



# PARADISE FOOD & BEVERAGES

Enjoy Fijian delicacies, European delights, tropical tastes and explode the senses in Paradise. With one of the finest kitchens and chefs in Fiji, we are proud to declare that the food is some of the best you will experience within the South Pacific.

Here in Paradise, we are on our way to a sustainable future with our own organic farm on site producing fruit and vegetables used daily in our kitchen. We substitute chemical fertilizer with organic chicken and pig manures from our Chicken Farm and Piggery. Our Guests enjoy 'happy eggs' each morning for breakfast from our free range Chicken Farm. All discarded food waste from Guests plates and our kitchen, is enjoyed by our pigs in our Piggery.

Resort owner, Allan is our Internationally trained Chef over 35 years and oversees the kitchen operations. Allan enjoys using the local produce from our Paradise Farm and is continually training his dedicated Team. Hailing from Melbourne, Australia Allan has worked extensively on the Island Resorts in Australia and Fiji and now calls Paradise Taveuni home. Please don't hesitate to advise should you have any special dietary requirements. We cater to many and varied requests – vegetarian, vegan, gluten free, dairy free, salt free, sugar free... let us know as soon as possible to ensure you enjoy every meal in Paradise.

The enticing menus change daily, however our Fijian hospitality and service remains. We also offer daily changing Chef Specials to ensure our guests have a large selection of dishes to choose from.

We ask our Guests to pre-order lunch and dinner to ensure our Kitchen Team is prepared and our excellent service standards are maintained. Should you not want to pre-order, we can arrange to have your order taken at each meal time. Please advise our friendly Managers if this is the case. Please be aware that some menu items may not be available at time of order or may take longer to prepare. This may result in waiting for your menu selection a little longer.

The **Breakfast menu** is available from 7.00am – 9.30am. The **Lunch menu** is available from 11.30am – 3.00pm. **Dinner** is a festive occasion from 6.30pm and we may invite our Guests to dine together – either in the open air Restaurant or under the stars.

Private tables are also available at any time. Our Restaurant Staff will ask you daily where you wish to dine. Under the Kana Vale, Poolside deck, under the stars, on your Bure deck. The choice is yours! We do ask you to pre-order your Lunch and Dinner and hope this does not inconvenience you. This is purely to ensure that our Kitchen and Food & Beverage Teams are ready in a timely manner for all of your meal requests.





A **Fijian Lovo Feast** (traditional underground cooking) is a regular event in Paradise. Experience the delights of a Traditional Fijian Lovo Dinner, then enjoy the entertainment by the Village Dancers performing a Meke (Fijian dance). You will then be invited to join a Kava Ceremony with singing, dancing and story telling with the staff and local villagers. A true Fijian experience not to be missed!

Indian Night features a mouth watering selection of traditional Indian style delicacies which are a local specialty here in Fiji.

Allan has designed each meal to ensure it satisfies, however if you find that the portions in your Meal Package don't fill you up, upgrade to the **Paradise Dining Package** which includes full cooked breakfast, 2 course Lunch or Picnic Lunch and 4 course Dinner. Ask our Managers for more details.

The **Tekiteki Bar** is open from 7.00am till late daily with a selection of nonalcoholic drinks, fresh tropical juices and fruit smoothies for the health conscious. A selection of beers and spirits including Cocktails are on hand with Australian and New Zealand Wines also available. Ask our Managers about our selection of All-inclusive **Beverage packages**. Conditions apply.

Want to enjoy your **Duty Free wine** when you dine or in the public areas of the resort? A corkage fee of FJ\$10 per bottle will be placed onto your room account. We request that spirits be consumed in your bure only. We are happy to supply you with ice and glassware on request.

All extra meals and beverages will be noted on a Food & Beverage Docket and presented for you to sign at meal times. All extra items will have an amount and are added to your room account to be paid on check out. Should you have any questions about your Food and Beverages, please see our Managers.

#### **Special Occasion's in Paradise**

Anniversary, Birthday, Graduation, Promotion, Retirement, Proposal or just CELEBRATING life! Why not celebrate with a Paradise Wow Factor!

**Romantic Dinner in Paradise:** Experience a romantic evening together in Paradise - under the stars, in the private Oceanfront Spa, beneath the stars, under the Wedding Bure or in the privacy of your own bure deck. You don't need to have a reason and there is no extra charge for us to arrange this for you. Available any night in Paradise.

**Indulgent Seafood Dinner for Two:** Your evening includes special table in location of choice, a 4 course Indulgent Seafood Dinner featuring fresh Taveuni Lobster cooked to your liking. \$160 per couple on a Meal Package. Available any night in Paradise.

**Pearl on My Pillow**: While you enjoy a Romantic evening, one our Team members will prepare your room with a romantic evening service. Petals sprinkled on the bed, candles placed in the bedroom and a special gift of a Fiji Freshwater Pearl placed on one pillow with a personalised card. FJ\$100. Available any night .





**Proposal in Paradise:** Want to pop the question in the perfect place and to the perfect time? We can arrange a special, secluded and romantic spot for you. Advise our Managers and we'll do the rest! Available any night in Paradise. FYI...All couples that get engaged in Paradise get a **FREE** Sunset Wedding on their return trip.

**Fijian Serenaders:** Our Fijian Serenaders entertain most nights during dinner in Paradise, however should you want to have a private 1-2 hour session at any time of the day, our singing minstrels will be delighted to oblige (any excuse to grab a guitar and sing). \$100 per 2 hr session.

**Romantic Beach Drop off & Picnic:** Experience a romantic picnic together on a secluded beach. There is a nearby beach at the local Village of Vuna or head off to Vanua Levu on our fast boat and enjoy a few intimate hours away together. Our Managers can arrange this for you with 1 day's notice.

Vanua Levu Beach Drop Off and Romantic Picnic – FJ\$200 per couple for a drop off with other Guests or FJ\$500 per couple for a private drop off.

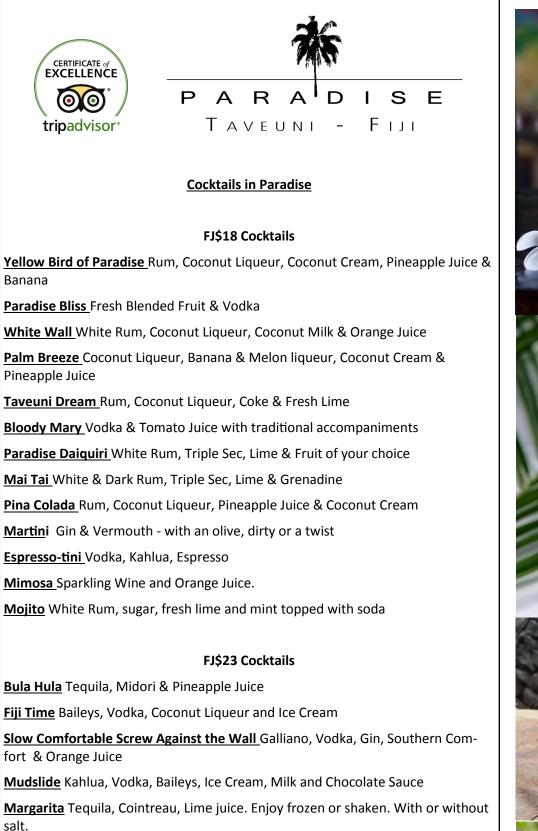
Add a bottle of wine or other beverages to an iced cooler to compliment the day – choose from our wine and beverage list and it this can be added to your room account.

See our friendly Guest Service Manager to arrange any of these WOW factors.

Fiji Gold – Beer from Fiji	FJ\$8.50
Fiji Bitter – Beer from Fiji	FJ\$8.50
Fiji Premium – Beer from Fiji	FJ\$9.00
Vonu Pure Lager – Beer from Fiji	FJ\$9.50
Corona – Beer from Mexico	FJ\$16.00
Basic Spirits with mixer	FJ\$8.50
Top Shelf Spirits & Liqueurs with mixer	FJ\$9.50
Cognac	FJ\$16.00
Cocktails	FJ\$18.00-\$23.00
Cocktail of the Day	FJ\$12.00
Mocktails	FJ\$10.00
Soft Drink Selection:	FJ\$5.50
Pink Lemonade, Lemon Lime & Bitters	FJ\$7.00
Bottled Water 500 ml	FJ\$5.50
Bottled Water 1.5 litre	FJ\$8.00
Bottled Orange, Pineapple, Apple, Tomato	FJ\$7.00
Fresh Juices & Smoothies	FJ\$8.00
Chilled Coconut Juice	FJ\$5.00
Milk Shakes	FJ\$8.00
Iced Chocolate/Coffee with Ice Cream	FJ\$8.00
Iced Tea	FJ\$4.00

## Beverage List:





Do you have a special Cocktail that you would LOVE to enjoy n Paradise? Let us know what is in it and we will make it especially for you. If it's a good one, we will add it to our Cocktail List!







## Wines in Paradise

**Casa De Campo Sauvignon Blanc \$50 bottle / \$10 glass** *Vale Central, Chile.* 

**Vasse Felix Semillon Sauvignon Blanc 2013 \$85 bottle** *Margaret River, Western Australia.* 

Westend Cool Climate Riesling \$75 bottle Eden Valley, Australia.

**Casa De Campo Chardannay 2013 \$50 bottle / \$10 glass** *Vale Central, Chile.* 

**Villa Maria Pinot Gris 2012 \$60 bottle** *Gisbourne, Marlborough & Hawkes Bay regions, New Zealand.* 

**Brightwater Gravels Pinot Gris \$75 bottle** *Nelson, New Zealand.* 

**Charton Brut Blanc de Blanc \$60 bottle** *France.* 

Yellow Tail White Bubbles \$55 bottle / \$12 glass Australia.

Yellow Tail Pink Bubbles \$55 bottle / \$12 glass Australia.

## **Red Wines in Paradise**

**Casa De Campo Premium Cabernet Sauvignon 2014 \$50 bottle / \$10 glass** *Vale Central, Chile.* 

**El Emperador Merlot \$50 bottle / \$10 glass** *Chile.* 

JP Chener Shiraz \$50 bottle / \$10 glass Vale Central, Chile.

Sam Miranda Ballerina Rosato 2014 \$65 bottle King Valley. Australia.

Vasse Felix Cabernet Sauvignon 2012 \$140 bottle Margaret River, Western Australia.

Bring your Duty Free Wines to the Tekiteki Bar and we will chill and serve them for you. A \$10 Corkage fee will be added to your Room Account.





#### Full Cooked Breakfast in Paradise

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This Menu rotates every 3 days

Breakfast is served from 7am—9.30am each morning. We can arrange an early Breakfast if you are departing the Resort early.

FJ\$35 per person or part of your Meal Package

All breakfast selections include:

\* Tropical fruit plate

\* Unlimited Keri Juice – orange, pineapple, tomato or apple

\* Unlimited Toast - Toasted Italian thick crusty Bread

\* Unlimited Tea or French Press Coffee

Choose 1 of the selections below for Breakfast

Extra selections are charged at FJ\$15 each

Hot Breakfast (v) Double stack Pancakes with Bananas & drizzled with Maple Syrup

Cereal of Paradise (v) Your choice of cereal – healthy toasted Muesli, studded with an assortment of nuts, seeds & plump Sultanas, or Weetbix or Corn Flakes or Rice Bubbles

A Slice of Paradise (v) Thick home-made Toast with our daily topping. Ask our staff for today's topping

Big Breakfast

Eggs 2 x (your choice of fried, scrambled, poached or boiled) Bacon, Lamb Sausage, fried Cassava, Tomato Chutney & thick Toast.

# Bula Wrap

Fluffy scrambled eggs wrapped in a freshly made Roti and topped with a Tomato Chutney and melted cheese and served with sautéed vegetables





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\* Unlimited Toast - Toasted Italian thick crusty Bread

\* Unlimited Tea or French Press Coffee

Choose 1 of the selections below for Breakfast

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Paradise Oatmeal (v)

A healthy start to the day with a bowl of fibrous Oatmeal / Porridge

Good Morning Sunshine (v)

Coconut Bread topped with orange Marmalade & gratinated Papaya & Coconut

## Cereal of Paradise (v)

Your choice of cereal - healthy toasted Muesli, studded with an assortment of nuts, seeds & plump sultanas, or Weetbix or Corn Flakes or Rice Bubbles

## **Big Breakfast**

Eggs 2 x (your choice of fried, scrambled, poached or boiled) Bacon, Lamb Sausage, fried Cassava, Tomato Chutney & thick Toast.

## **Omelette of Paradise**

2 egg Omelette with your choice of filling: Onion, Bacon, Cheese, Mushrooms, Chili, or try with the lot, served with thick Toast & spicy Tomato Chutney.





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#### **French Toast**

Two thick slices, cooked the traditional way & served with Maple Syrup

A Slice of Paradise (v) Thick home-made Toast with our daily topping. Ask our staff for today's topping

## Cereal of Paradise (v)

Your choice of cereal – healthy toasted Muesli, studded with an assortment of nuts, seeds & plump sultanas, or Weetbix or Corn Flakes or Rice Bubbles

#### **Paradise Benedict**

Traditionally cooked poached Eggs with Ham and a Lemongrass Hollandaise

#### **Big Breakfast**

Eggs 2 x (your choice of fried, scrambled, poached or boiled) Bacon, Lamb Sausage, fried Cassava, Tomato Chutney & thick Toast.







## Lunch in Paradise

This Menu rotates every 3 days. Lunch is available from 11.30-am 3.00pm each day

## First Course

Bowl of Local Chips \$10 (v) with coconut dipping sauce

Soup & Salad \$17 See our Specials board for today's selection

**Coconut crumbed Fish Sticks** \$20 Served with our own famous coconut mayonnaise

Taste of Paradise \$20(v) Grilled local vegetable assortment, marinated in balsamic& served on a bed of Asian Noodles, drizzled with a fresh basil puree

Indian style Roti Wrap (v) \$19 Lightly spiced vegetables enclosed in a fresh Indian flat bread & served with a chili dipping sauce

# Main Course

Pasta Putanesca \$25 (v) Homemade Pasta tossed in a chunky Tomato, Mushroom & Olive sauce

Island Style Lamb Burger \$32 New Zealand Lamb Pattie, grilled served on a homemade bun with a fresh fruit relish, greens & local fries

Fijian Flash Seared Beef \$25 Flash fried, marinated organic Beef strips with a Chili Plum sauce & fluffy Rice

**Toasted Sandwich** \$25 Thick sliced bread filled with your choice of Ham & Cheese or Chicken & Coconut mayonnaise or Bacon, Egg & BBQ sauce. All served with local Chips and Coconut mayonnaise

**Today's Catch** \$32 Enjoy fresh Fish of the day grilled, steamed, battered or Fijian style Kokoda - each way is served with local Chips and fresh garden Salad

Pizza of the Day \$25 Thin crusted homemade Pizza base, with daily changing toppings – see our Specials Board

Curry of the World \$30 Today's special Curry, accompanied by Rice, Roti & Dahl – see our Specials Board

Please note the Daily changing Chef's Specials Board for your to choose from.

Ask our friendly Wait Staff for our Vegetarian Menus.

Still hungry? See ask for the Dessert Menus







## Lunch in Paradise

This Menu rotates every 3 days. Lunch is available from 11.30-am 3.00pm each day

## First Course

Bowl of Local Chips \$10 (v) with Coconut dipping sauce Soup & Salad \$17 See our Specials board for today's selection Hot & Spicy Chicken Wings \$20 Served with fluffy Rice

Indian Bara Plate (v) \$17 Yellow Pea & Cumin patties served with a spicy Tamarind Chutney

**Bruscetta** (v) \$17 Thick sliced homemade toast topped with virgin Olive Oil, grilled Vegetables, Olives & our famous local Basil Pesto

# Main Course

Cajun Chicken Caesar Salad \$29 Mildly spiced Chicken strips tossed in a traditional Caesar Dressing with Croutons (no anchovies)

**Paradise Panini** (v) \$25 Homemade Panini loaf halved & topped with roasted & grilled local Vegetables & topped with a tasty Coconut Pesto

Local Vatuwiri organic T-Bone Steak \$32 Marinated & grilled to your liking, accompanied by BBQ sauce & local Fries

**Toasted Sandwich** \$25 Thick sliced bread filled with your choice of Ham & Cheese or Chicken & Coconut mayonnaise or Bacon, Egg & BBQ sauce - all served with local Chips & Coconut Mayonnaise

**Today's Catch** \$32 Enjoy fresh Fish of the day grilled, steamed, battered or Fijian style Kokoda each way served with local Chips and fresh garden Salad

Pizza of the Day \$25 Thin crusted homemade Pizza base, with daily changing toppings – see our Specials Board

Curry of the World \$30 Today's special Curry, accompanied by Rice, Roti & Dahl – see our Specials Board

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## Lunch in Paradise

This Menu rotates every 3 days. Lunch is available from 11.30-am 3.00pm each day

## First Course

Bowl of Local Chips \$10 (v) with Coconut dipping sauce

Soup & Salad \$17 See our Specials board for today's selection

**Tempura Vegetable Plate** \$17 (v) A selection of local Vegetables served with Wasabi, Pickled Ginger & Kikkoman

Coconut Crusted Chicken Strips \$20 served with a Fijian Mayonnaise

Spicy Fish Cakes \$20 Coriander infused Fish Cakes with fresh Tomato Chutney & fresh Salad

# Main Course

**The Paradise Burger** \$32 Organic Beef grilled served on a homemade bun with Pineapple, greens and local Fries

Island Chow Mein \$30 (v) Fresh organic local Vegetables fast fried & tossed in noodles (let our friendly staff know if you want to add Chicken)

Lolo Fish \$32 Fresh catch cooked in fresh Coconut milk served with fluffy Rice

**Toasted Sandwich** \$25 Thick sliced bread filled with your choice of Ham & Cheese or Chicken & Coconut mayonnaise or Bacon, Egg & BBQ sauce, all served with local Chips and Coconut Mayonnaise

**Today's Catch** \$32 Enjoy fresh Fish of the day grilled, steamed, battered or Fijian style Kokoda each way served with local Chips and fresh garden Salad

Pizza of the Day \$25 Thin crusted homemade Pizza base, with daily changing toppings – see our Specials Board

Curry of the World \$30 Today's special Curry, accompanied by Rice, Roti & Dahl – see our Specials Board

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Still hungry? See ask for the Dessert Menus







This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

WELCOME TO INDIAN NIGHT!

4 courses for \$75

First Course \$10

• Homemade Samosa with tangy Tamarind Chutney (v)

## Second Course \$15

• Dahl Soup & pappadum (v)

Enjoy this Indian delicacy of cooked yellow Split Peas infused with aromatic Spices

# Main Meal \$35

\* A selection of Beef Curry, Vegetable Curry, Tandoori Chicken served with steamed Rice, Vegetable Palau, Roti & assorted condiments.

# Dessert \$15

• Traditional cooked Rice Pudding with Cinnamon Custard

Our Indian dishes are not chili hot. They are traditionally flavoured and we serve with chili and spicy Chutneys on the side and you can add as much or as little as you like. Enjoy!







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#### **Dinner Menu**

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This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

WELCOME TO A LA CARTE NIGHT

4 Courses for \$75

First Course \$10

\* Coconut and Coriander spiced Fish Balls with a sweet Chili Jam

Second Course \$15

\* Pumpkin, Peanut and chili Soup (v)

or

\* Lemongrass Beef Skewers served on a bed of Salad

#### Main Meal \$35

\* Ika Totoka - Steak of local Fish grilled on a bed of soft Noodles accompanied by stir fried Vegetables and drizzled with a Balsamic Vinaigrette

or

\* Toa Va Lolo - Chicken & fresh local Vegetables simmered in fresh Coconut Cream with local Mash

or

\* Paradise Spring Roll (v) assorted Vegetables wrapped in a crispy pastry, with Salad & Nan Jin

## Dessert \$15

\* Coconut Pancake freshly grated sweetened Coconut, encased in minted Crepe & drizzled with rich Chocolate Sauce

Please note the Daily changing Chef's Specials Board for your to choose from.

Ask our friendly Wait Staff for our Vegetarian Menus.





This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

#### WELCOME TO A LA CARTE NIGHT

#### 4 courses for \$70

First Course \$10

• Green Papaya Cakes (v)

## Second Course \$15

Pawpaw Gazpacho (v)

Sun-ripened Pawpaw infused with Coriander & served chilled

or

Spiced butterflied Chicken wings with rice & a Tomato & Cucumber Salsa

## Main Meal \$35

Niu crusted local catch served with lightly steamed Vegetables
topped with an Olive & Basil Compote

or

 Coconut Crepes encasing local julienned Vegetables on Couscous & drizzled with a Cumin & Pumpkin puree (v)

or

 Organic Beef Tournedos cooked to your liking topped with a light Peppercorn sauce on a local Mash

# Dessert \$15

• Sticky Date Pudding with a rich Butterscotch Sauce







This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

## WELCOME TO FIJI NIGHT

## 4 courses & Kava entertainment for \$100 pp

## **First Course**

Eggplant Waki Poki (v) \$15

Battered & lightly fried organic Eggplant topped with local Spinach, drizzled with a Coconut, Tomato & Cucumber Salsa

# Second Course \$20

• Kokoda & Green Papaya Salad

Traditional Fijian Fish marinated in lemon and Coconut Milk & served with a tangy Papaya Salad

# Main Meal \$50

 From our Lovo pit (earth oven), a selection of Lovo Chicken, organic Lovo Beef, Lovo Pork, traditional Lovo vegetables, including Cassava, Dalo and Rourou (local Spinach)

# Dessert \$20

Banana Cake

Chef uses local sweet bananas & tops with caramelized coconut

Enjoy dinner while our Paradise Entertainment Team dances for your enjoyment. Friends and family of our Paradise Team join us after our Lovo Feast and invite you to share a Yaqona (kava) ceremony with singing, dancing & story telling.







This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

> WELCOME TO A LA CARTE NIGHT 4 courses for \$70

> First Course \$10 \* Island style Vegetable Crepe (v)

Second Course \$15 \* Salt & Pepper crispy fried Chicken with Salad & Aoli

or

\* French Onion Soup accompanied with Cheese Crouton (v)

Main Meal \$35

\* Tandori grilled Fish, served with a Cucumber Riata & fluffy Rice

or

\* Pacific rim style marinated and organic Beef

tossed with Baby Corn & Bamboo Shoots & accompanied by fluffy Rice

or

 \* Mediterranean Vegetable Bonbon with Couscous & a Cumin Bean Compote (v)

# Dessert \$15

\* Island style Coconut Chocolate Mud Cake with fresh Cream







This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

WELCOME TO A LA CARTE NIGHT

4 Course for \$70

## First Course \$10

• Paradise Sesame Soy Chicken Wings with Pineapple & Coriander Puree

## Second Course \$15

• Cream of Bele Soup (v)

blend of local Spinach & Coconut

Or

Oceanic Chicken

marinated Chicken Breast served on Rice & blanched local Spinach

# Main Meal \$35

• Banana wrapped & steamed Fish of the day on lightly sautéed Vegetables

Or

Cajun style grilled Pork Cutlet with a homemade Sweet & Sour Sauce

on a local Mash

or

 Grilled organic Taveuni Porterhouse Steak cooked to your liking, with local Chips

Dessert \$15

• Fijian Chocolate Mousse with Chantilly Cream

Please note the Daily changing Chef's Specials Board for your to choose from.

Ask our friendly Wait Staff for our Vegetarian Menus.







This Menu rotates every 7 days. Dinner is available from 6.30-pm—8.30pm each evening

WELCOME TO SUNDAY ROAST NIGHT!

4 courses for \$75

## First Course \$10

• Soy & Ginger Chicken Lollypops with a sweet Guava Jam

# Second Course \$15

• Homemade Minestrone Soup (v)

## Main Meal \$35

 A selection of roast organic Taveuni Beef, roast tender Chicken, roast Pork with crackling, served with roasted Potato and Pumpkin with green Beans and topped with a Rosemary jus.

# Dessert \$15

Home Made Fruit Sorbet Selection with fresh local Fruits

Please note the Daily changing Chef's Specials Board for your to choose from.

Ask our friendly Wait Staff for our Vegetarian Menus.

