

PARAKUIHI | ALL-DAY BREAKFAST

"DON'T WORRY; WE'VE GOT YOUR BREAKFAST SORTED"
SEE OVER

KAI MOTUHAKE | SIGNATURE

HĀNGĪ | OVEN STEAMED HĀNGĪ (DF) 30

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

HĀNGĪ PLATTER Great for sharing 4-6 (DF) 110

HANAWITI KŌURA | CRAYFISH SANDWICH (GFA) 35

Crayfish Egg Fritter, White Bread, Greens, Aioli, Fries

PORK & PĀUA SAUSAGE ROLL 23

Our twist on a Sausage Roll, with Pork & Pāua Mince,
Apple & Horopito Sauce (3)

HUPA KAIMOANA | SEAFOOD CHOWDER (GFA) 33

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

MĪTI POĀKA ME HEIHEI

PORK, CHICKEN, CHIPS (DF) 28

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

PĀUA KIRIMI | CREAMED PĀUA 29

Creamed Pāua & Cheese on Chips – delicious!

ME'A KAI | A TASTE OF THE PACIFIC (GF) 34

Chop Suey, Taro*, Potato Salad, Palusami*,
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

KĀNGA KŌNATUNATU | CORN FRITTER (GF/VGN) 27

Smoked Tomato, Corn, Kūmara & Carrot Fritter,
Avocado Salsa, Vegan Sour Cream
Non-Vegan, add-on Free Range Bacon 9

IKA O TE RĀ | FISH OF THE DAY (GF/DF) 34

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) 37

Grilled 200g (MR) Sirloin Steak, House Slaw,
Kūmara OR Potato Fries, Fried Egg
Add ons: Gravy 3; Mushroom 7; 2nd Egg 3.50

PERETI KAIOTA TOHATOHA

VEGAN PLATTER (GFA/VGN) 33

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



Ahokore

"FREE WIFI" CAFÉ GUESTS
SCAN THE QR CODE
KARAKA GUEST
PW: TUMEKE!!



Kūkara

"LOVED YOUR VISIT?
SHARE THE LOVE!
DROP US A GOOGLE REVIEW
AND MAKE OUR DAY!"

KAI ITI | SMALL PLATES

IKA MATA | RAW FISH (GF/DF) 25

Coconut Cream, Tomato, Cucumber,
Coriander, Kūmara Crisps

WHEKE PARAI | FRIED SQUID (GF/DF) 18

Kawakawa, Lemon & Coconut, Fried Squid, Aioli

HUAMATA | SALAD (GF/DF/VGN) 16

House Salad, Seasonal Greens & Vegetables,
Coconut Ranch Dressing
"Great for sharing"

HEIHEI PARAI | FRIED CHICKEN (GF/DF) 19

Kawakawa, Lemon & Coconut, Fried Chicken, Aioli

KOTAKOTA KŪMARA | KŪMARA FRIES (GF/DF) 16

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



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

karakacafe.co.nz | facebook.com/karakacafe | instagram.com/karakacafe

PARAKUIHI | BREAKFAST

"Don't worry, we've got your breakfast sorted"

HĒKI KAURORI POAKA

EGGS BENE, BACON (GF) 25

Two Poached Eggs, Bacon, 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

TŌHI WĪWĪ KARAKA TOAST (VEG/GFA) 27

French Toasted Rēwana, Grilled Banana, Butterscotch Mascarpone, Caramel Sauce

KĀNGA KŌNATUNATU | CORN FRITTER

TĪHI PARAI | HALOUMI, VEG (VEG/GF) 27

Zany Zeus Haloumi, Honey Roasted Beetroot, Baby Carrot, Lemon & Horopito Pickled Fennel, Smoked Pumpkin Puree, Fried Egg

Book with us: bookings@karakacafe.co.nz

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)	8
Smoked Salmon (GF/DF)	9
Spiced Beans (GF/DF)	6
Fresh Fruit (GF/DF/VGN)	6
Croissant (warmed)	5
Palusami	8
<i>*Taro leaves are replaced with spinach, seasonal</i>	
French Toast	10
Hollandaise	3
Fry Bread (1)	6
Avocado, Smashed (GF, DF, VGN)	6
Pork & Watercress Sausage (GF)	5
Sour Dough Toast (GFA)	4
Gluten Free Toast	4
Rēwana Toast	4

TE KAUPAPA | ABOUT US

Karaka 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 "Karaka 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 our oven steamed hāngī and eggs benedict with smoked hāngī hash.

While our kaimahi may not be fluent speakers of the Te Reo Māori, 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.

We're here to nourish the body and the soul, sharing the essence of who we are with every plate, word, and smile. Nau mai, haere mai—welcome to Karaka Café.

BOOK YOUR FUNCTIONS WITH US.

We are Manaaki Mgmt Ltd, your go-to team for seamless event planning at some of Wellington's most iconic venues, the stunning Wharewaka Function Centre, the historic Wellington Rowing Club, and our very own Karaka Café.

Looking for something a bit different? We also have access to alternative venues and rooms to suit your needs. Contact us, and let's chat about bringing your vision to life! wellingtonfunctions.co.nz



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

connections between people and

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.



RARANGI KAI | MENU
Nau mai , Haere mai | Welcome