

## 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 <sup>GF</sup> \$44

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

### FISH & MASH <sup>GF</sup> \$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 <sup>VEGAN NUTS MILD</sup> \$23

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

### VEGETABLE THAI GREEN

### CURRY <sup>GF VEGAN</sup> \$25

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

## VEGETARIAN

### VEGETARIAN LASAGNA <sup>GF</sup> \$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 <sup>VEGAN</sup> \$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 <sup>MILD</sup> \$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, northern Sri Lankan spices, coconut milk

### XINJIANG CUMIN LAMB <sup>GF</sup> <sup>HALAL</sup> \$42

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

### CHILE LAMB NACHOS <sup>HALAL</sup> \$33

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

### LAMB RENDANG <sup>GF</sup> <sup>HALAL</sup> \$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 SIU PORK \$43

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

### PORK BELLY VALOLO <sup>GF</sup> \$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<sup>GF</sup> \$15

with American-style fry sauce

### LOADED CASSAVA<sup>GF</sup> \$17

Cheesy white sauce, cilantro aioli

### TROPICAL GARDEN \$18

**SALAD<sup>GF VEGAN</sup>**

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<sup>(GF / CONTAINS DAIRY)</sup> \$14

Bowl of creamy coconut sago with seasonal tropical fruit

### TAVU CHEESECAKE<sup>GF</sup> \$16

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

### WATALAPPAM COCONUT CUSTARD<sup>GF</sup> \$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<sup>VEGAN</sup> \$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<sup>VEGAN</sup> \$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.