



KIDS 'GONE TROPPO' GLUTEN FREE MENU

11 years & under | 11am - 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 Gluten Free Menu

***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 ham & peas (v*, vg*, gf*, df*)	12
Cheese Toasted Sandwich (v, vg*, gf*, df*) (Add Ham & Pineapple 3)	9

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

* - can be made to special dietary requirement



Island specialities



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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)

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KIDS 'GONE TROPPO' GLUTEN FREE DESSERT MENU

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

Banana Split (v*, vg*, gf*, df*)	18
Chocolate, strawberry & vanilla ice creams, 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 <i>Please ask if you would prefer vegan ice cream</i>	
Rainbow Fruit Skewers (v, vg*, gf, df*)	12
With a scoop of coconut ice cream <i>Please ask if you would prefer vegan ice cream</i>	
Trio of Ice Creams (v, vg*, gf, df*)	9
A scoop each of chocolate, strawberry & vanilla ice creams <i>Please ask if you would prefer vegan ice cream</i>	

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