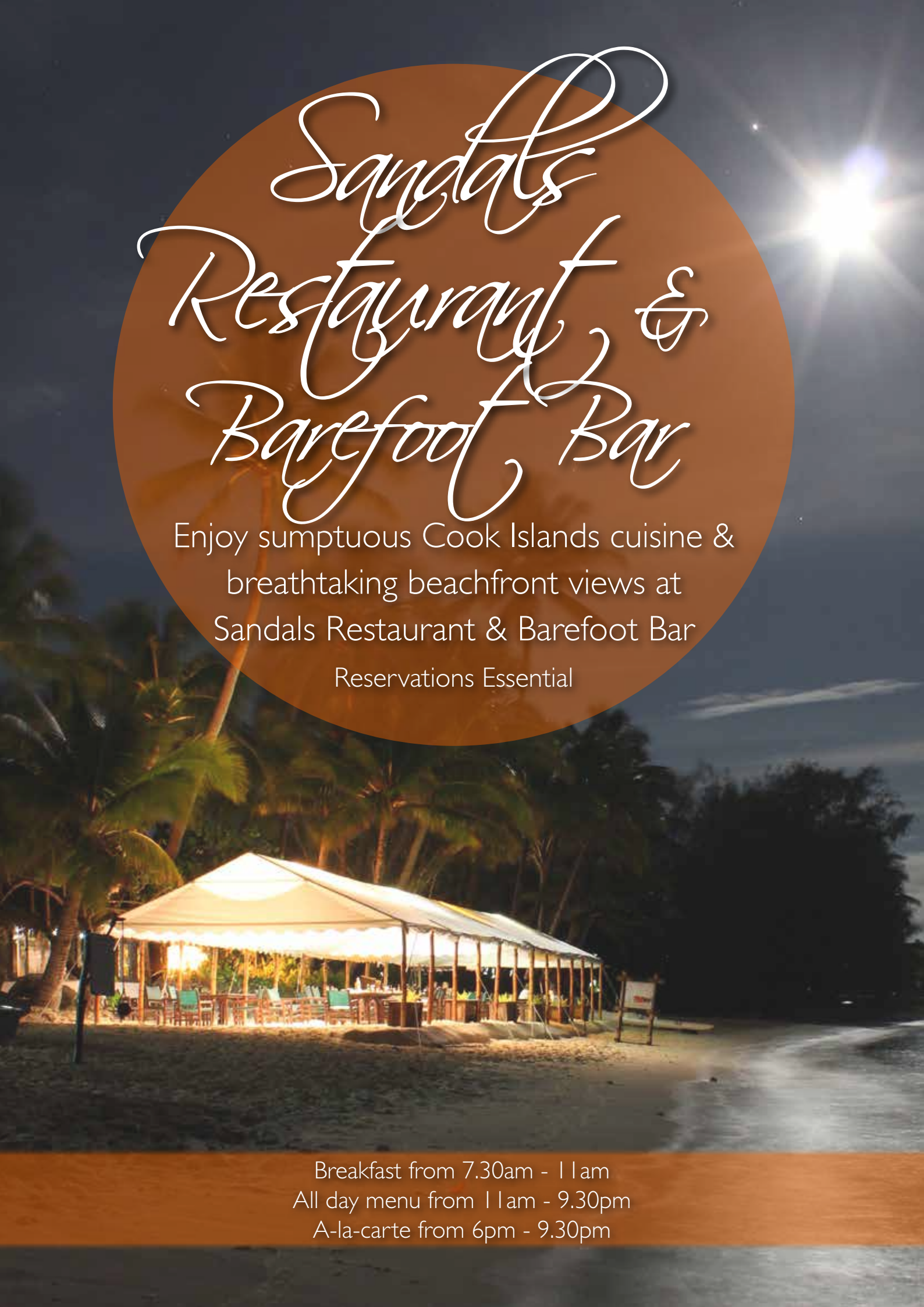
Sandals Restaurant & Barefoot Bar

Enjoy sumptuous Cook Islands cuisine & breathtaking beachfront views at Sandals Restaurant & Barefoot Bar

Reservations Essential



Breakfast from 7.30am - 11am
All day menu from 11am - 9.30pm
A-la-carte from 6pm - 9.30pm

all day menu

entrées / light dishes

available 11.00am - 9.30pm
some dishes available as mains

Ika Mata (gf)
marinated raw fish, lime juice & coconut cream
served with island crisps 16.5 / 24.0

Seared Scallops (gf)
on pumpkin puree with banana chutney 18.5

Greek Salad (gf)
feta cheese, cucumber, tomato,
olives, onion, mixed greens,
vinaigrette dressing 18.0

Shrimp & Paw Paw Salad (gf)
shrimps & marie rose sauce
with spring onions & coriander
served in a paw paw basket 23.5

Caesar Salad (*gf)
raro style with crisp bacon, croutons,
lettuce & shaved parmesan 19.0
with chicken 24.0

Seafood Chowder
bounty of the sea cooked with a
creamy veloute sauce 18.0 / 27.0

Cajun Calamari (gf)
scored calamari on sautéed local vegetables with
a honey Cajun & tequila coulis 18.0 / 27.0

Slow Cooked Pork Belly (gf)
served with a thai flavoured salad & maniota cake
dressed with a hot & sour dressing roasted
peanuts & pork jus 19.0 / 29.5

All prices are in New Zealand dollars ($)
(gf) gluten free, (*gf) gluten free on request

SANDALS RESTAURANT & BAREFOOT BAR
PACIFIC RESORT RAROTONGA | COOK ISLANDS

all day menu

on bread

all served with fries

Beef Burger
beef patty with lettuce, tomato, bacon,
mozzarella, onion jam & horseradish cream 21.5

Grilled Fish Burger
local game fish, with lettuce,
tomato & tartar sauce 19.5

Open Chicken Sandwich
marinated chicken with lettuce, tomato,
melted camembert, finished with a
basil rocket pesto 19.5

Traditional Toasted Sandwich
a choice of 3 fillings including cheese, ham,
tomato, pineapple or onion 16.5 / extra filling $2.5

off the grill

all served with salad & choice of 1 side

300g Ribeye Steak (gf)
served with garlic butter 34.0

Chicken (*gf)
choice of grilled, pan fried or crumbed 27.5

Fish of the Day (*gf)
choice of grilled, pan fried or battered fillet 26.5

sides 7.5

garden salad (gf)
rocket & parmesan – balsamic dressing (gf)
assorted local vegetables (gf)
french fries (gf)
white rice (gf)
creamy mash potato (gf)
maniota cake with paw paw chutney (gf)

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SANDALS RESTAURANT & BAREFOOT BAR
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dinner specialties

main dishes

available 6pm - 9.30pm

Fillet Steak (gf)
served with maniota cake, coconut rukau, red
wine jus, & a béarnaise sauce 39.5

Pacific Sizzler (gf)
cook islands local fish on a sizzling platter
sautéed vegetables drizzled
with coconut lime sauce 39.0

NZ Veal Rack (*gf)
served with creamy mash potato, julienned vegetables,
rosemary veal jus, red wine butter 39.0

Curry of the Day (gf)
served with steamed rice & naan bread 37.0

Prawn Fettuccine
lemon fettuccine tossed with garlic, chopped
tomatoes, pine nuts & parmesan 29.5

Classic Pasta
penne pasta with napolitana & basil sauce 22.5
or meat sauce 29.5

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(v) vegetarian, (gf) gluten free, (*v) vegetarian on request, (*gf) gluten free on request

SANDALS RESTAURANT & BAREFOOT BAR
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all day menu

desserts

Classic Creme Brulee (*gf)
rich vanilla custard served with
biscotti & ice cream 13.0

Hazelnut Chocolate Torte
served with ice cream 13.0

Local Seasonal Cheesecake
served with whipped cream
& a fruit coulis 13.0

Cinnamon Banana Spring Roll
served with ice cream 14.0

Seasonal Fruit Platter
a variety of our
local fresh fruits in season 14.0

Cheese Board
a selection of fine assorted cheeses
with water crackers to share 18.0

Kapiti Ice-cream (*gf)
select from our available flavours
3 scoop 11.0
1 scoop 4.5

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SANDALS RESTAURANT & BAREFOOT BAR
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Kids

12 years & under
15.0 main & dessert

mains

Spaghetti Bolognaise
classic beef and tomato sauce

Penne Pasta
tossed in tomato sauce with tasty cheese

Chicken Nuggets
with fries and salad

Island Fish & Chips
battered fish fillets and fries

Tropical Pizza
ham, cheese and pineapple

Bangers & Mash
locally made sausages with
mashed potato and peas

dessert

Mini Ice Cream Sundae
your choice of chocolate, strawberry,
passion fruit or caramel

Fruits of Rarotonga
a variety of our local fresh fruits in season

drinks

Banana Chocolate Milkshake
banana, chocolate fudge sauce
vanilla ice-cream 9.5

Screaming Moko
whole bananas, ice cream, paw paw juice
grenadine blended 9.5

Oneroa Passion
passionfruit, yoghurt, orange juice
blended with ice 9.5

Island Smoothie
paw paw, bananas, mixed fruit
blended with ice 9.5

soft drinks

coke, diet coke,
coke zero, fanta, sprite 4.5

juice

orange, pineapple, pawpaw
tomato, cranberry
glass 4.5 pint 6.0

Top 5 Kids Club Activities!
1. Crab Race
2. Exploring the Motu
3. Kia Orana Day
4. Sand Castle Competition
5. Snorkeling

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drinks

beers

corona 9.0
steinlager pure 8.5
heineken 8.0
matutu mai (local lager) 7.5
matutu mai kiva (local ale) 7.5
steinlager classic 7.5
speights old dark 7.0
lion red 7.0

wine (by the glass)

house red 9.0
house white 9.0

water

antipodes sparkling 500ml 7.5
te kou premium 1000ml 7.5
pacific 1000ml 4.5
vaima 600ml 3.5

juice

orange, pineapple, pawpaw
tomato, cranberry
glass 4.5 pint 6.0

VnC cocktails

pacific mai tai 13.0
pomegranate cosmo 13.0
vodka mojito 13.0
passionfruit caipiroska 13.0

strawberry daiquiri 13.0
mango daiquiri 13.0
banana daiquiri 13.0

spirits

premium spirits 45ml 9.5
house spirits 45ml 8.5
shooters 30ml 7.5
aged tawny port 180ml 7.5

soft drinks

coke, diet coke,
coke zero, fanta, sprite
cans 4.5 bottle 6.0

ginger ale, ginger beer
tonic water, soda water 5.0

See our refreshing pacific cocktail menu displayed on your table

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SANDALS RESTAURANT & BAREFOOT BAR
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wine list

bubbles

Lindauer Brut (NZ)
made from traditional champagne
grape varieties, chardonnay and pinot noir
bottle (200ml) 12.0

Lindauer Fraise (NZ)
superb infusion of strawberry & bubbles
a perfect accompaniment to paradise
bottle (200ml) 12.0

Wolf Blas Brut (AUS)
classic sparkling wine, bottle fermented
with complex aromas of fresh fruit & creamy yeast
bottle 35.0

Oyster Bay Sparkling Cuvée Rosé (NZ)
elegant cool climate varietal intensity - fragrant cherry and fresh
strawberry aromas, accentuated by a finely bubbled palate
with a crisp, refreshing finish
bottle 59.5

Deutz Marlborough Cuvee (NZ)
deutz marries the best of new zealand grapes with traditional
french champagne-making techniques
complex & well balanced
bottle 69.5

Moët & Chandon (FR)
moët imperial brut offers a bright fruitiness, a seductive palate &
an elegant maturity, revealing aromas of pear, citrus & brioche
bottle 125.0

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wine list

sauvignon blanc

Matua Old North Road Sauvignon Blanc (NZ)
a clean crisp sauvignon blanc lovely guava and lime flavours
food matching – light salads and seafood
bottle 39.5
glass 9.5

Villa Maria PB Sauvignon Blanc (NZ)
bursting with aromas of ripe passion fruit, fresh citrus lime
& exotic herbaceous complexity
bottle 45.0

Lawsons Dry Hills, Marlborough (NZ)
typical marlborough sauvignon blanc with passion fruit & lime
lovely texture, herbaceous with minerality & a crisp dry finish
bottle 49.5
glass 10.5

Esk Valley Sauvignon Blanc (NZ)
a dry & complex blend of herbaceous & ripe tropical fruit flavours
bottle 49.5

chardonnay

Matua Road Chardonnay (NZ)
a fresh fruity, very lightly oaked style with ripe apple nuances, a silky
texture and balanced refreshing tropical fruit characters
bottle 45.0
glass 9.5

Waipara Hills Chardonnay (NZ)
a complex chardonnay, matured on lees with light oak maturation
bottle 49.5

Giesen The Brothers Marlborough Chardonnay (NZ)
a chardonnay of bold richness, complexity and texture - notes of
toasted hazelnut, ripe stonefruit and cinnamon carry the wine right
through the palate to an extremely long length
bottle 49.5

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wine list

varietals & aromatics

Barefoot Pinot Grigio (California)
a white wine which is crisp & full of citrus & peach flavours
bottle 39.5
glass 9.5

Lawsons Dry Hills Pinot Gris (NZ)
delicate spice notes complemented by lush pear
lychee & pineapple flavours with a long lingering finish
bottle 49.5
glass 10.5

Villa Maria PB Rosé (NZ)
perfumed with warm summer fruits, this delightful
multi-varietal wine is dry, full flavoured & soft finishing
bottle 49.5
glass 10.5

cabernet, merlot, malbec & blends

Taylors Promised Land Cabernet Merlot (AUS)
this is a voluptuous, silky wine with plenty of blackcurrant and mint
the palate is flavoursome with soft, velvety tannins
bottle 39.5

Matua Valley Merlot / Cabernet (NZ)
an easy-drinking, medium-bodied dry red wine with delightful
berry fruit flavours & a pleasant soft finish
bottle 45.0
glass 9.5

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wine list

pinot noir

Montes Pinot Noir (Chile)
mature pinot noir grapes, barrique matured in french oak displaying ripe berry fruit & dark cherry flavours with a pleasant dry finish
bottle 39.5
glass 9.5

Drummer Pinot Noir (NZ)
a vibrant rich palate of blackberry, plum, cloves & wild thyme balanced with silky tannins
bottle 45.0

Mud House Pinot Noir (NZ)
fragrant with strawberries & sweet spices balanced with silky tannins giving a long finish
bottle 49.5
glass 10.5

Saint- Clair Pinot Noir (NZ)
a delicious fruit driven style with ripe raspberries & red currants that lead to an elegant complex finish
bottle 49.5

dessert wines / port

Wolf Blass Red Label Tawny (AUS)
a blended barrel-aged australian tawny with distinct raisin fruit characters and a luscious palate of dried fruits, toasted nuts and hints of smooth chocolate. the perfect finish to a hearty meal
glass (120ml) 7.5

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