

LUNCH MENU

AVAILABLE FROM 12pm – 4pm
TASTING PLATES FOR SHARING

- IKA MATA (GF/DF)** 23
A not to be missed delicacy of the Cook Islands: cubes of fresh line caught fish drenched in coconut cream with lime, coriander, red onion, cucumber & capsicum
- CRISPY CALAMARI (DF)** 20
Crunchy strips of calamari served with homemade radish pickle & a tangy saffron & lime aioli
- KUMARA FISHCAKES (DF/N)** 19
An Asian spiced fishcake served with green papaya salad, roasted peanuts & nam jim jaew – Thailand's favourite umami condiment
- STEAMED PORK DUMPLINGS (DF)** 18
Steamed, pork dumplings served in chinkiang vinegar dipping sauce with spring onions, ginger, garlic & chili
- CHICKEN KATSU (DF)** 18
Panko crumbed cutlets of chicken breasts served with homemade pickle, tonkatsu sauce, wasabi aioli & toasted sesame seeds
- GRILLED TOFU (GF/V)** 18
Chargrilled marinated tofu in a soy, chili & ginger marinade served with eggplant puree, fried edamame beans, miso dressing, wasabi pea crumble & furikake
- HOUSE MADE HUMMUS & FALAFEL (DF/VG)** 16
Deliciously smooth chickpea & tahini puree served with zaatar spice, toum, virgin olive oil, crunchy falafel & flatbread

SALADS

- THAI PORK BELLY SALAD (GF/DF)** 26
A fresh, wholesome crunchy salad of green papaya, chopped tomato, shredded carrot, sliced cucumber, roasted peanuts & slow braised pork belly served with a fresh herb salad & nam jim jaew
- RARO CAESAR SALAD** 20
A classic salad of Romaine lettuce, garlic croutons, chopped tomato & grated parmesan cheese tossed with our Nauti house made Caesar dressing

Add: Grilled Chicken Breast \$10 (GF) / Smoked Marlin \$12 (GF/DF)

DF - Dairy Free | GF - Gluten Free | N - Nuts | V - Vegetarian | VG - Vegan

All prices in NZ\$. Menu may change without notice due to availability of ingredients. Special dietary needs can be catered for. Please contact Restaurant Management to discuss.

MURI GARDEN SALAD (GF/DF/VG) 18
A vibrant seasonal salad of locally grown fresh fruit & vegetables served with bean sprouts, cos, lettuce, red oak leaf & passionfruit vinaigrette.

Add: Grilled Chicken Breast \$10 (GF) / Smoked Marlin \$12 (GF/DF)

MAINS

HOUSE SMOKED PORK BABY BACK RIBS (GF/DF) 34
Wood smoked pork ribs served with wok tossed greens, lilikoi, soy & mirin glaze, house made pickles & furikake seasoning

MURI BEACH CARBONARA 32
A super moreish bowl of spaghetti pasta tossed with crispy fried streaky bacon, coconut cream, egg yolks, Grana Padano parmesan cheese & chunks of house smoked marlin

MAZAVAROO LEMON CHICKEN (N) 28
Pan fried flattened cutlets of chicken breast served in a buttery Mauritian inspired lemon & chili sauce with kumara mash & sauteed greens

OPEN FOCACCIA BURGER 28
Prime beef patty served open on our feta, potato & garlic focaccia with chopped rocket, chili, tomato, provolone, decadent creamy miso & mushroom sauce & beer battered onion rings

CHICKPEA KOFTA (DF/VG) 28
Chickpea 'meatballs' in a tamarind, tomato, chili & ginger masala sauce, served with raita & roti

RARO FRIED FISH & CHIPS 26
Palmerston caught parrot fish fillets in Cook Islands Lager beer batter served with mushy peas, pickles & sauce tartare

PAD KA PROW 23
Thailand's favourite lunch – Wok fried ground pork with Holy basil, chili & ginger & served with steamed jasmine rice & a soft fried egg

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SIDES

Fries	7
Island Fries	7
Garden Salad (GF/DF/VG)	7
Nutty Fried Brown Rice (GF/DF/VG/N)	7
Garlic & Parmesan Focaccia (V)	12

DESSERTS

CHEESE BOARD (V)	22
Selected New Zealand Cheeses served with chutney, pickles & crackers	
LEMON CHEESECAKE	14
A divine slice of creamy lemon cheesecake served with a lashing of berries & pickled ginger compote	
HOME CHURNED ICE CREAMS & SORBETS	12
Caramelized popcorn, honeycomb & rocky road – 3 scoops	

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