



# GLUTEN FREE ALL DAY MENU

11am – 9pm

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



**Coconut Crumbed Prawns with Mango Dipping Sauce** (gf\*, df) **24**  
Crispy prawns coated in coconut crumbs, mango dipping sauce



**Yellowfin Tuna & Pineapple Skewers** (gf\*, df) **24**  
Lightly grilled, drizzled with teriyaki sauce

**Cajun-Spiced Calamari with Garlic Aioli** (gf, df\*) **19**  
Tender calamari dusted with a zesty creamy garlic aioli  
for a delightful combination of heat and tang

**Honey Mustard Chicken Wings** (gf, df) **19**  
Glazed for a sweet and tangy flavour

**Sesame-Coated Thai Fish Cakes** (gf, df) **22**  
Sweet chilli sauce

**Prawn & Vegetable Tempura** (gf\*, df) **26**  
Crispy tempura, ginger soy dipping sauce

**Vegetable Tempura** (v, vg, gf\*, df) **19**  
Ginger soy dipping sauce



**"Ika Mata" - Classic Cook Islands Marinated Big Game Fish** (gf, df) **24**  
A true island favourite. Fresh big game fish marinated in a  
zesty coconut, lime & chili sauce, island fries

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

\* - can be made to special dietary requirement



Island specialities



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## 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 gluten-free soy sauce and island spices

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

## Grilled Chicken Salad (gf\*)

28

Grilled chicken breast, bacon, parmesan cheese, on a bed of crisp cos lettuce, drizzled with an olive oil & lemon dressing



## The Rarotongan Yellowfin Tuna Salad (gf\*, df\*)

29

Fresh-caught yellowfin tuna, seared medium rare, on island greens with cucumber and tomato, topped with crispy fried onions and an olive oil and lemon dressing

## Thai Noodle Salad (v\*, vg\*, gf\*, df)

24

A flavour-packed salad with glass noodles, tomato, cucumber, red onion, mixed greens, herbs, and a spicy gluten-free 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, and a chilli lime coconut sauce

**(Add Chicken 6 | Prawns 9 | Tofu 4)**

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Island specialities



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

Crispy bacon, gluten-free smoky BBQ sauce, cheddar cheese, caramelized onions, a juicy beef patty, fresh lettuce, sliced tomato, gluten-free bun, French fries. Also available naked

### **Vegan “Beyond Meat” Cheeseburger** (v, vg, gf\*, df) **29**

A delicious plant-based patty with dairy-free cheese, lettuce, tomato, and vegan mayo, gluten-free bun, French fries. Also available naked

### **Club Sandwich** (gf\*) **26**

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



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

Gluten-free breaded big game fish fillet, crispy coconut crust, lettuce, tomato, spicy pawpaw salsa, toasted gluten-free bread, French fries

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

Grilled steak served on toasted gluten-free bread with mayo, onion, tomato, lettuce, and a side of French fries

**(Add a Sunny Side Up Fried Egg 3)**

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Island specialties



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## *Substitute Vegan Cheese 3*



**Hawaiian Pizza** (gf\*, df\*)

27

Ham, pineapple, mozzarella, gluten-free pizza base



**Island BBQ Chicken Pizza** (gf\*, df\*)

29

BBQ Chicken, tangy gluten-free BBQ sauce, red onion, capsicum, pineapple, mozzarella, gluten-free pizza base



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

32

Roast pork, crispy bacon, sausage, pepperoni, chicken, mozzarella, smothered in tangy gluten-free BBQ sauce and drizzled with gluten-free honey mustard sauce on a gluten-free pizza base

**Pepperoni Pizza** (gf\*, df\*)

29

Spicy pepperoni slices, mozzarella, tomato sauce, gluten-free pizza base

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

25

Sundried tomato, mozzarella, tangy gluten-free tomato sauce, herbs, gluten-free pizza base

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

29

Topped with mushrooms, eggplant, onions, tomatoes, herbs, and dairy-free vegan cheese on a gluten-free vegan pizza base

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Island specialities



# GLUTEN FREE ALL DAY MENU

11am – 9pm

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**French Fries** (v, vg\*, gf, df\*) 9

Crispy golden French fries, seasoned with sea salt, served with a side of 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 chilli lime dipping sauce

**Add Toppings to French Fries or Island Fries:** 9

- **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 toppings:

- **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



## GLUTEN FREE

# CONTEMPORARY ISLAND DINNER MAINS

5pm - 9pm

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

### **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 gluten-free mustard hollandaise sauce



### **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



### **Ribeye Steak Island-Style (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, tropical pineapple salsa, coconut rice, island slaw



### **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 chili, steamed in a banana leaf, fragrant Thai basil & lime sauce, jasmine rice, sautéed Asian greens

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Island specialities



## GLUTEN FREE CONTEMPORARY ISLAND DINNER MAINS

5pm - 9pm

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



### **Tropical Chicken Parmigiana** (gf\*, df\*)

**32**

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



### **Grilled Lamb Chops with Mint & Coconut Sambal** (gf\*)

**34**

New Zealand lamb chops marinated in olive oil, mint & coconut, herbed mashed potatoes, wilted island greens, 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



## GLUTEN FREE SIDES

11am - 9am

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**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 & herbs



**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 & garlic coconut cream



**Island Slaw** (v, vg\*, gf, df) 9

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

**Herb-Grilled Seasonal Vegetables** (v, vg, gf, df) 9

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

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Island specialities





## GLUTEN FREE SWEET ISLAND DELIGHTS

11am - 9pm

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### **Dark Chocolate Coconut Fudge Brownie** (v, vg, gf, df) **16**

Indulge in 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**

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 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, with a mango compote

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Island specialities



# 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***

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

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Island specialities



## 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***

**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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Island specialities



## KIDS 'GONE TROPPO' GLUTEN FREE DESSERT 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**

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|--|-----------|
| <b>Banana Split</b> (v*, vg*, gf*, df*)<br>Chocolate, strawberry & vanilla ice creams, whipped cream,<br>chocolate sauce, chocolate hail, strawberry wafer, chopped nuts,<br>"hundreds & thousands" sprinkles, maraschino cherries | <b>18</b> |
| <b>Pineapple &amp; Banana Fritters</b> (v, vg*, gf*, df*)<br>With a scoop of coconut ice cream<br><i>Please ask if you would prefer vegan ice cream</i>  | <b>14</b> |
| <b>Rainbow Fruit Skewers</b> (v, vg*, gf, df*)<br>With a scoop of coconut ice cream<br><i>Please ask if you would prefer vegan ice cream</i>   | <b>12</b> |
| <b>Trio of Ice Creams</b> (v, vg*, gf, df*)<br>A scoop each of chocolate, strawberry & vanilla ice creams<br><i>Please ask if you would prefer vegan ice cream</i>   | <b>9</b>  |

## KIDS 'GONE TROPPO' DRINKS- 8

- |   |   |  |
|---|---|--|
| <b>SODA SPIDER</b><br>~frothy fun~<br>coke, sprite, fanta or<br>raspberry soda, ice cream | <b>SUPER SLUSHY</b><br>~super cool~<br>giant-sized blue lagoon,<br>mango, lime or raspberry<br>in crushed ice | <b>PINK PANTHER</b><br>~pink, sweet & fluffy~<br>lemonade & raspberry,<br>creamed    |
| <b>RASPBERRY RIPPLE</b><br>~red goes fastest~<br>sprite, grenadine power                  | <b>BLUE MEANIE</b><br>~your tongue will turn blue~<br>blue lemonade   | <b>TRAFFIC LIGHT</b><br>~the only one on the island~<br>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 large variety of deep-water game fish including yellow fin 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 medium rare
- ~ beer battered
- ~ coconut 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
- ~ gluten-free bread with garlic butter



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Island specialities