

BREAKFAST

available 7.30am to 11am

Tropical Buffet Selection 21.5
complimentary for resident guests

Omelette

plain 14.5

add extra items:

cheese, tomato, ham, mushroom, onion 1.5 each

Bacon & Eggs

fried, poached, scrambled, boiled

served with ciabatta toast 16.5

Pancake Stack

grilled banana, bacon, maple syrup 16.5

Eggs Benedict

streaky bacon & soft poached eggs,
on toasted bagel & hollandaise sauce 19.5

Sides

grilled tomato 4.0

mushrooms 4.0

streaky bacon 5.0

locally made sausage 5.0

roasted potatoes 5.0

All prices are in New Zealand dollars (\$)

SANDALS RESTAURANT & BAREFOOT BAR
PACIFIC RESORT RAROTONGA, COOK ISLANDS

BREAKFAST BEVERAGES

Fresh Coconut Nu

young coconut water 10.0

Island Smoothie

banana & seasonal mixed fruit
blended with ice 9.5

Oneroa Passion

passionfruit, orange juice
yoghurt blended with ice 9.5

Banana Chocolate

fresh banana, chocolate fudge sauce
vanilla ice cream 9.5

Coffees

espresso /short black

3.5 single / 4.5 double

long black 4.5

latte 5.5

flat white 5.5

cappuccino 5.5

Juices

pineapple juice 4.5

orange juice 4.5

cranberry juice 4.5

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SANDALS RESTAURANT & BAREFOOT BAR
PACIFIC RESORT RAROTONGA, COOK ISLANDS

ALL DAY MENU

ENTRÉES / LIGHT DISHES

available 11am to 9.30pm

Ika Mata (gf)

marinated raw fish, lime juice & coconut cream
served with island crisps 17.5 / 25.0

Salt & Pepper Squid

served with thai style salad & orange soy dipper 21.5

Greek Salad (gf)

feta cheese, cucumber, tomato, olives,
onion, mixed greens, vinaigrette dressing 19.0

Shrimp & Paw Paw Salad (gf)

shrimps & marie rose sauce with coriander
served in a paw paw basket 24.5

Muri Nicoise Salad

seared game fish served over a warm salad of crisp roasted potato,
garden greens, tomato, fresh herbs & a soft poached egg
drizzled with a soy ginger tapenade 29.5

All prices are in New Zealand dollars (\$) | (gf) gluten free, (*gf) gluten free on request

ALL DAY MENU

ON BREAD

all served with fries

Traditional Toasted Sandwich

a choice of 3 fillings including cheese, ham,
tomato, pineapple or onion 18.0 / extra filling 3.0

Grilled Fish Burger

with lettuce, tomato & tartar sauce 21.5

Open Chicken Sandwich

marinated chicken with lettuce, tomato,
melted camembert, finished with a basil pesto 21.5

Beef Burger

homemade beef patty with lettuce, tomato,
gherkin, mozzarella & tomato relish 23.5

OFF THE GRILL

all served with salad & choice of 1 side

Fish of the Day (*gf)

choice of grilled, crumbed or battered fillet 28.5

Chicken Breast (*gf)

choice of grilled or crumbed 28.5

SIDES 9.0

french fries (gf)

island fries (gf)

roasted potatoes (gf)

coconut white rice (gf)

assorted local vegetables (gf)

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DINNER SPECIALTIES

MAIN DISHES

available 6pm to 9.30pm

Curry of the Day

served with steamed rice & naan bread 38.5

Grilled Chicken Fettuccine

sliced grilled chicken & homemade alfredo sauce served over fettuccine pasta 31.5
wine recommendation | Noku Chardonnay (NZ) bottle 45.0 glass 11.0

NZ Lamb Rack (*gf)

served with creamy mash potato, julienned vegetables, rosemary jus 41.5
wine recommendation | Montes Alpha Malbec (CHL) bottle 55.0

Fillet Steak (gf)

served with maniota cake, coconut rukau, red wine jus, & a béarnaise sauce 41.5
wine recommendation | Schubert Estate Pinot Noir (NZ) bottle 75.0

Prawn & Pesto Linguine

linguine tossed in garlic & tomato finished with basil pesto & parmesan cheese 31.5
wine recommendation | Tohu Sauvignon Blanc (NZ) bottle 49.5 glass 12.5

‘CHEF’S SIGNATURE DISH’

The Pacific Sizzler (gf)

cook islands local fish on a sizzling platter
sautéed vegetables drizzled with coconut lime sauce 41.5

wine recommendation | Māua Rose (NZ) bottle 45.0 glass 11.0

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ALL DAY MENU

DESSERTS

available 11am to 9.30pm

Local Seasonal Cheesecake

served with whipped cream & a fruit coulis 14.5

Hazelnut Chocolate Torte

served with ice cream 14.5

Classic Creme Brulee (*gf)

rich vanilla custard served with biscotti 15.5

Chocolate Banana Spring Roll

crispy banana spring roll with gooey moro centre
rolled in cinnamon sugar served with ice cream 15.5

Seasonal Fruit Platter

a variety of our local fresh fruits in season 15.5

Cheese Board for Two

a selection of fine assorted cheeses
with water crackers to share 19.5

Kapiti Ice-cream (*gf)

select from our available flavours

3 scoop 11.0

1 scoop 5.0

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KIDS MENU

*12 years & under
main & dessert 16.5*

MAINS

Island Fish & Chips
grilled fish fillets & fries

Creamy Ham Pasta
white cream sauce with ham

Spaghetti Bolognese
served with italian tomato sauce

Chicken
grilled or crumbed with fries & salad

Kids Pizza
topped with any two of the following:
roast veg, chicken, mushroom,
ham or pineapple

DESSERT

Mini Ice Cream Sundae
your choice of chocolate, strawberry,
passion fruit or caramel

Fruits of Rarotonga
a variety of our local fresh fruits in season

DRINKS

Oneroa Passion
passionfruit, yoghurt,
orange juice blended with ice 9.5

Island Smoothie
banana and seasonal mixed fruit
blended with ice 9.5

Banana Chocolate Milkshake
banana, chocolate fudge sauce
vanilla ice-cream 9.5

SOFT DRINKS

coke, diet coke,
coke zero, fanta, sprite 4.5

JUICE

orange, pineapple, cranberry
glass 4.5

Top 5 Kids Club Activities!

1. Crab Race
2. Exploring the Motu
3. Kia Orana Day
4. Sand Castle Competition
5. Snorkelling

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SANDALS RESTAURANT & BAREFOOT BAR
PACIFIC RESORT RAROTONGA | COOK ISLANDS

BEVERAGES

VAI

Water

fresh coconut nu		10.0
antipodes sparkling	500ml	7.5
vaima bottled still water	600ml	3.5
house bottled filtered water (service charge)	1000ml	2.5

HOUSE WINE

By the glass

house sparkling		11.0
house white		11.0
house red		11.0
house rose		11.0

BEER

Corona Lager	<i>Mexico City, MX</i>	9.0
perfect larger for a beachside refresher, the barest suggestion of hops, slight sweetness & subtle flavour		
Heineken Lager	<i>Amsterdam, NL</i>	9.0
interesting notes of honey & ripe banana, perfect flavour combination of malty cereal & fruity yeast & finishes with a hop bite		
Steinlager Pure	<i>Auckland, NZ</i>	8.0
a smooth, refreshing flavour with no additives & preservatives. perfectly balanced, from the light new zealand hop nose to the crisp clean finish		
Steinlager Classic	<i>Auckland, NZ</i>	8.0
robust hop nose of fresh-cut green grass & a full flavour that is perfectly balanced with a dry, tangy finish & crisp clean bitterness		
Pure Blonde	<i>AUS</i>	8.0
a refreshing, ultra-low carb, full-flavoured lager, brewed using the finest ingredients		
Cook Islands Lager on Tap (325ml)	<i>Rarotonga, CI</i>	7.0
rarotonga's most famous drop, this crisp refreshing larger is brewed in very cold temperatures to ensure a clear pale amber colour with a medium size white head delivering mild bitterness & sourced from the finest ingredients		

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SPIRITS & LIQUEURS

absolute vodka	<i>Sweden</i>	60ml	9.0
grey goose vodka	<i>France</i>	60ml	11.0
belvedere vodka	<i>Poland</i>	60ml	11.0
cîroc snap frost vodka	<i>France</i>	60ml	11.0
bombay sapphire gin	<i>England</i>	60ml	9.0
tanqueray gin	<i>England</i>	60ml	9.0
hendrick's gin	<i>Scotland</i>	60ml	13.0
jose cuervo tequila	<i>Mexico</i>	60ml	9.0
patrón silver tequila	<i>Mexico</i>	60ml	11.0
patrón XO café	<i>Mexico</i>	60ml	11.0
bacardi carta blanca superior rum	<i>Puerto Rico</i>	60ml	9.0
barcardi gold superior rum	<i>Puerto Rico</i>	60ml	9.0
appleton estate rum	<i>Jamaica</i>	60ml	9.0
cruzan aged rum	<i>US Virgin Islands</i>	60ml	9.0
jack daniel's tennessee bourbon whiskey	<i>USA</i>	60ml	9.0
gentleman jack tennessee bourbon whiskey	<i>USA</i>	60ml	11.0
canadian club blended whiskey	<i>Canada</i>	60ml	9.0
jameson irish blended whiskey	<i>Ireland</i>	60ml	9.0
ballantine's blended whisky	<i>Scotland</i>	60ml	9.0
johnnie walker red label blended whisky	<i>Scotland</i>	60ml	9.0
chivas regal blended whisky	<i>Scotland</i>	60ml	11.0
st remy vsop brandy	<i>France</i>	60ml	11.0
hennessy vsop cognac	<i>France</i>	60ml	13.0
baileys irish cream	<i>Ireland</i>	60ml	9.0
malibu coconut rum	<i>Barbados</i>	60ml	9.0
kahlua	<i>Mexico</i>	60ml	9.0
jägermeister	<i>Germany</i>	60ml	9.0
all other spirits & liqueurs		60ml	9.0
custom-made cocktails to order			18.0

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WINE LIST

CHAMPAGNE

Veuve Clicquot Yellow Label Brut *Champagne, FR* 150.0
reflecting the traditions of the past, this is full, yet dry & has a rich, creamy style with biscuit flavours

Moët & Chandon Impérial *Champagne, FR* 125.0
moët imperial brut offers a bright fruitiness, a seductive palate & an elegant maturity, revealing aromas of pear, citrus & brioche

SPARKLING

Oyster Bay Sparkling Cuvée Rosé *Hawkes Bay & Marlborough, NZ* 55.0
elegant cool climate varietal with fragrant cherry & fresh strawberry aromas, accentuated by a finely bubbled palate with a crisp, refreshing finish

Ca' Vescovo Prosecco DOC *IT* bottle 49.5
crisp, clean & delicate with intense flavors of apples & peaches lead to a pleasant finish with lingering fruit & floral notes glass 11.0

Wolf Blass Eaglehawk Cuvée Brut *AU* 39.5
a fresh, flavoursome sparkling wine with zesty citrus, white peach & sherbet aromas complemented with flavours of apple & melon that come together in a soft, creamy palate with a crisp, refreshing finish

Mimosa 12.0
sparkling wine & orange juice

Blushing Mimosa 12.0
sparkling wine, orange juice, pineapple juice & grenadine

Rose-ecco 12.0
prosecco with a dash of grenadine

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WINE LIST

SAUVIGNON BLANC

- Haha** *Marlborough, NZ* bottle 39.5
beautifully fragrant on the nose displaying passionfruit, peach, feijoa & subtle herbaceous aromas, intense & vibrant
- Jules Taylor** *Marlborough, NZ* 45.0
opens with a burst of fresh green flavours, showing lemongrass & thyme notes up front, a core of lemon-lime leads to a crisp finish
- Tohu** *Marlborough, NZ* bottle 49.5
aromatic currant leaf, citrus & sweet tropical fruits on the nose are complimented with a complex & layered palate of bright fruit & herbal notes glass 12.5

PINOT GRIS

- Bishops Head** *Waipara Valley, NZ* 39.5
an elegant, tightly structured wine, medium to full-bodied, with vibrant, citrusy & slightly buttery flavours
- Masi Modello** *Veneto, IT* 45.0
a well-balanced pinot grigio, intensely fruity notes such as pear, pineapple & grapefruit are offset by a zingy acidity
- Jules Taylor** *Marlborough, NZ* bottle 49.5
an impressive pinot gris showing lifted aromatics of white fleshed nectarines & fragrant spice glass 12.5

CHARDONNAY

- Matawhero** *Gisborne, NZ* 45.0
from a vineyard with rich history for producing premium chardonnay this wine displays aromas of stonefruit & butterscotch with a lovely rich palate
- Nōku** *Gisborne, NZ* bottle 45.0
our very own 'pacific resort' label, this chardonnay has been created exclusively for you to enjoy in our tropical island climate glass 11.0
- Watermark** *Hunter Valley, AUS* 49.5
a chardonnay for those who also enjoy sauv blanc fruit driven with very little oak influence, yet balanced & a perfect accompaniment for any foods at any time

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WINE LIST

ROSE

- Matawhero** *Gisborne, NZ* bottle 45.0
this pinot rose is the perfect summer wine, made from 100% pinot noir grapes
a wine displaying flavours of strawberries & cream with a floral note & a
lovely dry finish
- Māua** *Gisborne, NZ* bottle 45.0
this merlot rose has a bouquet of strawberry, cherry & floral notes,
the palate is flavoursome & vibrant with excellent fruit intensity & purity
glass 11.0
- Tasari** *Sicily, IT* bottle 49.5
a contemporary rosato born from syrah grapes softly pressed, with notes of
strawberry, cherry, raspberry & pomegranate, it is abundant in flavour yet,
at the same time, crisp & bright in character

PINOT NOIR

- Saint-Clair** *Marlborough, NZ* bottle 49.5
a delicious fruit driven style with ripe raspberries & red currants that lead
to an elegant complex finish
glass 12.5
- Montes Alpha** *Aconcagua Coast, CHL* 55.0
a deep ruby color, a little darker than most pinot noir, but the aroma is true to the
grape with hints of violets & berries, the wine has a long, smooth finish
- Aronui** *Nelson, NZ* 59.5
rich & full bodied with bright & lifted blueberry, cassis & black pepper
packed with fresh fruit & spicy oak, it has great length & a succulent juicy finish
- Schubert Estate 'Marions Vineyard'** *Wairarapa, NZ* 85.0
a premium, sophisticated & elegant pinot noir displaying lifted aromas of red fruits
with hints of cloves & star fruit

SHIRAZ / SYRAH

- Watermark** *Hunter Valley, AUS* 55.0
a shiraz that surprises all who have the privilege to enjoy full of fresh ripe berry
characters & with a lush velvety mouth feel that teases for more, a wine that
enhances your enjoyment of most dishes on our menu
- Schubert Estate** *Wairarapa, NZ* 65.0
a premium syrah with a beautiful entrance of lifted aromas, ripe blackcurrants with
array of spice & savoury notes that lead you into vibrant & intense mix of dark
forest fruits

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WINE LIST

OTHER REDS

Tā'au Merlot *Gisborne, NZ* bottle 45.0
this merlot is medium bodied with vibrant sweet flavours of black plums,
blackberry & boysenberry fruit with smooth texture & a pleasant dry finish glass 11.0

Watermark Cabernet Merlot *Longhorn Creek, AUS* bottle 49.5
a wine with enormous flavour & is a red with a real difference, a very approachable
red wine for the climate of the cook islands glass 12.5

Montes Alpha Malbec *Colchagua Valley, CHL* 55.0
red fruit, vanilla & balsamic notes on the nose. medium-bodied, smooth tannins,
good acidity, fruit & toasted notes in the mouth

Montes Alpha Cabernet Sauvignon *Colchagua Valley, CHL* 55.0
an award winning fruity full bodied wine that is well structured with elegant
aromas & a nice smooth finish

DIGESTIVE

Disaronno Originale *Saronno, IT* 60ml 9.0
intense aroma of sweet marzipan & a touch of toasted nuts, whispers of vanilla &
lemon zest, a bitterness balances out the sweetness. served neat or on the rocks

Pallini Limoncello *Amalfi Coast, IT* 60ml 9.0
a simple mix of pure alcohol, molasses sugar beets infused with extracted oils of
amalfi coast lemon zest providing a digestive without bitterness & sourness.
served neat or on the rocks

Patrón XO Cafe *Jalisco, MX* 60ml 11.0
fresh coffee, chocolate & vanilla aroma, smooth yet dry finish with roasted coffee,
chocolate & light tequila flavours. served neat or on the rocks

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