

SEAFOOD

LONG BOAT SEAFOOD PLATTER \$73

Fish, prawn, octopus, mussels & Squid Grilled or batter of your choice Served with Tarter Sause

COCONUT SEAFOOD BAKE \$47

Seafood baked in coconut milk in a coconut shell served with Rice

CHEESY PRAWN BAKE \$37

Grilled Prawns with garlic Cheese sauce bake Served with rice and Fijian spinach salad

GARLIC BUTTERED NZ MUSSELS \$43

Green lip mussels Tost with Garlic and white wine Served with Garlic Bread, Coriander and Chille

FISH

FISH AND CHIPS \$31

Beer battered fish of the day, handcut potato, tartare

SAVUSAVU GRILLED FISH \$47

Grilled fish on a bed of local garlic butter spinach and sweet potato mash or potato mash Served with fresh Miti sauce

CHILE FISH \$30

Crispy Battered Fish Vegetables coated in a homemade tomato Chilli sauce

IKA VALOLO SMOKED ^{GF} \$44

Grilled fish fillet, grilled plantain, local greens, smoked coconutmilk, Cilantro

FISH & MASH ^{GF} \$38

Grilled fish fillet, mashed potato, lemon caper butter, green herb oil

CHICKEN

LEMON GRASS CHICKEN \$31

1/2 roastedchicken infused with lemongrass & herbs, garden salad with paw paw, house tomato ketchup

MOCHIKO FRIED CHICKEN \$33

Asian flavored boneless Chicken, side salad, Fries, Fried Garlic Aioli

THAI CHICKEN CURRY \$31

Thai Green Curry Chicken served with Rice or coconut roti

FIJIAN BUTTER CHICKEN \$30

Bone in chicken, curry sauce, tomato coconut milk with coconut roti or Rice

PARMESAN CHICKEN \$35

breaded chicken breast covered in tomato sauce and mozzarella Mash on the side.

MY KAI RESTAURANT MENU

VEGAN

UMAMI + GREENS

LINGUINI VEGAN+NUTS \$23

local oyster mushrooms, asian greens, sprouts in honey garlic hoisin, finished with basil pesto + fried shallots

ROTI + CURRY - THAI

MASSAMAN ^{VEGAN NUTS MILD} \$23

seasonal vegetables, mild lemongrass coconut curry, coriander, nuts, seeni onion sambol, coconut roti

VEGETABLE THAI GREEN

CURRY ^{GF VEGAN} \$25

Curry vegetable, Thai curry green sauce with steam rice or Coconut roti

VEGETARIAN

VEGETARIAN LASAGNA ^{GF} \$25

Layers of ratatouille sauce scalloped sweet potato and Fiji spinach and cheese sauce served with Fiji long loaf garlic bread

SEASONAL ROOT CROP NACHOS

VEGAN ^{VEGAN} \$25

Root crop chips of the season served with our Chile black bean fresh Fiji tomato and cucumber salsa and green lemon garlic coriander sauce

DEVILLED STIR FRY

VEGETABLE ^{MILD} \$19

Spicy, sweet, tangy vegetable stir fry, served with rice or chow mein noodles

KID'S MEALS DESIGNED FOR 8 YEARS AND YOUNGER

MINI CHEESEBURGER FRIES & SALAD \$18

MINI CHICKEN NUGGETS & FRIES \$19

SPAGHETTI BOLOGNESE WITH CHEESE \$19

FISH & FRIES BATTERED OR GRILLED \$18

LAMB

JAFFNA LAMB SHANK \$48

slow-braised lamb on-bone, northernSri Lankan spices,coconut milk

XINJIANG CUMIN LAMB ^{GF} ^{HALAL} \$42

Spiced lamb steak, warmed lentil, olive & Fijian spinach salad, Greek yoghurt, chili caper dressing

CHILE LAMB NACHOS ^{HALAL} \$33

Chile Mexican lamb and black beans served on our cumin Nachos with cheese & salsa

LAMB RENDANG ^{GF} ^{HALAL} \$37

Tender lamb slow-cooked in a spiced coconut and toasted coconut gravy, rich flavours. Served with rice.

PORK

BLACK PEPPERED PORK RIBS \$38

Black Peppered honey Pork Ribs served with Rice and warm Fijian spinach Salad

CHAR SUEY PORK \$43

350gm pork cutlet rubbed in hoisin, honey& five spice, Steam rice, pineapple chutney & local green

PORK BELLY VALOLO ^{GF} \$25

Crispy pork, smoked coconut milk, salsa

STICKY THAI PORK \$41

Lemon, sweet Chile ginger sticky pork served with coconut rice and stir-fried Choy sum and beansprouts

BEEF

STEAK HOUSE CHOICE

STEAK & MASH

Imported beef, Creamy mash potato, garlic herb butter, salsa Verde with Diane mushroom sauce and coriander and parsley Chimichurri sauce

Rib-eye \$87 | Sirloin \$77

BEEF MASSAMAN CURRY \$29

Beef massaman curry braised in coconut milk served with Steam rice or Coconut roti, Garnish with peanuts.

QUICK PICKS AND KIDS FAVORITES

SMASHED BURGER \$20

Beef Pattie, cheese, lettuce Fried onion and house special burger sauce Double cheeseburger + \$4

CHICKEN BURGER \$26

Crispy panko Fried Chicken Brest, lettuce, garlic aioli

CAJUN TUNA BURGER \$27

Grilled yellowfin tuna Cajun Pattie, lettuce, tartare, salsa Verde

SAMURAI BLACK BEAN BURGER \$26

Jackfruit, Black bean Pattie, hummus, lettuce, tomato, green salsa aioli

CUMIN LAMB BURGER \$28

Spices lamb Pattie with garlic aioli, caramelized onion, lettuce, tomato

EPIC AUSSIE BURGER \$32

200g Beef Pattie, cheese, fried egg and bacon lettuce tomato and special burger sauce

QUICK PICK -PASTA / NOODLES

All pasta served with cheesy garlic Fiji long loaf bread

CREAMY CHICKEN ALFREDO \$28

Add Mushroom +\$5

BEEF BOLOGNAISES \$25

BACON & MUSHROOM ALFREDO \$36

GRILLED PRAWN, LEMON ZEST AND PESTO \$35

PIZZA PASTA (PIZZA SAUCE WITH CHEESE AND BACON) \$35

WOK FRY

Select your Protein, Favorite Dish

Seasonal vegetable, EGG \$24 | Chicken \$31 | Grilled Tofu \$29 | Beef \$34 | Prawn \$38

SINGAPORE NOODLES

Spiced thin rice noodles with veg and your choice of Pork, Chicken, Chile Prawn, Fried egg or grilled tofu Red Pork \$42

PAD THAI NOODLES

Tamarin and seasoned thick rice noodles with veg and your choice of Chicken, Beef, Prawn, Fried egg or grilled tofu served with lemon, sprouts and peanuts

NASI GORENG

Rice infused with shrimp paste, tamarind, fish sauce and Topped with a fried egg your choice of Chicken, Beef or Prawns

ACCOMPANIMENTS

RICE \$6

FRENCH FRIES^{GF} \$15

with American-style fry sauce

LOADED CASSAVA^{GF} \$17

Cheesy white sauce, cilantro aioli

TROPICAL GARDEN SALAD^{GF VEGAN} \$18

Leafy green, ferns, cucumber, tomato, pineapple, passion fruit vinaigrette

WARMED SUPER GREENS \$19

Garlic, Seasonal Fiji green vegetable

CREAMY MASHED POTATO \$18

FRIED EGG \$6

EXTRA POL ROTI 2PC \$4

DIVINE DESSERTS

TIN ROOF SUNDAE NUTS \$15

house vanilla choc swirl ice cream, chocolate syrup, peanuts

BILO BILO SAGO^(GF / CONTAINS DAIRY) \$14

Bowl of creamy coconut sago with seasonal tropical fruit

TAVU CHEESECAKE^{GF} \$16

Burnt basque-style cassava & cheese cake, ginger & passionfruit sauce

WATALAPPAM COCONUT CUSTARD^{GF} \$10

Steamed spiced custard, caramel lace tuile, salted caramel, roasted cashew

BANANA BREAD & BUTTER PUDDING \$16

Baked milk bread, custard & caramelized banana, chocolate, mango ice cream

LYCHEE, COCONUT & LIME CAKE \$16

Moist coconut sponge with lime curd, fresh cream, gin-macerated lychees

BLACKFOREST VOLCANO \$20

Baked chocolate fondant with oozing center, choc dipped cherries, dark cherry compote, vanilla ice cream

HOKEY POKEY PARFAIT \$20

Dark Fijian chocolate mousse, peanut brittle, peanut butter caramel

MY STARTER

THAI FIJI FISH CAKES \$21

Thai Fish Cakes on smoked coconut sauce served with our homemade sweet Chile sauce 5pc

SATAY LAMB \$18

Lamb Kofta served on a peanut marsala coconut sauce 3pc

VAKALOLO NZ MUSSELS \$28

Green lipped NZ mussels chopped up mixed with onion Chile coriander and thick coconut milk and baked in its shell

CHICKEN SATAY \$18

Skewered chicken, cucumber, peanut satay sauce 3pc

KOKODA SASHIMI \$28

light-cured raw fish, scorched coconut milk, salsa fresca, chili, lemon

JUNGLE DUMPLINGS^{VEGAN} \$16

steamed pastries of ota ferns, shiitake & tofu filling, chilli crisp oil, gingered soy 5pc

PORK AND PRAWN SHAO MAI \$19

steamed pastries, chili crisp oil, gingered soy 3pc

CHICKEN WON TONS \$16

fried pastries of chicken & vegetable, chilli crisp oil, sweet chili sauce 5pc

SPRING ROLLS^{VEGAN} \$18

curry tempered potato & carrot filling, house ketchup 4pc

PALU SAMI AND CHEESE SPRING ROLLS \$18

Palusami filing with cheese, house ketchup 4 pc

CRISPY COCONUT PRAWNS SERVED ON GARLIC AIOLI \$31

coconut crumb fried prawn, garlic aioli 7pc

CRISPY CHICKEN WINGS COATED WITH A SPICY CHILI SAUCE \$25

Fried marinated chicken wings, Chili sauce

SEASONAL GREENS AND NOODLE STIR FRY WITH OYSTER GINGER SAUCE \$15

Stir fry noodles, Asian green, ginger oyster sauce

SEAFOOD LAKSA SOUP \$35

A fragrant coconut curry soup with prawns, simmered in a spicy broth and served with noodles, fresh herbs, and a hint of lime and boiled egg.