

KUPUTAKA... -Glossary...

KIA ORA! - Hello!

NAU MAI - Welcome

HEKI - Egg

RAHOPŪRU - Avocado

RĒWANA - Potato Bread

REWANA - Potato Bug

KAURORI - Stir, Whip

HUPA - Soup

KAIMOANA - Seafood

MITI - Meat

MĪTI POAKA - Pork

MĪTI HEIHEI - Chicken

MĪTI KAU - Beef

ME'A KAI (Samoan) - Come Eat

HANAWITI - Sandwich

PĀKĀ - Burger

PAKAPAKA - Baked

KAIOTA - Vegan

TIAKERETE - Chocolate

KOROHEHENGI - Steam

PERETI - Plate

IKA - Fish

RĪWAI - Potato

MATA - To Be Raw

TOHATOHA - Share

HUAMATA - Salad

HĀNGĪ - Earth Oven

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



Wi-Fi

KARAKA GUEST | PW: TUMEKE!!

KŌRERO MAI
REVIEW US



Kūkara

GOOGLE



Pukamata

FACEBOOK



TUPEKA KORE

NO SMOKING
OR
VAPING IN
ANY AREAS

RĀRANGI KAI | MENU

Nau Mai, Haere Mai, Welcome
from 2.00 pm

Karakā Cafe



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) 32
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

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 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

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

Book with us: bookings@karakacafe.co.nz