




VEGETARIAN MENU

Breakfast Available 7am – 11am

Two Free-Range Island Eggs on Toasted Turkish Bread (gf*)	12
poached, scrambled, or fried	
Granola Bowl (gf*)	12
fresh coconut cream, chia seed, pawpaw, yogurt, blueberry compote	
Rarotongan Vanilla Hot Cake Stack (gf*)	14
whipped butter, maple syrup, strawberry dust	
Three Free-Range Egg Omelet (v, df, gf)	16
your choices - tomato mushroom mozzarella onion capsicum chili	
Tofu Scramble (v, vg, df, gf)	16
your choices - tomato mushroom mozzarella onion capsicum chili	
Tropical Island Breakfast Buffet	24
fresh Island fruits, fresh fruit salad, home-stewed fruits, bircher muesli, homemade yoghurt fresh baked breads, pastries, muffins & croissants, cereals, toast, spreads, fruit juices, tea & coffee	

Available 11am – 9pm

 Island Fries (gf, vg*)	9
taro, kumara, maniota, green banana, sweet chili mayo & pawpaw salsa	
French Fries (vg*)	9
garlic aioli, tomato ketchup	
Garlic Bread (gf*)	9
toasted Turkish bread, garlic herb butter, pesto	
Melted Cheese Loaded Fries	14
Mexican - guacamole with chipotle salsa (vg*)	
Nachos (vg*, gf*)	14
corn chips, refried beans, cheese, sour cream & guacamole	



island specialities

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

* - can be made to special dietary requirement

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Spicy Potato Wedges (vg*, gf*)	14
spicy potato wedges, cheese, sour cream	
Vegan Cheeseburger (v, vg*, gf*)	25
plant based “meat” patty, vegan cheese, avocado, lettuce, tomato, red onion, island fries, ketchup add fried egg 27	
Sizzling Fajitas	26
garlic & soy marinated tofu, guacamole, spicy fruit chutney	
Margherita Pizza (vg*)	19
sun dried tomato, basil, garlic, mozzarella add Olives, Mushroom & Capsicum 22	
Vegan Pizza	26
vegan cheese, mushroom, onion, capsicum, olives, oregano, lemon pawpaw seed pepper	
 Coconut Noodle Salad (gf, df, vg)	19
fresh julienne coconut noodles, tomato, cucumber, pawpaw, red onion, coriander, mint, tangy island cream dressing, lemon pawpaw seed pepper add tofu 23	
Thai Noodle Salad (gf, df, vg*)	19
cucumber, capsicum, carrot, coriander, onion, chili, garlic, ginger, glass noodles add tofu 23	
Niçoise Salad (gf, df, vg*)	19
mixed salad leaves, potato, green beans, hardboiled egg, capers, tomato, red onion, olives add tofu 23	
 Beach BBQ Bowl (gf, df, vg)	22
sweet corn, bell peppers, red onions, pawpaw, roasted kumara, roasted pumpkin, tomato, cucumber, lettuce, grated coconut, coriander, lemon pawpaw seed pepper, ginger lime chili coconut sauce add tofu 26	
Spicy Tofu Ramen	26
organic soba noodles, garlic & soy marinated tofu, fresh chilli, spring onion, bok choy, shitake mushrooms, wakame, ginger, toasted sesame	



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 Vegan Coconut Curry (vg*)	28
local root vegetables, capsicum, spinach, light coconut curry sauce, garlic naan, coconut rice	
Seasonal Vegetables (v, vg*)	9
dukah spiced butter	
Tropical Garden Salad (v, vg*)	9
mixed leaves, red onion, capsicum, cucumber, tomato, pineapple, toasted coconut	
Coconut Rice & Garlic Butter Naan (v, vg*)	9
Trio of Ice Creams (gf*)	9
coconut, chocolate, strawberry	
Fresh Fruit Plate (v, vg, df, gf)	9
passionfruit coulis, fresh chia seed pudding	
 Passionfruit Cheesecake	12
lime crème, pawpaw coulis	
Dark Chocolate Coconut Fudge Brownie (gf)	12
salted caramel, vanilla ice cream	
 The Rarotongan Sundae (gf*)	18
coconut ice cream, Raro-style donuts, coconut & pineapple curd, passion fruit syrup, fruit salsa, whipped cream	
Choco-nutty Sundae (gf*)	18
chocolate ice cream, chocolate truffles, white chocolate, peanut butter sauce, chocolate sponge crumb, chocolate cone, whipped cream	
Blue Lagoon Meringue Sundae (gf*)	18
vanilla ice cream, lemon curd, crisp meringue pieces, citrus biscuit crumbs, toasted Italian meringue, whipped cream	



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KIDS 'GONE TROPPO' VEGETARIAN MENU

Available to kids 11 years & under 11am to 9pm

MEALS

Garlic Bread (gf*, df*, vg*)	5
French Fries (gf, df, *vg)	5
Fresh Garden Salad or Buttered Vegetables (gf*, df*, vg*) add grated cheese	6 7
Melted Cheese Toasted Sandwich (gf*, v)	9
Spaghetti with parmesan	9
• Napoli (gf*,df*, vg)	
• olive oil & sea salt (gf*,df*, vg)	
Margherita Mini Pizza	10
Egg & Vegetables Fried Rice (gf*, vg*)	12

DESSERTS

Tropical Fruit Salad (gf*, df*, vg*)	5
Selection of Ice Creams (gf*)	6
Pancakes chocolate sauce, chocolate ice cream (gf*)	8
Banana Split vanilla ice cream (gf*)	8
Chocolate Éclair vanilla ice cream, chocolate Sauce	9



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