



VEGETARIAN ALL DAY MENU

11am – 9pm

Please let your server know that you are ordering from the Vegetarian 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)



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)

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)

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



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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

Cheesy Garlic Bread (v, vg*, 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, maniota (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

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

- **Vegetarian Chilli Cheese** (v, vg, gf, df*): topped with spicy vegetarian chilli beans, cheese, sour cream, fresh herbs

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Nachos Vegetarian Chilli Cheese (v, vg*, gf, df): **24**

Topped with spicy vegetarian chilli beans, cheese, sour cream, salsa, fresh herbs



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



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



Creamy Kumara Mash (v, vg*, gf, df) **9**

Smooth and creamy kumara mash, finished with coconut, 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, carrots, pawpaw, and red onion, tossed in a tangy coconut chili lime dressing

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Island specialities



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 such as mushrooms, carrots, capsicum and red onion, marinated in a blend of olive oil, herbs & garlic

VEGETARIAN SWEET ISLAND DELIGHTS

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



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

16

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



Tropical Fruits with Vegan 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 vegan coconut ice cream



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' VEGETARIAN 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 Vegetarian Menu

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

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 beans, cheese & sour cream (v*, vg*, gf*, df*)	12
Mac & Cheese (v*, vg*, gf*, df*)	12
Cheese Toasted Sandwich (v, vg*, gf*, df*)	9
Pineapple & Vegetable Fried Rice (v, vg, gf, df) (Add Sunny Side Up Fried Egg 3 Tofu 3)	12
Spaghetti olive oil, sea salt, cheese (v, vg*, gf*, df*) (Add Tofu 3)	9
Tempura Vegetables (v, vg, gf*, df)	12
Cheesy Rainbow Vegetable Skewers (v, vg*, gf, df*)	9
Fresh Garden Salad & Grated Cheese (v, vg*, gf, df*) (Add Tofu 3)	9
Island Slaw & Grated Cheese (v, vg*, gf*, df*) (Add Tofu 3)	9
Wilted Island Greens & Grated Cheese (v, vg*, gf, df*) (Add Tofu 3)	9

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Island specialities



KIDS 'GONE TROPPO' VEGETARIAN 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 Vegetarian Dessert 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 vegan coconut ice cream

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

With a scoop of vegan coconut ice cream

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

A scoop each of chocolate, strawberry & 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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