

### BREAKFAST 7:30am - 10:00am

<ul> <li>Tropical Continental Breakkie</li> <li>Cereals, milk, yogurt, seasonal fruits, self-serving toast, condiments and cold cuts.</li> <li>Beverages - juices, selection of teas &amp; percolated coffee.</li> <li>- Complimentary for in-house guests</li> </ul>	\$18.00
Wakey Wakey, Eggs & Bakey! Bacon and Eggs, with hash brown, toast & tomato sauce. *Your choice of sunny side-up, scrambled, poached or over-easy eggs.	\$15.00
<b>Pacific Pancakes</b> 3x Pancakes, whipped cream, maple syrup, butter & fresh assorted tropical fruits.	\$15.00
<b>The Goddess Omelette</b> 3 Eggs, milk, cheese, onions, ham, mushroom, toast & homemade relish.	\$18.00
Tangaroa Big Breakfast Eggs, bacon, sausage, hash brown, mushroom, tomato, baked beans, toast, tomato sauce & hollandaise sauce. *Your choice of sunny side-up, scrambled, poached or over-easy eggs. *Add steak for \$15.00	\$22.00
High Tide Steak & Eggs 180g medium-rare rump steak, fried eggs, hash brown, grilled onions, toast & mushroom sauce, sprinkled with cheese.	\$26.00
Extras 2 Eggs Mushrooms Bacon Hash Brown	\$5.00ea

PJ 08\_23



### SNACKS 2:00pm – 5:00pm

<b>Chicken Burger</b> Chicken fillet with cheese, lettuce, onion, coleslaw served in a home-made burger bun served with french fries or island fries.	\$19.00
<b>Monte Kristo</b> Warm chicken sandwich with French fries or island fries and a petite salad.	\$19.50
Grilled Mushroom Sandwich (vg, gf*) Sauteed mushroom with mozzarella cheese, lettuce and tomato packed in a grilled gluten-free panini, served with island fries.	\$21.50
Fish Sliders Cajun battered fish fillet sliders with coleslaw and french fries or island fries.	\$23.50
Honey BBQ Pork in Pita Bread Barbecued roast honey pork layered with lettuce, onion and cucumber, served with island fries.	\$25.00
<b>Open Steak Focaccia Sandwich</b> Roast rib eye layered with tomato, lettuce, pickles in Moana's home-made focaccia bread, served with a side of island fries.	\$31.50
Extras: chicken, eggs, cheese, mushrooms or crispy bacon	\$5.00ea
vg - vegetarian *gf - can be made gluten free, please advise our service staff.	



LUNCH & DINNER 11:00am – 2:00pm 5:00pm - 8:30pm

#### **STARTERS**

Garlic Bread Sliced baguette topped with garlic butter.	\$9.50
French Fries (vg, gf) Deep-fried potato chips.	\$10.00
<b>Island Fries</b> (vg, gf) A combination of island root crops served with ranch dressing.	\$11.50
Fresh vegetable Spring Roll (vg) Sautéed vegetables wrapped in rice paper served with satay sauce.	\$14.00
<b>Shanghai Triangles</b> Wrapped deep fried ground pork and minced vegetables served with sweet garlic vinegar.	\$16.00
Seafood Chowder Tender shrimps, mussels and squid combined in a creamy broth with vegetables.	\$17.00
Fried Chicked Wings Crispy deep-fried chicken tossed in salt and pepper served with BBQ sauce.	\$21.00
Beef Mojos Thinly sliced potatoes with beef ragout, cheese sauce and tomato salsa.	\$21.00
<b>Ika Mata</b> Fresh raw fish marinated in lemon mixed with vegetables and coconut cream on crispy wonton cups.	\$21.00



LUNCH & DINNER 11:00am – 2:00pm 5:00pm - 8:30pm

### **KIDS MENU**

<b>Chicken &amp; Chips</b> 8pcs fried chicken nuggets and 200 grams of french fries served with tomato sauce or BBQ sauce.	\$15.00
Alfredo Pasta Spaghetti pasta cooked in cream with bacon bits, served with garlic bread.	\$19.00
<b>Spaghetti Bolognese</b> Spaghetti pasta in sweet tomato sauce served with fried chicken lollipop.	\$19.50
Bangers & Fries Stir-fried sausage in a sweet Thai sauce (spicy, not spicy, or sauce on the side) served with fries.	\$20.50
<b>Chicken Fingers</b> Tender battered and sliced chicken thigh fillet marinated in salt and pepper with a BBQ sauce.	\$21.00

#### SALADS

<b>Fresh mixed salad (vg, gf)</b> Freshly picked local lettuce, tomatoes, onion, mushroom, cucumber a or sliced mangoes, avocado (seasonal) served with balsamic vinaigref	
<b>Caeser Salad</b> Freshly picked local lettuce, soft boiled egg and Caesar dressing topp bacon bits, croutons and parmesan cheese.	<b>\$19.00</b> ed with
Ebi & Maguro Salad Freshly picked local lettuce, pan-seared tuna and poached white shri dressing.	<b>\$20.00</b> mp with chef's special
	t- c c

Extras: chicken, eggs, cheese, mushrooms or crispy bacon\$5.00ea

PJ 08\_23

Moana Sands Beachfront Hotel (+682) 26 189 • hotel@moanasands.com



### LUNCH & DINNER 11:00am – 2:00pm 5:00pm - 8:30pm

#### MAINS

<b>Mushroom Moringa Pesto (vg, gf)</b> Spaghetti pasta in moringa pesto sauce sauteed with shiitake mushroom and garlic bread. *Change to gluten-free pasta \$4	\$20.00
<b>Pork &amp; Rukau</b> Local vegetable leaf cooked in coconut cream with ground pork served with rice and taro chips.	\$23.00
<b>Sizzling Chicken Teriyaki</b> Grilled chicken thigh-leg with teriyaki sauce served with sautéed kumara and taro. Served in a hot sizzling plate.	\$23.00
<b>Scampi Pasta</b> Spaghetti pasta in oil-based sauce with pan fried tiger prawn topped with tomato salsa and side of garlic bread.	\$24.00
Large Seafood Chowder Tender shrimps, mussels and squid combined in a creamy broth with vegetables.	\$25.00
<b>Tofu Mushroom (vg, gf)</b> Sautéed mushrooms and tofu, mixed vegetables and mashed potato with coconut cream.	\$25.00
<b>Spiced Pimento Calamari Pasta</b> Spaghetti pasta in cream sauce with calamari and a side of garlic bread.	\$25.00
<b>Chicken Curry</b> Chicken stewed in onion and tomato-based sauce flavoured with ginger, chilli peppers, served with rice.	\$28.00



### LUNCH & DINNER 11:00am – 2:00pm 5:00pm - 8:30pm

#### MAINS

<b>Crusted Fish Fillet</b> Fried crusted fish fillet with tartare sauce. Serve with french fries and salad.	\$31.00
<b>BBQ Rib Rack</b> Roasted rib rack with barbecue sauce served with buttered eggplant, broccoli, carrots and island potato fries.	\$32.00
Kaffir Lime & Garlic Butter Prawns (gf*) 3 pieces prawns sauteed in butter, garlic, honey and kaffir lime. *Served with your choice of rice, buttered vegetables, sautéed island potatoes.	\$34.00
<b>Beef Stroganoff (gf*)</b> Tenderised beef cooked in white wine, creamy sour cream and sliced mushroom. *Served with your choice of rice, buttered vegetables, sautéed island potatoes or pasta.	\$35.00
<b>Rib-Eye Steak</b> 200gram grilled rib-eye with demi glaze sauce served with buttered vegetable and mashed potato. *Add: Mushroom sauce \$5.	\$39.00
<b>Extras</b> Potatos, fries, island fries, rice, pasta	\$7.00ea
vg - vegetarian	

\*gf - can be made gluten free, please advise our service staff.



LUNCH & DINNER 11:00am – 2:00pm 5:00pm - 8:30pm

#### DESSERT

<b>Bread &amp; Butter Chocolate Chip Pudding</b> Bread and butter pudding topped with chocolate chip and a thick chocolate sauce. Served with chocolate or vanilla ice cream.	\$8.00
<b>Chocolate Heaven Decadent Cake</b> Sliced moist chocolate cake filled and topped with chocolate cream frosting.	\$10.50
<b>Raspberry Cheesecake</b> Creamy and dense traditional New York cheesecake topped with raspberry coulis.	\$14.00
<b>Banana Split Rolls</b> Wrapped and fried freshly cut local bananas with chocolate, vanilla ice cream and whipped cream, topped with sliced almonds and a side of delicious warm chocolate sauce.	\$18.00
Moana Coconut Pie Island fresh young coconut custard pie.	\$18.00
<b>Extras</b> Scoop of ice cream, whipped cream, extra chocolate sauce.	\$4.00ea

#### DESSERT COCKTAIL

Mud Lover	\$18.00
Baileys, Frangelico, Kahlua, milk, cocoa powder - blended.	



### **MOCKTAILS & NON-ALCOHOLIC**

<b>Island Smoothie</b> Blend of mango (seasonal), pawpaw, banana, lime juice and coconut cream.	\$12.50
Moana Smoothie Blend of pomelo and grapefruit juice, coconut yoghurt, sugar syrup, blue curacao and mint.	\$12.50
<b>Tropical Smoothie</b> Blend of our "seasonal fruits" with pineapple juice and a dash of grenadine.	\$12.50
Virgin Colada Pineapple pieces blended with coconut cream and pineapple juice over ice.	\$12.50
Fruit Punch Pineapple juice, orange juice, cranberry juice with splash of lemonade.	\$12.50
<b>Ice Blended Drinks</b> Ice Coffee, Ice Chocolate	\$12.50
Soft Drinks & Water Coke, Diet Coke, Sprite, L&P, Sparkling Duet, Soda, Tonic, Ginger Ale Lemon Lime & Bitters Vaima Still Water 600ml Vaima Still Water 1.5L Sparkling Water	\$5.50 \$6.00 \$5.50 \$7.50 \$8.00
<b>Juices</b> Orange, Pineapple, Apple, Tomato, Cranberry	\$6.00
<b>Coffee &amp; Tea</b> Espresso, Long Black, Americano, Flat White, Cappuccino, Latte, Mocha, Hot Chocolate.	\$5.00
Extra Shot English Breakfast, Earl Grey, Green Tea, Lemon Tea	\$1.50 \$5.50



#### BEER

<b>Rarotonga Lager (Tap)</b> Tall/Pint Pitcher	\$7.00 \$25.00
Imported (Bottled)	
Steinlager Classic	\$7.00
Heineken	\$7.00
Tui	\$7.00
Corona	\$9.00
Beer Bucket (4 bottles)	\$26.00
Steinlager or Heineken	

### **SPIRITS**

Bombay Sapphire Gin Jameson Irish Whisky Bacardi White Rum Absolut Vodka Pepe Lopez Tequila			Coruba Dark Rum Napoleon French Brandy Jim Beam Bourbon Jack Daniels Southern Comfort
	30ml 60ml Side	\$9.00 \$17.00 \$3.00	



### Cocktails

<b>Margarita</b> Tequila, lime, lemonade.	\$16.50
<b>Moana Sunset</b> Malibu, orange juice, Crème de Menthe with a dash of grenadine.	\$18.00
<b>Pina Colada</b> White rum, Malibu, pineapple juice, coconut cream.	\$18.00
<b>Original Mojito</b> White rum, lime, mint, sugar, soda.	\$18.00
<b>Passionfruit Mojito</b> White rum, passionfruit liquor, lemon juice, mint & topped with tonic or soda.	\$18.00
<b>Srawberry Mojito</b> White rum, strawberry liquor, lemon juice, mint & topped with tonic or soda.	\$18.00
<b>Fruit Daiquiri</b> White rum, triple sec, lime juice, sugar – please ask your waiter for the seasonal fruit selection.	\$18.00
<b>Mud Lover</b> Baileys, Frangelico, Kahlua, milk, cocoa powder - blended.	\$18.00
Maitai Amaretto, Cointreau, white rum, dark rum, with pineapple, orange and lime juice.	\$18.00
<b>Long Island Iced Tea</b> Triple sec, dark rum, gin, vodka, tequila, lime juice, coca-cola.	\$19.00



### CHAMPAGNE

G.H. Mumm 750ml	France	\$150.00
<b>Cordon Rouge Brut</b> Exuberant energy excites the pala	ate. Elegant flavors of fruit and caramel.	
The powerful finish is at once cre	eamy and effervescent. Juicy scents of entice, with hints of lychee, pineapple,	
	SPARKLING	
Lindauer Brut 200ml	New Zealand	\$14.00
Lindauer Brut 750ml		\$42.00
-	sp and complex with notes of citrus	
-	rbet and toasty notes. It is well balanced om the Chardonnay and Pinot Noir grapes.	
Lindauer Fraise 200ml Lindauer Fraise 750ml	New Zealand	\$14.00 \$42.00
Made from Pinot Noir grapes and	gently infused with a natural strawberry	
essence which gives Fraise its na	me. This wine has a hint of sweetness and	
a delicious lingering taste of strav	vberries.	
Lindauer Rosé 200ml	New Zealand	\$14.00
Lindauer Rosé 750ml		\$42.00
	notes of strawberries and red berry fruits	
-	h. A drier style wine that is well balanced	
and has a good finish.		



### WHITE WINE

Black Cottage Sauvignon BlancMarlborough, NZA complex nose of paw paw, passionfruit, pineapple & a touch of cut grass& crushed herbs. Juicy palate packed of tropical fruits & lime zest with a hintof sweet pea & a crunchy red capsicum.	\$9.50 Gls \$45.00 Btl			
Hãhã Pinot GrisNelson, NZYouthfully charming and elegant, it offers succulent apple, pear & nectarine& nectarine flavours. With vibrant fruit flavours, exceptional aromatics& a rounded mouth-feel it is delightfully drinkable.	\$9.50 Gls \$45.00 Btl			
Matawhero ChardonnayGisborne, NZA vibrant, full of youthful freshness, with a hint of aroma of white peach, white peach, guava & citrus adorned by lighted roasted nut, fine-dusting spice, vanilla, and creamy lees.	\$9.50 Gls \$45.00 Btl			
Whitehaven Sauvignon BlancMarlborough, NZ\$48.00 BtlClassic aromas of ripe pink grapefruit, lime zest & tropical fruits are complemented by suggestions of lemongrass, green pepper & tomato leaf. The palate is crisp & and vibrant, lifted by bright, generous citrus notes layered with peach, guava & passionfruit.				
Kahurangi Estate Pinot GrisNelson, NZDelightful aromas of pears & stone fruit on the nose, the off-dry palate brimsof quince, nashi & apple. A nicely balanced wine, full & long on the palate.	\$49.00 Btl			
Palliser Estate ChardonnayMartinborough NZAn expressive nose showing aromas of peach vanilla bean, nougat & hazelnut.Creamy and rich in the mouth with subtle french oak enveloping an array of juicy stone fruit flavours.	\$49.00 Btl			
ROSÉ				
Matawhero Pinot RoséNelson, NZAn aroma of strawberries & cherries with floral notes complimentedWith a subtle strawberry, watermelon & cream with a lovely dry finish.	\$9.50 Gls \$47.00 Btl			
Wither Hills Pinot Noir RoséMarlborough, NZAn aroma of strawberries & cherries with floral notes complimentedWith a subtle strawberry, watermelon & cream with a lovely dry finish.	\$49.00 Btl			

Moana Sands Beachfront Hotel (+682) 26 189 • hotel@moanasands.com



#### **RED WINE**

This medium bodied merlot display	<b>Coonawarrra, AUS</b> ys a deep vibrant red hue. Blackberry & plum, gentile choc oak. Silky tannins & balanced hish.	\$9.50 Gls \$42.00 Btl
A medium bodied shiraz showing s	<b>South East Australia, AUS</b> oft and juicy dark flavours. Mocha, oak the palate to create a youthful, well balanced win	\$9.50 Gls \$42.00 Btl e.
<b>Jacobs Pinot Noir</b> A heady mix of dried spices & fruit and a fragrant cherry & plum arom	<b>South Australia, AUS</b> is of the forest, with lovely supple tannins na.	\$9.50 Gls \$45.00 Btl
	McLaren Vale, AUS h excellent structure. Rich flavours of dark rk chocolate & roasted nuts. A perfumed nose with violets & spice notes.	\$44.00 Btl
	ot and Cabernet Sauvignon has aromas and d herbs. A rich mouthfeel is balanced	\$48.00 Btl
<b>Tall Poppy Cab. Sauv.</b> Aromas of black cherries, wild ber its palate is intense & rich with dar	<b>Hunter Valley, AUS</b> ries & subtle spice. A full bodied red, rk plum & firm tannins.	\$48.00 Btl
with flavours of bright cherry, red Mid weight on the palate, this wind a long & elegant finish. *Aotearoa Regional Wine Awards	Awatere Valley, NZ of crushed herbs. The palate is smoothly textured berries & finely integrated French oak. e is balanced with refined silky tannins that lead to 2022 (V2019) – Best Pinot Noir in Show, Runner up for the Best Wine in Show, ba 2022 (V2019).	