

## PARAKUIHI | BREAKFAST

"Don't worry, we've got your breakfast until 2 pm"

### HĒKI KAURORI POAKA | EGGS BENE, BACON (GF) 25

Two Poached Eggs, Bacon on our hours Smoked Hāngī Hash, Potato, Pumpkin, Kumara, Hollandaise

### PĀKĀ PARAKUIHI | BREAKFAST BURGER (GFA) 26

Bacon, Egg, Pork & Watercress Sausage on Rēwana Bun, Watercress Pesto, Hollandaise

### RAHOPŪRU | SMASHED AVOCADO (GFA, VGN) 27

Smashed Avocado, Rēwana Bread, Pickled Fennel, Cherry Tomatoes, Olives, Sliced Radish & Coriander

## PERETI PARAKUIHI | BREAKFAST BOARD

Please choose your favourite items and we will create a breakfast board

Egg (gf, df)	3.50
Bacon (gf, df)	9
Mushrooms, Grilled (vgn, gf)	7
Spinach, Wilted (gf, df)	6
Hāngī Hash (gf, df)	8
Smoked Tomato (gf, df)	7
Haloumi (gf, df)	8
Smoked Salmon (gf, df)	9
Spiced Beans (gf, df)	6
Fresh Fruit (gf, df, vgn)	6
Croissant (warmed)	5
Palusami	8
French Toast	10
Hollandaise	3
Fry Bread (1)	6
Avocado, Smashed (gf, df, vgn)	6
Pork & Watercress Sausage	5
Sour Dough Toast (gfa)	4
Gluten Free Toast	4
Rēwana Toast	4

## RĀRANGI KAI | MENU

Nau Mai, Haere Mai, Welcome

10.30 am – 2.00 pm



### KARAKIA KAI

In Māori culture, acknowledging the significance of food through giving thanks, reflects a deep respect for the land, nature, and the connections between people and their sustenance.

I HOMAI NGĀ KAI  
RONGOMATANE  
TĀNE MAHUTA,  
HAUMIA-TIKETIKE,  
TANGAROA  
KIA ORA, KIA ORA,  
WHAKAMAUA KI A TINA (TINA)  
HAUMI E, HUI E, TĀIKI E

This food has been given to us by atua,  
Rongo, guardian of kumara & peace,  
Tāne, guardian of the forest,  
Haumia, guardian, cultivated foods,  
Tangaroa, guardian of the sea,  
We give thanks, we give thanks,  
And feast together as one.

## KAI MOTUHAKE | SIGNATURE

### HĀNGĪ | OVEN STEAMED HĀNGĪ (DFA) 29

Our signature dish, a café version: Smoked Aromas, Oven Steamed Chicken, Pork, Potato, Pumpkin, Kūmara, Stuffing, Cabbage, Rēwana

### HUPA KAIMOANA | SEAFOOD CHOWDER (GFA) 33

Fish, Salmon, Prawns, Mussels, Corn, Potato, Onion, Rēwana Toast

### MĪTI POAKA ME HEIHEI | PORK, CHICKEN, CHIPS (DF) 27

Hāngī-style Pulled Pork & Chicken on Chips, Sage & Onion Gravy, Stuffing Crumble, Horopito Mayo

### ME'A KAI | A TASTE OF THE PACIFIC (GF) 32

Chop Suey, Taro\*, Potato Salad, Palusami\* with Corned Beef Crumb, Smoked Pork Belly

*\* Taro leaves are seasonal, so maybe omitted*

### PERETI PARĀOA PARAI | FRY BREAD PLATES

#### FRY BREAD

Butter & Golden Syrup (2) 12

#### CREAMED PĀUA

Creamed Pāua with Fry Bread 28

## KAI NUI | LARGE PLATES

### PĀKĀ HEIHEI | CHICKEN BURGER (GFA, DFA) 29

Pickle, Maple Bacon, Swiss Cheese, Watercress, Aioli, Rēwana Bun, Fries

### IKA O TE RĀ | FISH OF THE DAY (GF, DF) 32

Crispy Battered Fish\*, Fries, Lemon Horopito Mayo, Slaw

*\* Grilled on Request*

### TAKAKAU KAIOTA | VEGAN FLATBREAD (VGN) 28

Garlic Roasted Cauliflower, Mushroom & Pesto Flatbread

### MITI KAU | STEAK (GF, DF, NF) 36

Grilled 200g (MR) Sirloin Steak, House Slaw, Kumara or Potato Fries, Fried Egg

Add ons: Gravy 3; Aioli 2; Mushroom 7; 2nd Egg 3.50

### PERETI KAIOTA TOHATOHA | VEGAN PLATTER (GFA) 33

Maple Roasted Baby Carrots, Beetroot, Artichokes, Pitted Olives, Spiced Hummus, Vegan Watercress Pesto, Rice Crackers, Rēwana Crostini



## KAI ITI | SMALL PLATES

### IKA MATA | RAW FISH (GF, DF) 24

Coconut Cream, Tomato, Cucumber, Coriander, Kūmara Crisps

### WHEKE PARAI | FRIED SQUID (GF, DF) 18

Kawakawa, Lemon & Coconut Fried Squid, Aioli

### HEIHEI PARAI | FRIED CHICKEN (GF, DF) 19

Kawakawa, Lemon & Coconut, Aioli

### HUAMATA | SALAD (GF, DF, VEGAN) 16

House Salad, Seasonal Greens & Vegetables

### KOTAKOTA KŪMARA | KŪMARA FRIES (GF, DF) 15

Kūmara Fries, Chipotle Aioli Add Gravy 3

### KOTAKOTA RĪWAI | FRIES (GF, DF) 14

Potato Fries, Horopito, Garlic Mayo Add Gravy 3

## KAI REKA | SWEETS

### KEKE TIAKARETE | CHOCOLATE BROWNIE (GF) 16

Aro Bake Chocolate Brownie, Kāpiti Vanilla Ice Cream, Whittakers Chocolate Chard

### PURINI KOROHEHENGĪ | STEAMED PUDDING 16

A Marae Favourite: Steamed Pudding, Custard & Cream



KARAKA GUEST | PW: TUMEKE!!

## TE KAUPAPA | ABOUT US

Karakaka Café, owned and operated by the Retimanu whānau of Māori and Pacifica heritage. Since our opening on February 6, 2011, we have aimed to celebrate our rich heritage through the senses of sight, sound, and taste. This is what we call the “Karakaka Experience”.

Our menu features a delicious signature dish section, which infuses traditional smoked flavours found in Hāngī or Umu alongside Kiwi cuisine. Our top sellers are oven hāngī and eggs benedict with smoked hāngī hash.

While our kaimahi may not be fluent speakers of the Māori language, we embrace its use daily, weaving it into our café atmosphere. With a dedicated management team and passionate kaimahi, we proudly work alongside the Iwi at Wharewaka, fostering community and connection.

**PAY AS YOU GO, WHĀNAU MĀ | BISTRO TABLES, NO “TABLE TABS” WITHOUT A CREDIT CARD BEING HELD**

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