

PARAKUIHI | BREAKFAST

(Mon-Fri until 10.30am | Weekends until 11am)

HĒKI KAKATO EGGS BENEDICT*	from	16
House smoked hāngi hash cake served with two free range poached eggs, horopito hollandaise		
• FLORENTINE – spinach		16
• MĀORI – smoked Eel		18
• PACIFIC – corned beef		18
• BENEDICT – bacon		17
• ROYALE – smoked salmon		20
PARĀOA MITI KAU MINCE ON RĒWANA*		17
Slow cooked beef mince served on garlic rēwana topped with soft poached egg		
HĒKI KŌRORI OMELETTE* (VEG option available)		17
Island style palusami omelette with spinach, corned beef, tomato and coconut cream		
PĀRETI PORRIDGE (DF option available)		14
Winter warmer porridge with house made boysenberry, apple and rhubarb compote topped with toasted steamed pudding crumble		
NGĀ PAREHE WAFFLES		16
Bacon, banana and golden syrup sauce with candied walnuts		
PARĀOA BRUSCHETTA (VEGAN)		16
Warmed bruschetta with vegan watercress pesto, herbed cherry tomatoes served on EVO garlic brushed ciabatta		
PARAKUIHI BUILD YOUR OWN BREAKFAST	from	8
Starting with two eggs cooked your way on ciabatta, feel free to build your own breakfast from below		
ADD ONS (*3 piece per serve)		
– Creamy garlic mushrooms(GF)		6
– Piropiro spiced creamed corn		5
– House made hāngi hash (GF), (DF)		4
– Cheese kransky *		5
– Grilled tomato with balsamic glaze (GF), (DF)		6
– Crispy bacon*		5
– Smoked salmon (GF), (DF)		6
– Spinach (GF),(DF)		5
– Egg x1		3
– Eel		6
– Corned Beef		6

*GF OPTION AVAILABLE

NGĀ INU | BEVERAGES

NGĀ KAWHE HAVANA COFFEE	LGE 5.3	REG 4.5
Mōwai Flat White		
Rāte Latte		
Kaputino Cappuccino		
Moka Mocha		
Rāte Chai Chai Latte		
Tiakarete Wera Hot Chocolate		
Amerikano Americano		3.5
Pango Poto Short Black		3.5
Pango Roa Long Black		3.5
Piccolo Macchiato Vienna		3.8
Miraka (Milk) Pini (Soy) Aromona (Almond) Kokonati (Coconut)		0.50
NGĀ TĪ TEAS		4.5
Sencha/Green	NZ Breakfast	
Earl Grey	Berrylicious	
Ginger & Kawakawa	Peppermint	
NGĀ INU WERA HOT BEVERAGE		5
Lemon, Honey, Ginger -or- Blackcurrant, Honey		
NGĀ INU MATAO ICED DRINK		8
Iced Tea – Blueberry Green Tea, Lemon & Berry Garnish		
Iced Tea – Peach, Black Tea, Lychee & Lemon Garnish		
Iced Chocolate – Topped with Whipped Cream, Milk Chocolate		
Iced Mocha – Topped with Whipped Cream, White Chocolate		
Iced Coffee – Topped with Whipped Cream, Dark Chocolate		
MILKSHAKES – WITH ICE CREAM		8
Chocolate	Banana	Strawberry
Lime	Mango	Caramel
Raspberry	Vanilla	Salted Caramel
SMOOTHIE DF (APPLE JUICE BASE)		8
BOOSTER – Banana, Mango, Spinach, Lime Juice		
DETOX – Blueberry, Banana, Date, Boysenberry		
REBOOT – Mango, Pineapple, Banana, Passionfruit		
ENERGISE – Strawberry, Apple, Pear, Pineapple, Date		
NGĀ INU DRINKS		all 5
Taha Tonic: Kawakawa and Ginger		
Juice: Orange, Apple, Tomato		
Foxton Fizz: Lime, Raspberry, Lemonade		
Soft Drink: Ginger Beer, Lemon Lime Bitters, Coke		

TAUPAEPAE KAI | CABINET FOOD ALSO AVAILABLE

Take a look at our delicious range of cabinet foods, including muffins, savoury items, fresh salads & sweets



KARAKIA MŌ TE KAI

Nā Ngā Atua

I Homai Ngā Kai

Rongomatāne, Tāne Mahuta,

Haumia Tiketike, Tangaroa

Kia Ora, Kia Ora

Whakamaui Ki A Tina (Tina)

Haumi E, Hui E, Tāiki E!

This food has been given to us by the Atua

Rongo, guardian of kūmara and peace

Tāne, guardian of the forest

Haumia, guardian of cultivated foods

Tangaroa, guardian of the sea

We give thanks, we give thanks

And feast together as one!

WAI & KAI MENU

KEI WAHO KOE? | ARE YOU OUTSIDE?

Kuhu mai (come in) and place your order at the counter
with our kaimahi – Ngā mihi

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KO WAI MĀTAU – WHO ARE WE

Karaka Café is named after the Karaka Grove on the Harbour side of the premise by the late Kaumatua Sam Jackson. It is said that Māori bought the karaka seed on waka as they travelled to settle in Aotearoa, enabling them to harvest the karaka (orange) fruit. The karaka grove brings with it, a connection to the history and story of our ancestors. The Wharewaka Building was a long-time dream of the Taranaki whānui, to have a foot print back on the Wellington waterfront.

Karaka Café is owned and operated by the Retimanu whānau, who are of Māori and Pacific decent. The café was brought to life on the 6th February 2011 with a blessing of the whare as a whole. Our vision from day one, was to promote our culture in a positive light, through the senses of sight, sound and taste. We aim to boast the tastes and aromas of Māori flavours within modern kiwi café style foods. Our signature dishes have always included our café style oven hāngi and eggs benedict with smoked hāngi hash. Backed by an awesome management team and young vibrant kaimahi, we are all very proud to work alongside the lwi here at the Wharewaka.

HE AHA TE MEA NUI?
HE TANGATA, HE TANGATA, HE TANGATA

*What is the most important thing?
The people, The people, The people.*

“THIS IS WHAT WE CALL THE “KARAKA EXPERIENCE”



SIGHT – Contemporary Māori art work throughout the venue. Bilingual menus, Māori designs and whakataukī/sayings are prominent.



SOUND – Our background music has a playlist of Māori & Pacific waiata, through to our live artists over the summer season. You can hear Te Reo Māori being spoken in the whare ia rā, ia rā (everyday)



TASTE – Māori infused flavours in our kai traditional foods, meet modern cooking methods.

“Arrive as customers, become friends, leave as whānau”

RĀRANGI KAI NUI | LUNCH MENU

(Mon-Fri from 10.30am | Weekends from 11am)

HŪPA O TE RĀ SOUP OF THE DAY Served with warmed garlic bread	15	MITI POAKA PORK BELLY* Crispy skinned pork belly served with pan fried winter vegetables, hāngi hash, apple sauce, watercress pesto and red wine jus	26
HĀNGI & FRY BREAD (KAI REKA!) Our café version of a traditional Hāngi - House smoked chicken, pork, kumara, stuffing, cabbage, steamed and served with fry bread <i>Note: dietary options are not available for this dish on the day-Aroha mai</i>	21	KAREPARĀOA CAULIFLOWER TACO (VEGAN) Vegan soy/buttermilk fried cauliflower tacos, cherry tomatoes, slaw, pomegranate seeds, pickle onion, kawakawa hummus	17
POAKA HŪHUNU SWEET SOY PORK RIBS (DF) Slow cooked, sweet and sticky pork ribs, toasted sesame, fresh house slaw – add fries 5	25	PARĀOA RIMURAPA VEGETARIAN PASTA Vegetable pasta with capsicum, onion, garlic, basil, mushroom, potato, pumpkin, kumara, carrot topped with feta and watercress pesto	20
ĪKA O TE RĀ FISH OF THE DAY (DF) Beer battered market fish, beer battered fries, house made tartare, charred lemon and house slaw <i>Available grilled on request</i>	25	HAKARI FEAST TOGETHER OR ADD A SIDE TO YOUR MEALS	
KAIMOANA SEAFOOD CHOWDER* Kawakawa and horopito seafood chowder with prawns, squid, mussels, fish and garlic rewana	23	PARĀOA PARAI FRY BREAD Bowl of mini fry bread (8), drizzled with golden syrup sauce	10
MĪTI KAU, HEKI STEAK & EGGS (DF) Kina marinated 200gm medium-rare grilled beef sirloin served with beer batter fries topped with two fried eggs – add your topping from below <i>*one topping included, add more for 1 each</i> <ul style="list-style-type: none">• Caramelised onion• Creamy garlic mushroom sauce• Piropiro mayonnaise• Garlic butter• Red wine jus	27	WHEKE SQUID Kawakawa citrus crumbed squid served with charred lemon	12
WHAKAPIPI HEIHEI CHICKEN BURGER* Buttermilk fried chicken, cos lettuce, watercress, kawakawa aioli, manuka glazed bacon, cheese and kamokamo pickle in a toasted brioche roll – add fries 5	18	HEIHEI FRIED CHICKEN (A KAIMAHI FAVOURITE) Fried piropiro chicken bites with our kaitumu (chefs) sweet sauce, house slaw	15
ĪKA WHAKAPOAO SMOKED FISH PIE House smoked fish fillet, kawakawa bechamel, peas, orange kumara mash with pan fried winter greens	21	KUMARA MAC N CHEESE Smoked golden kumara and caramelized onion mac n cheese croquets	15
PARĀOA MITI KAU MINCE ON RĒWANA* Slow cooked beef mince served on garlic rēwana topped with poached egg	17	HUAWHENUA VEGETABLES* Pan fried garlic winter greens	10
		KĀNGA CREAMED CORN Bowl of piropiro spiced creamed corn	8
		RĪWAI UTA LOADED FRIES Loaded shoestring fries with bacon, kawakawa bechamel, cheese and spring onion	12
		RĪWAI KOHERI BEER BATTER Beer batter fries with kawaka and confit garlic aioli	9
		KŪMARA ITI KUMARA BITES Kumara bites with piropiro mayonnaise	9

*GF OPTION AVAILABLE

**watercress pesto is nut free, as we use pumpkin seeds

KEI WAHO KOE? | ARE YOU OUTSIDE?

Kuhu mai (come in) and place your order at the counter with our kaimahi – Ngā mihi