

NGĀ INU | BEVERAGES

NGĀ KAWHE | HAVANA LGE \$5.30 REG \$4.50

-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)

SOY
50c

ALMOND 50c

COCONUT 50c

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 \$7

Iced Tea – Blueberry, Green Tea
 Iced Tea – Peach, Black Tea
 Iced Chocolate - Topped With Whipped Cream
 Iced Mocha - Topped With Whipped Cream
 Iced Coffee - Topped With Whipped Cream

NGĀ INU MATAO | ICED DRINKS 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, Pineapple, Kiwifruit, Cranberry
 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

PARAKUIHI | BREAKFAST

AVAILABLE OPEN – 11AM

HĒKI KAKATO | EGGS BENEDICT (GF) from \$16

House smoked hāngi hash cake served with two free range poached eggs, horopito hollandaise

- FLORENTINE – spinach \$16-
- MĀORI – smoked fish \$18-
- PACIFIC – corned beef \$17-
- BENEDICT – bacon \$17-
- ROYALE – smoked salmon \$20-

PARĀOA MITI KAU | MINCE ON REWANA \$17

Slow cooked beef mince served on rewana topped with a soft poached egg (GF OPTION AVAILABLE)

HĒKI KŌRORI | OMELETTE (GF) \$16

Three egg omelette with spinach, red onion, tomato, cheese

PARAKUIHI WHAKAPIPI PEKENA | BREAKFAST BURGER \$15

Brioche bun, fried egg, bacon, avocado, watercress, hollandaise and tomato relish (GF OPTION AVAILABLE)

REWANA ME AVOCADO | SMASHED AVOCADO \$16

Toasted rewana bread, smashed avocado, smoked feta and fennel oil, topped with two poached eggs, Kaitaia pipiro

(GF OPTION AVAILABLE) \$16

PATAHUA | MUESLI (VEGAN) \$14

House made muesli, seasonal fruits, coconut and passionfruit yoghurt

NGĀ PAREHE | WAFFLES \$16

Warmed waffle, bacon, banana and maple syrup

-or-

Warmed waffle, strawberries, coulis, whipped cream

OKO VEGAN | VEGAN BOWL (V & GF) \$16

Fried kumara, avocado, house pickled vegetables, balsamic cherry tomatoes, roasted pumpkin seeds served on quinoa and sprinkled with kawakawa

MIX IT UP & ADD SIDES FROM THE LIST BELOW

KAI ĀPITI TANGA – ADDITIONS from \$3

TOHI | TOAST

- Rewana Bread, (3)
- Five Grain Toast (3)
- Seeded Gluten Free Toast (3)
- Ciabatta Toast (3)

OTHER

- Egg x1 (3) x2 (5), scrambled, fried, poached
- Grilled tomato (3)
- Halloumi (6)
- House Smoked salmon (6)
- Hāngi hash – lightly smoked root vegetables (4)
- Bacon (5)
- Spinach (5)
- Mushroom (6)

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

IF SEATED OUTSIDE...

PLEASE PLACE YOUR ORDER

AT THE COUNTER - NGĀ MIHI

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KARAKA

CAFE





KO WAI MĀTAU – WHO ARE WE

Karakā Café is named after the Karakā Grove on the Harbour side of the premise by the late Kaumatua Sam Jackson. It is said that Māori bought the karakā seed on waka as they travelled to settle in Aotearoa, enabling them to harvest the karakā (orange) fruit. The karakā 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.

Karakā 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 Iwi here at the Wharewaka.

“THIS IS WHAT WE CALL THE “KARAKA EXPERIENCE”

SIGHT – Contemporary Māori art work throughout the venue. Bilingual menus, Māori designs and whakatauki/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”

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

RĀRANGI KAI | MENU

(1100am - close)



HINEATATŪ - GUARDIAN OF THE DAWN/MORNING

RĒWANA ME AVOCADO | SMASHED AVO (V)* \$16

Toasted rēwana bread, smashed avocado, smoked feta and fennel oil, topped with two poached eggs, Kaitaia piropiro (chilli)

PARAKUIHI WHAKAPIPI PEKENA | BREAKFAST BURGER* \$15

Brioche bun, fried egg, bacon, avocado, watercress, smoked horopito hollandaise

RONGOMATĀNE - GUARDIAN OF CULTIVATED FOODS

HUPA O TE RĀ \$12

House made, warm hearty soups, made daily.

PARĀOA PAREHE HĀNGI | HĀNGI FLAT BREAD \$14

Flat fry bread, house smoked chicken, kumara, stuffing, cabbage, mixed herb stuffing topped with cheese and kawakawa aioli

PĪNI | EDAMAME BEAN (GF) \$9

with horopito and garlic butter

OKO VEGAN | VEGAN BOWL (V) * \$16

Fried kumara, avocado, pickled vegetables, balsamic tomatoes, roasted pumpkin seeds, served on quinoa and sprinkled with kawakawa

Add, Kumara or Salmon or Haloumi or Bacon -\$6each

KONO KAI ITI | SMALL BITES PLATTER \$20

A great sharing platter with the classics, prawn twisters, salt & pepper squid, hoki bites, spring rolls, samosa with tartare

RĪWAI PARAI | FRIES all \$9

-Shoestring fries, paprika, piropiro mayo

-Beer batter fries with kawakawa aioli

-Smoked kumara bites, karengo salt, piropiro mayo

GF OPTION AVAILABLE*

RĀRANGI KAI | MENU

(11.00am - close)

TANGAROA - GUARDIAN OF THE SEA, RIVERS, LAKES

IKA MATA | RAW FISH (GF,DF) \$18

Cured to order market fish, lime coconut cream tomato salsa

PĀUA KIRĪMI | CREAMED PĀUA (ABALONE)* \$18

Horopito creamed pāua, house-made Māori fry bread

KUKU | MUSSELS \$23

1kg Marlborough green lipped mussels, white wine, herb broth

IKA O TE RĀ | FISH OF THE DAY (DF) \$23

Beer battered market fish, beer battered fries, house made tartare, lemon and salad garnish available pan fried on request

WHEKE | SQUID (DF) \$17

Kawakawa and lemon pepper fried squid with piropiro mayo

TŪMATAUENGA

GUARDIAN OF WAR, HUNTING, FISHING & AGRICULTURE

HĀNGI \$18

Our café version of a traditional Hāngi - House smoked chicken, pork, kumara, stuffing, cabbage, and fry bread

HEIHEI | FRIED CHICKEN (DF) \$17

Fried piropiro buttermilk chicken pieces – a great sharing plate of chicken nibbles

HEIHEI RURUKU | CHICKEN WRAP (DF) \$15

Fried piropiro buttermilk chicken wrap, fresh slaw, tangy onions, lime add fries \$5

HANAWITI MĪTI KAU | STEAK SANDWICH (DF)* \$23

200gm open steak sandwich (medium rare), smoked caramelised onion, kawakawa aioli, portobello mushroom, kumara crisps add fries \$5

POAKA HŪHUNU | SWEET SOY PORK RIBS (DF)* \$22

Slow cooked, sweet and sticky pork ribs, lemon slaw add fries \$5

WHAKAPIPI HEIHEI | CHICKEN BURGER \$20

Lemon and kawakawa panko crumbed chicken thigh, bacon, soft fried egg, lettuce, parmesan mayonnaise add fries \$5

GF OPTION AVAILABLE*