Sandwich (gf*, df*) **29**

Grilled steak served on toasted Turkish bread, mayo, onion, tomato, lettuce, French fries

(Add a Sunny Side Up Fried Egg 3)

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

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Island specialities



PIZZA

11am - 9pm

Add fries & garlic bread 9

Substitute gluten-free vegan pizza base 3

Substitute dairy-free vegan cheese 3



Hawaiian Pizza (gf*, df*)

24

Ham, pineapple, mozzarella



Island BBQ Chicken Pizza (gf*, df*)

26

BBQ Chicken, tangy BBQ sauce, onion, capsicum, pineapple, mozzarella



Big Island Boy Meat Lovers Pizza (gf*, df*)

29

Roast pork, crispy bacon, sausage, pepperoni, chicken, mozzarella, smothered in tangy BBQ sauce and drizzled with honey-mustard sauce

Pepperoni Pizza (gf*, df*)

26

Spicy pepperoni slices, mozzarella, tomato sauce

Margherita Pizza (v, vg*, gf*, df*)

22

Sundried tomato, mozzarella, tangy tomato sauce, herbs

Vegan Pizza (v, vg, gf, df)

29

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

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Island specialities



BEACH SNACKS

11am - 9pm

The perfect option for sharing with friends and family. These delicious snacks are for those looking for a quick bite or a casual meal by the beach.

Cheesy Garlic Bread (v, vg*, gf*, df*) 9
Toasted Turkish garlic bread topped with melted cheese & herbs

French Fries (v, vg*, gf*, df*) 9
Crispy golden French fries, seasoned with sea salt, served with a side of garlic aioli and tomato sauce

Island Fries (v, vg*, gf*, df*) 9
Kumara, taro, maniotia (arrowroot), and green banana fries sprinkled with toasted grated coconut, served with spicy mayo dipping sauce

Baked Potato Wedges (v, vg*, df*) 9
Seasoned potato wedges, served with a side of sour cream and sweet chilli sauce

Toppings for your French Fries, Island Fries, Baked Potato Wedges 9

- **BBQ Bacon Cheese** (df*): topped with crispy bacon bits, melted cheese, smothered in BBQ sauce, honey-mustard sauce
- **Chicken Teriyaki** (df*): topped with tender shredded chicken teriyaki, melted cheese, spring onions, drizzled with teriyaki sauce
- **Vegetarian Chilli Cheese** (v, vg*, gf, df*): topped with spicy vegetarian chilli beans, cheese, sour cream, fresh herbs
- **Vegan Chilli Cheese** (v, vg, gf, df): topped with spicy vegan chilli beans, dairy-free cheese & sour cream, fresh herbs

Nachos 24

An all-time favourite with your choice of topping:

- **Classic Spicy Beef & Bean Sauce** (df*): grated cheese, tomato, red onion, jalapenos, sour cream, guacamole, salsa, fresh herbs
- **Vegetarian Chilli Cheese** (v, vg*, gf, df*): topped with spicy vegetarian chilli beans, cheese, sour cream, salsa, fresh herbs
- **Vegan Chilli Cheese** (v, vg, gf, df): topped with spicy vegan chilli beans, dairy-free cheese & sour cream, salsa, fresh herbs

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Island specialities



CONTEMPORARY ISLAND DINNER MAINS

5pm - 9pm

*Immerse yourself in the vibrant culinary heritage of the South Pacific.
Savour premium meats, fresh seafood and fresh, locally sourced ingredients
which give classic island cuisine a modern twist.*



Island-Style Wagyu Surf & Turf (gf*, df*)

44

Premium Wagyu sirloin steak meets the exotic flavours of the islands. Coconut-crusted prawns, aromatic stir-fried island greens with garlic, ginger, coconut cream sauce and a kumara mash. A drizzle of mango-infused hollandaise sauce completes this island-inspired delight

Classic Wagyu Surf & Turf (gf*, df*)

44

Indulge in the exquisite flavours of premium Wagyu sirloin steak and succulent prawns. Served atop a rich, creamy herb mash with a side of wilted greens and drizzled with a tangy mustard hollandaise sauce



Island-Style Ribeye Steak (gf*, df*)

38

Savour the succulent flavours of our balsamic-marinated ribeye steak, grilled to your liking and served with garlic butter, kumara mash, wilted island greens and a red wine & onion jus



Hawaiian-Style Grilled Big Game Fish (gf*, df*)

38

Fresh, locally sourced big game fish marinated in a blend of ginger, garlic soy sauce and pineapple juice, lightly grilled and served with a tropical pineapple salsa, coconut rice and fresh island slaw

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Island specialities



CONTEMPORARY ISLAND DINNER MAINS

5pm - 9pm



Thai-Style Baby Snapper in Banana Leaf (gf*, df*)

38

Whole New Zealand baby snapper marinated in a flavorful blend of lemongrass, ginger, garlic, and chilli, steamed in a banana leaf, fragrant Thai basil & lime sauce, jasmine rice, sautéed Asian greens



Polynesian-Style BBQ Pork Ribs (df*)

36

Succulent pork ribs glazed in a mouth-watering spicy Polynesian-style BBQ sauce, French fries, and a fresh island slaw. A finger-licking dish that's perfect for meat lovers



Tropical Chicken Parmigiana (df*)

32

Panko-crumbed chicken breast, smoked ham, mozzarella, pawpaw chilli & red onion salsa, French fries, fresh island garden salad



Grilled Lamb Chops with Mint & Coconut Sambal (gf*, df*)

34

New Zealand lamb chops marinated in olive oil, mint, and coconut, lightly grilled and served with herbed mashed potatoes, wilted island greens and a side of fresh mint & coconut sambal



Tropical Pasta Paradise (v, vg, gf*, df)

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 / Chicken 6 / Prawns 9)

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Island specialities



SIDES

11am - 9pm



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

9

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



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 and garlic coconut cream



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

9

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

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

9

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

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 and garlic

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Island specialities



SWEET ISLAND DELIGHTS

11am - 9pm

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 coconut ice cream



Passionfruit Cheesecake **14**

Served with a delicious mango coulis



The Rarotongan Paradise Sundae (v, vg*, gf, df*) **16**

Chocolate and vanilla ice creams, topped with fresh tropical fruits, whipped cream, toasted coconut flakes, drizzled with coconut salted caramel sauce



Tropical Fruits with Coconut Ice Cream (v, vg, gf, df) **16**

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



Virgin Piña Colada Coconut Pineapple Cake (v) **14**

A moist upside-down pineapple coconut cake, served with a scoop of coconut ice cream



Coconut Cream Panna Cotta (v, vg, df, gf) **16**

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

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Island specialities



KIDS 'GONE TROPPO' 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***

Chicken Nuggets island slaw & French fries (gf*, df*)	12
Cheeseburger island slaw & French fries (gf*, df*)	12
Fish & Chips (gf*, df)	12
Hawaiian Pizza ham, cheese & pineapple (gf*, df*)	12
BBQ Chicken Pizza (gf*, df*)	14
Margherita Pizza tomato sauce & melted cheese (v, vg*, gf*, df*)	9
Vegan Pizza mushrooms, DF cheese, GF vegan base (v, vg, gf, df)	14
Nachos meat sauce, cheese & sour cream (v*, vg*, gf*, df*)	12
Mac & Cheese with ham & peas (v*, vg*, gf*, df*)	12
Cheese Toasted Sandwich (v, vg*, gf*, df*) (Add Ham & Pineapple 3)	9

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Island specialities



KIDS 'GONE TROPPO' MENU

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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*

Pineapple & Vegetable Fried Rice (v, vg, gf, df) 12

(Add Chicken 3 | Sunny Side Up Fried Egg 3 | Tofu 3)

Sausages & Mash veggies, gravy (gf*, df*) 12

Spaghetti Bolognese rich meat sauce, grated cheese (gf*, df*) 12

Spaghetti olive oil, sea salt, cheese (gf*, df*) 9

(Add Chicken 3 | Tofu 3)

Tempura Vegetables (v, vg, gf*, df) 12

Cheesy Rainbow Vegetable Skewers (v, vg*, gf, df*) 9

(Add Chicken 3)

Fresh Garden Salad & Grated Cheese (v, vg*, gf, df*) 9

(Add Chicken 3 | Tofu 3)

Island Slaw & Grated Cheese (v, vg*, gf*, df*) 9

(Add Chicken 3 | Tofu 3)

Wilted Island Greens & Grated Cheese (v, vg*, gf, df*) 9

(Add Chicken 3 | Tofu 3)

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Island specialities



KIDS 'GONE TROPPO' 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!

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

Chocolate, strawberry & vanilla ice cream, whipped cream, chocolate sauce, chocolate hail, strawberry wafer, chopped nuts, "hundreds & thousands" sprinkles, maraschino cherries

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

With a scoop of coconut ice cream
Please ask if you would prefer vegan ice cream

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

With a scoop of coconut ice cream
Please ask if you would prefer vegan ice cream

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

A scoop each of chocolate, strawberry, and vanilla ice creams
Please ask if you would prefer vegan ice cream

KIDS 'GONE TROPPO' DRINKS - 8

SODA SPIDER

~frothy fun~
coke, sprite, fanta or
raspberry soda, ice cream

SUPER SLUSHY

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

PINK PANTHER

~pink, sweet & fluffy~
lemonade & raspberry,
creamed

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



YOU CATCH, WE COOK

(gf*, df*)

available 6pm – 9pm

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

Why not savour what you catch?

Please provide your catch fillets to the Kitchen by 5pm

Your Game Fish prepared:

29 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