

## 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

### 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\* 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

### HANAWITI INANGA | WHITEBAIT SANDWICH (GFA) 33

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

## 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) 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, Kumara or Potato Fries, Fried Egg  
Add ons: Gravy 3; 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



Wi-Fi

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



Karakā cafe

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

[karakacafe.co.nz](http://karakacafe.co.nz) | [facebook.com/karakacafe](https://facebook.com/karakacafe) | [instagram.com/karakacafe](https://instagram.com/karakacafe)

Book with us: [bookings@karakacafe.co.nz](mailto:bookings@karakacafe.co.nz)

## KUPUTAKA -Glossary...

KIA ORA! - Hello!  
NAU MAI - Welcome  
HEKI - Egg  
PĀRETI - Porridge  
RAHOPŪRU - Avocado  
MĪTI NAKUNAKU - Mince  
RĒWANA - Potato Bread  
REWANA - Potato Bug  
KAURORI - Stir, Whip  
HUPA - Soup  
KAIMOANA - Seafood  
MITI - Meat  
MĪTI POAKA – Pork  
MĪTI HEIHEI - Chicken



## 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 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](http://wellingtonfunctions.co.nz)

## KUPUTAKA -Glossary...

MĪTI KAU - Beef  
ME'A KAI (Samoan- Come Eat)  
HANAWITI - Sandwich  
PĀKĀ - Burger  
PAKAPAKA - Baked  
KAIOTA - Vegan  
TIAKERETE - Chocolate  
KOROHEHENGĪ - Steam  
PERETI - Plate  
IKA - Fish  
RĪWAI - Potato  
MATA - To Be Raw  
HUAMATA - Salad  
HĀNGĪ - Earth Oven  
Using Steam to Cook

Sourced from Māori At Work  
by Scotty Morrison  
& <https://maoridictionary.co.nz/>



## RARANGI KAI | MENU Nau mai , Haere mai | Welcome

### 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

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.