



Kai – Tamariki

Under 12 years only

**Denotes – available until 4pm only*

** Heki | Eggs (7)  KIDS CHOICE*

*Poached egg on toast
with olive oil -DF (GF on request)*

Ika | Fish (8)  KIDS CHOICE


*Grilled fish served with green salad
tartare and lemon -GF & DF*

Hei Hei | Chicken (8)  KIDS CHOICE

Panko crumb chicken wrap, slaw & fruit garnish

Vegan | Manga (8)  KIDS CHOICE

*Roasted vegetable medley with
toasted nuts & Vege Crisp -GF & DF*

** Waffle (10)  KIDS CHOICE*

Banana and maple syrup waffles -DF

Smoothies – all apple juice based (DF)

Energise Smoothie – Strawberry, Apple, Pear, Pineapple, Date \$8

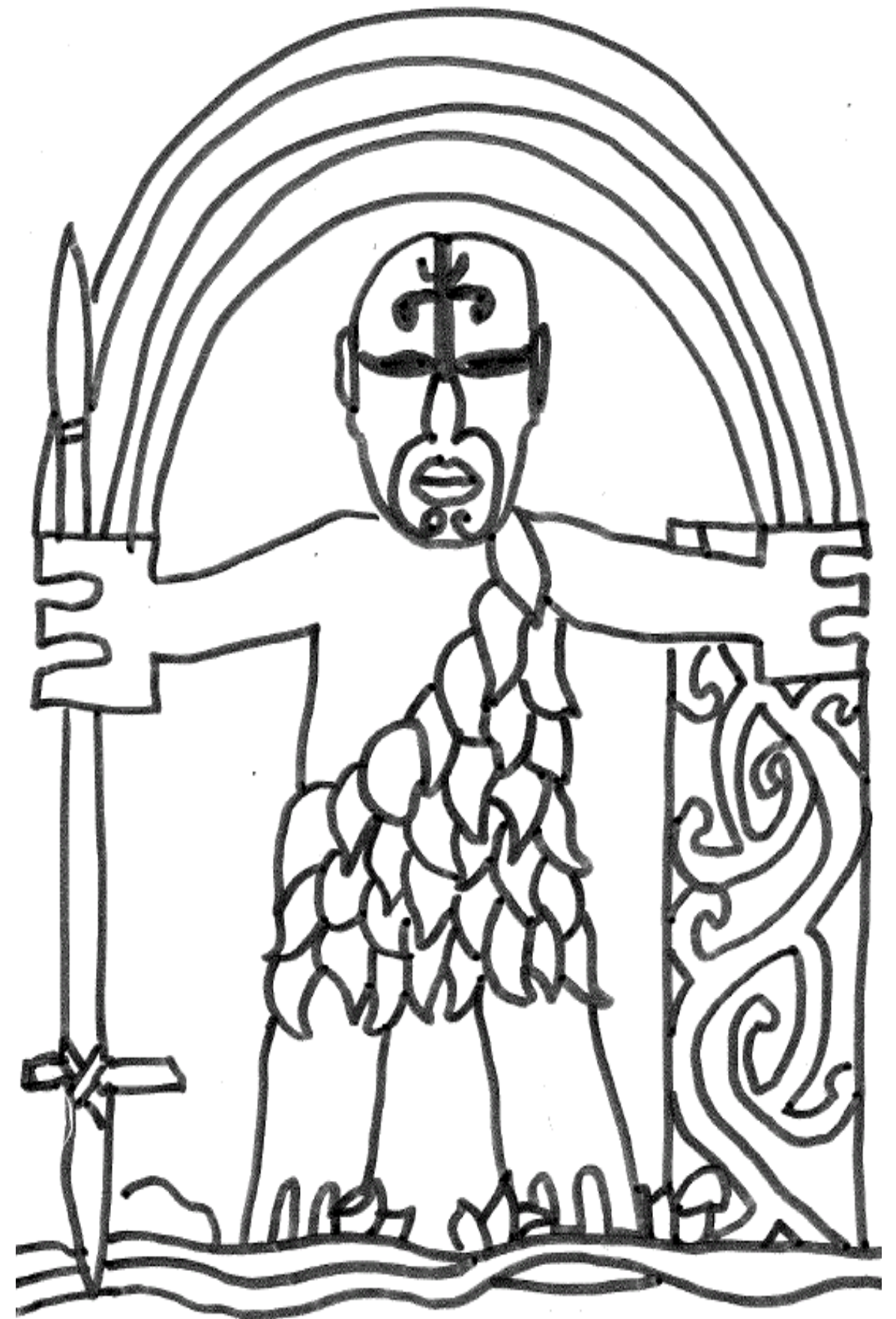
Reboot Smoothie – Mango, Pineapple, Banana, Passionfruit \$8

Booster Smoothie – Banana., Mango, Spinach, Lime Juice \$8

Iced Chocolate \$7-

Juice - Orange, Apple, Pineapple, Kiwifruit \$5-

Karaka cafe



Rongomātāne

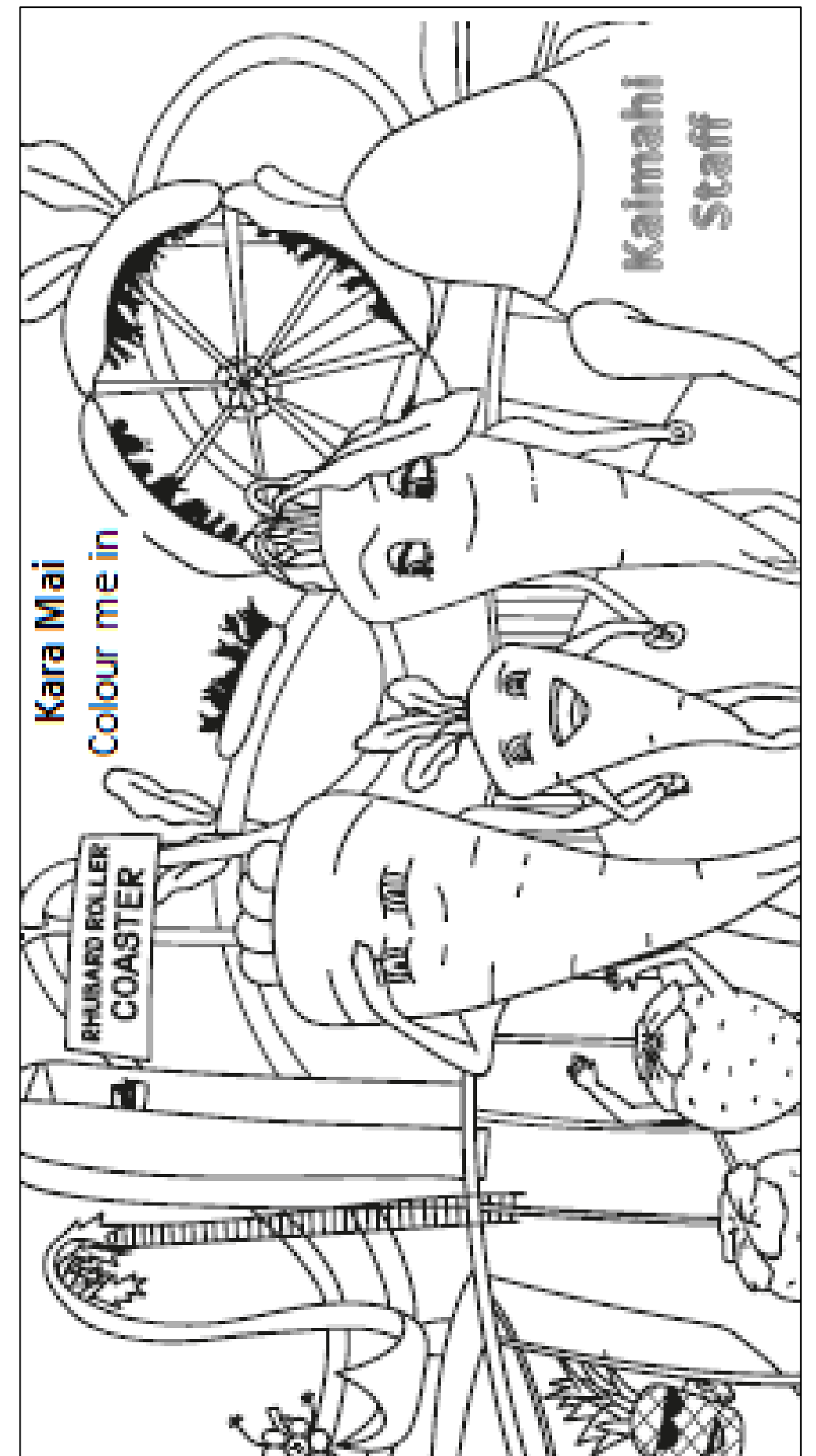
Māori Guardian of cultivated foods



A	W	A	H	K	O	R	E	R	O	H	T	H	R	W	H	A
M	H	K	O	A	O	T	E	A	R	O	A	H	P	K	P	M
N	A	M	K	A	R	A	K	A	E	G	W	A	I	A	T	A
W	N	R	I	E	O	I	E	P	H	W	H	A	R	E	H	O
U	A	N	A	P	O	R	O	O	A	N	I	O	P	H	I	R
E	U	G	O	E	N	H	T	U	K	A	R	A	K	I	A	I
A	T	A	R	G	O	A	P	N	A	K	I	U	N	K	P	R
O	W	A	A	K	G	N	K	A	E	K	M	P	N	O	A	P
E	O	H	R	O	N	G	O	M	A	T	A	N	E	I	K	U
N	E	T	I	H	R	I	N	U	I	R	T	A	P	U	E	K
A	T	T	W	A	H	I	N	E	P	E	E	N	R	K	H	U
T	E	W	H	A	N	G	A	N	U	I	A	T	A	R	A	R

KEI HEA TE KUPU MĀORI


- | | |
|--|--|
| AOTEAROA (New Zealand, long white cloud) | APŌRŌ (apple) |
| HAKA (Māori dance) | HĀNGI (feast prepare in an earth oven) |
| HĪKOI (walk) | KARAKA (name of this cafe) |
| KARAKIA (prayer) | KIA ORA (hello) |
| KOHA (gift) | KŌRERO (talk) |
| MĀORI (Indigenous peoples of NZ) | MARAE)(meeting house) |
| NUI (big) | ONO (six) |
| PĀKEHA (NZ of non –Māori descent) | POUNAMU (greenstone) |
| PUKU (belly, stomach) | RONGOMATANE (guardian of the forest) |
| TĀNE (man, husband) | TAPU (sacred) |
| TAWHIRIMATEA (guardian of the weather) | TE WHANGANUI-A-TARA (Wellington) |
| WAHINE (woman, wife) | WAIATA (song) |
| WHANAU (extended family) | WHARE (house) |




Kai – Tamariki

Under 12 years only

**Denotes – available until 4pm only*

* **Heki | Eggs (7)**  KIDS CHOICE

*Poached egg on toast
with olive oil -DF (GF on request)*

Ika | Fish (8)  KIDS CHOICE


*Grilled fish served with green salad
tartare and lemon -GF & DF*

Hei Hei | Chicken (8)  KIDS CHOICE

Panko crumb chicken wrap, slaw & fruit garnish

Vegan | Manga (8)  KIDS CHOICE

*Roasted vegetable medley with
toasted nuts & Vege Crisp -GF & DF*

* **Waffle (10)**  KIDS CHOICE

Banana and maple syrup waffles -DF

Smoothies – all apple juice based (DF)

Energise Smoothie – Strawberry, Apple, Pear, Pineapple, Date \$8

Reboot Smoothie – Mango, Pineapple, Banana, Passionfruit \$8

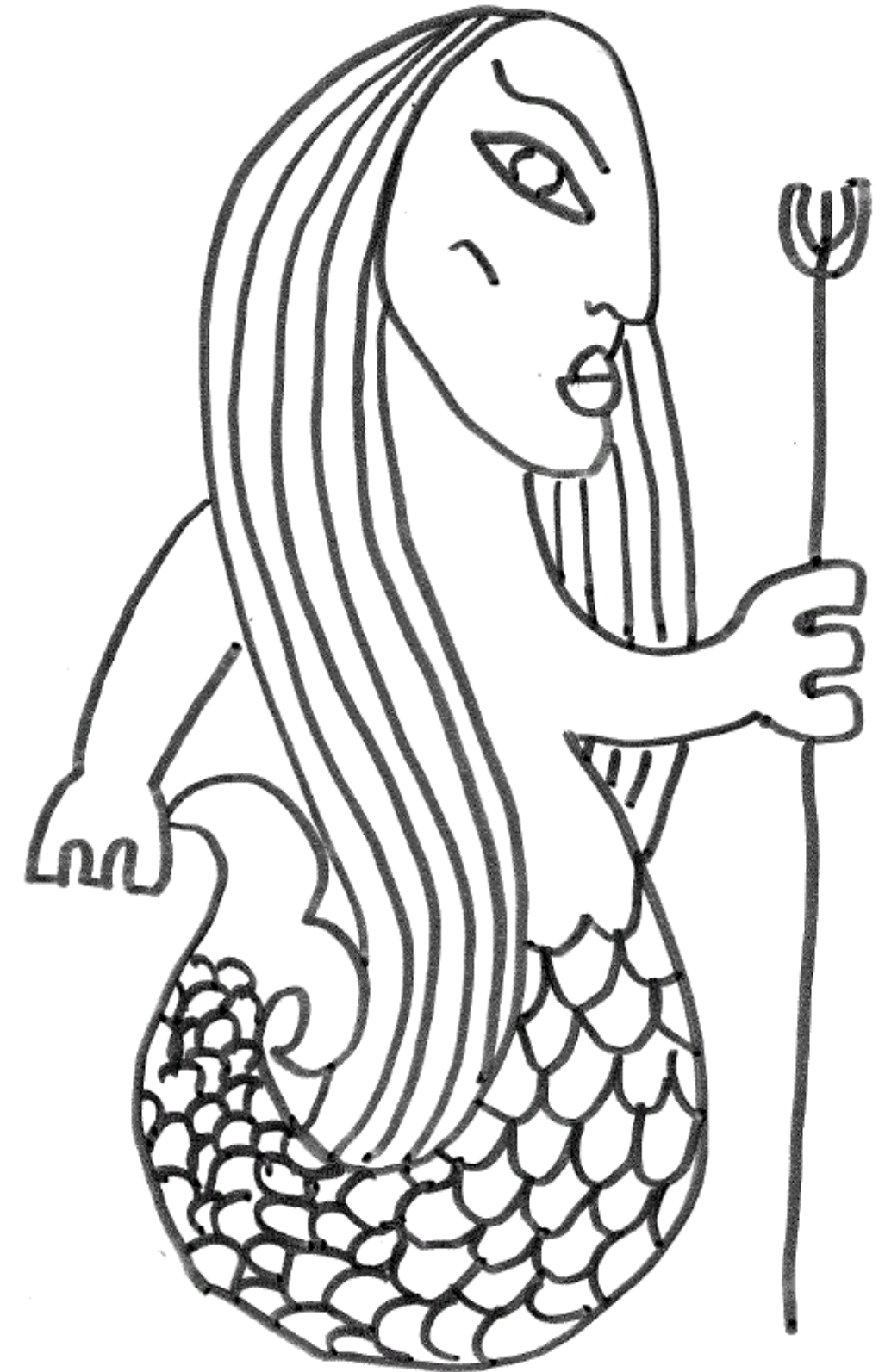
Booster Smoothie – Banana, Mango, Spinach, Lime Juice \$8

Iced Chocolate \$7-

Juice - Orange, Apple, Pineapple, Kiwifruit \$5-



Karaka cafe



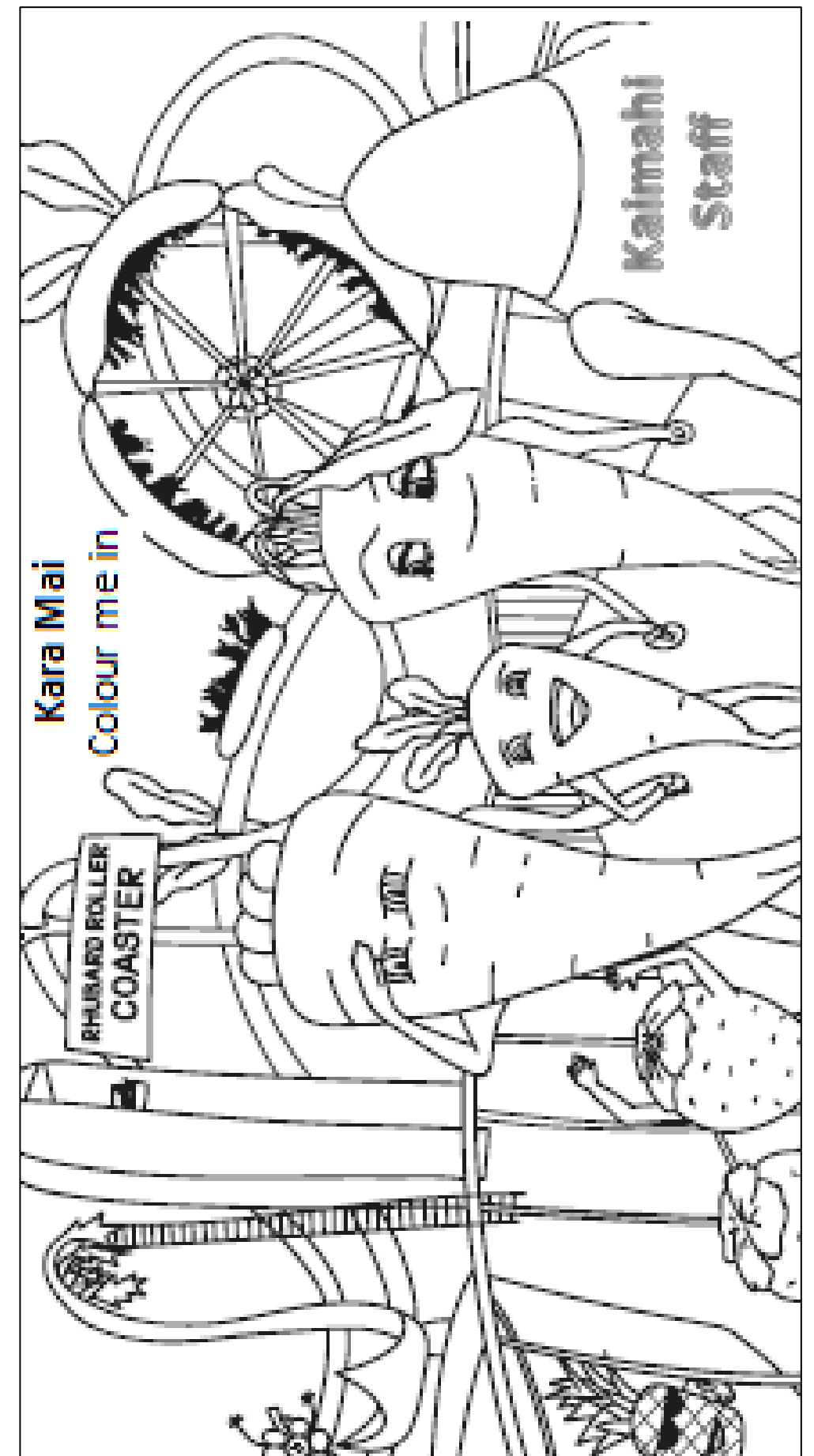
Tangaroa

Māori Guardian of the sea

A	W	A	H	K	O	R	E	R	O	H	T	H	R	W	H	A
M	H	K	O	A	O	T	E	A	R	O	A	H	P	K	P	M
N	A	M	K	A	R	A	K	A	E	G	W	A	I	A	T	A
W	N	R	I	E	O	I	E	P	H	W	H	A	R	E	H	O
U	A	N	A	P	O	R	O	O	A	N	I	O	P	H	I	R
E	U	G	O	E	N	H	T	U	K	A	R	A	K	I	A	I
A	T	A	R	G	O	A	P	N	A	K	I	U	N	K	P	R
O	W	A	A	K	G	N	K	A	E	K	M	P	N	O	A	P
E	O	H	R	O	N	G	O	M	A	T	A	N	E	I	K	U
N	E	T	I	H	R	I	N	U	I	R	T	A	P	U	E	K
A	T	T	W	A	H	I	N	E	P	E	E	N	R	K	H	U
T	E	W	H	A	N	G	A	N	U	I	A	T	A	R	A	R

KEI HEA TE KUPU MĀORI

- | | |
|--|--|
| AOTEAROA (New Zealand, long white cloud) | APŌRŌ (apple) |
| HAKA (Māori dance) | HĀNGI (feast prepare in an earth oven) |
| HĪKOI (walk) | KARAKA (name of this cafe) |
| KARAKIA (prayer) | KIA ORA (hello) |
| KOHA (gift) | KŌRERO (talk) |
| MĀORI (Indigenous peoples of NZ) | MARAE)(meeting house) |
| NUI (big) | ONO (six) |
| PĀKEHA (NZ of non –Māori descent) | POUNAMU (greenstone) |
| PUKU (belly, stomach) | RONGOMATANE (guardian of the forest) |
| TĀNE (man, husband) | TAPU (sacred) |
| TAWHIRIMATEA (guardian of the weather) | TE WHANGANUI-A-TARA (Wellington) |
| WAHINE (woman, wife) | WAIATA (song) |



Kai – Tamariki

Under 12 years only

*Denotes – available until 4pm only

* **Heki | Eggs (7)** ❤️ KIDS CHOICE

Poached egg on toast
with olive oil -DF (GF on request)

Ika | Fish (8) ❤️ KIDS CHOICE

Grilled fish served with green salad
tartare and lemon -GF + DF

Hei Hei | Chicken (8) ❤️ KIDS CHOICE

Panko crumb chicken wrap, slaw + fruit garnish

Vegan | Manga (8) ❤️ KIDS CHOICE

Roasted vegetable medley with
toasted nuts + vege crisp -GF + DF

* **Waffle (10)** ❤️ KIDS CHOICE

Banana and maple syrup waffles -DF

Smoothies – all apple juice based (DF)

Energise Smoothie – Strawberry, Apple, Pear, Pineapple, Date \$8

Reboot Smoothie – Mango, Pineapple, Banana, Passionfruit \$8

Booster Smoothie – Banana, Mango, Spinach, Lime Juice \$8

Iced Chocolate \$7-

Juice - Orange, Apple, Pineapple, Kiwifruit \$5-



Karaka Coffee



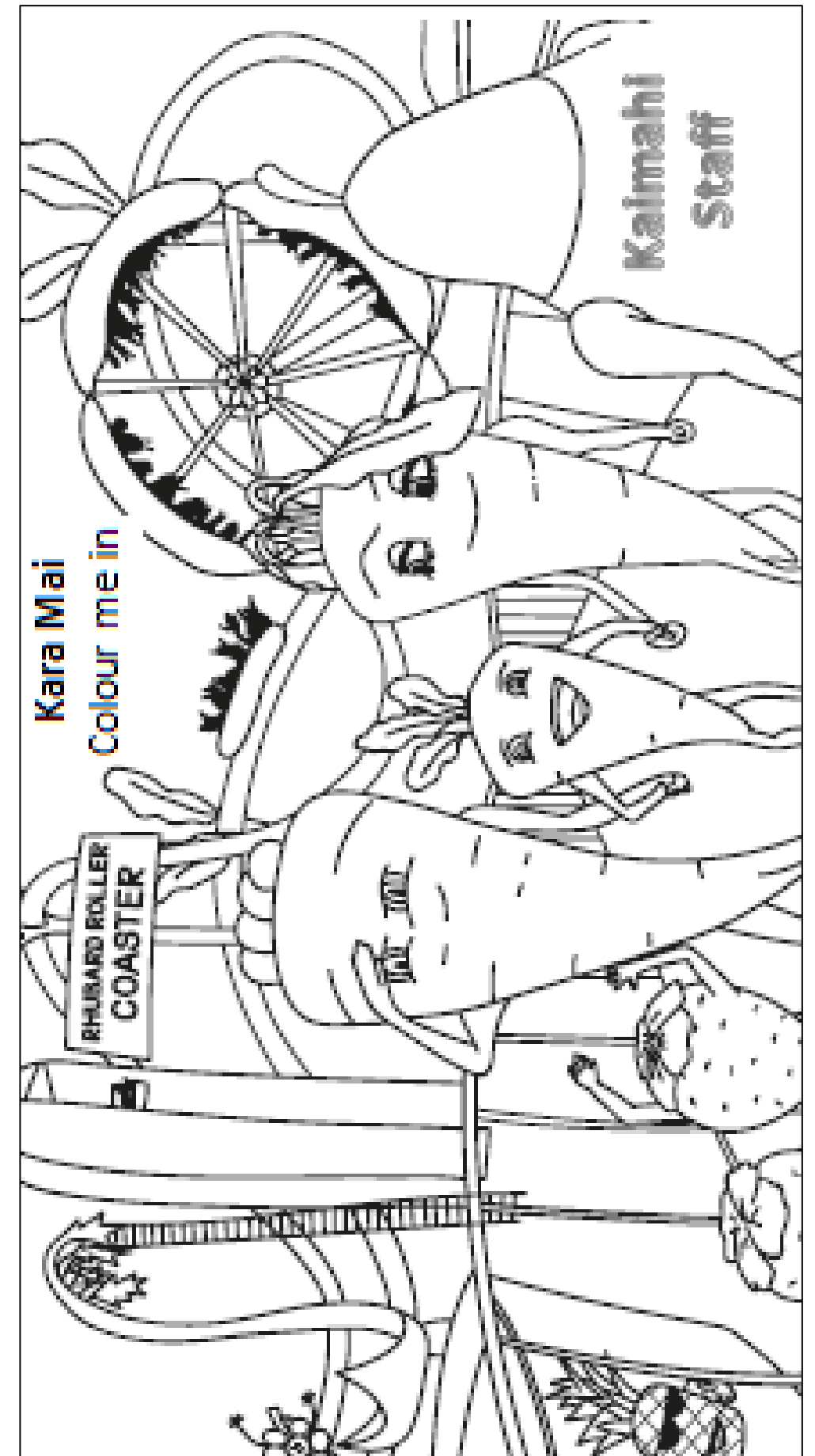
Tāwhirimātea

Māori Guardian of weather

A	W	A	H	K	O	R	E	R	O	H	T	H	R	W	H	A
M	H	K	O	A	O	T	E	A	R	O	A	H	P	K	P	M
N	A	M	K	A	R	A	K	A	E	G	W	A	I	A	T	A
W	N	R	I	E	O	I	E	P	H	W	H	A	R	E	H	O
U	A	N	A	P	O	R	O	O	A	N	I	O	P	H	I	R
E	U	G	O	E	N	H	T	U	K	A	R	A	K	I	A	I
A	T	A	R	G	O	A	P	N	A	K	I	U	N	K	P	R
O	W	A	A	K	G	N	K	A	E	K	M	P	N	O	A	P
E	O	H	R	O	N	G	O	M	A	T	A	N	E	I	K	U
N	E	T	I	H	R	I	N	U	I	R	T	A	P	U	E	K
A	T	T	W	A	H	I	N	E	P	E	E	N	R	K	H	U
T	E	W	H	A	N	G	A	N	U	I	A	T	A	R	A	R

KEI HEA TE KUPU MĀORI

- | | |
|--|--|
| AOTEAROA (New Zealand, long white cloud) | APŌRŌ (apple) |
| HAKA (Māori dance) | HĀNGI (feast prepare in an earth oven) |
| HĪKOI (walk) | KARAKA (name of this cafe) |
| KARAKIA (prayer) | KIA ORA (hello) |
| KOHA (gift) | KŌRERO (talk) |
| MĀORI (Indigenous peoples of NZ) | MARAE)(meeting house) |
| NUI (big) | ONO (six) |
| PĀKEHA (NZ of non –Māori descent) | POUNAMU (greenstone) |
| PUKU (belly, stomach) | RONGOMATANE (guardian of the forest) |
| TĀNE (man, husband) | TAPU (sacred) |
| TAWHIRIMATEA (guardian of the weather) | TE WHANGANUI-A-TARA (Wellington) |
| WAHINE (woman, wife) | WAIATA (song) |
| WHANAU (extended family) | WHARE (house) |



Kai – Tamariki

Under 12 years only

*Denotes – available until 4pm only

* **Heki | Eggs (7)** ❤️ KIDS CHOICE

*Poached egg on toast
with olive oil -DF (GF on request)*

Ika | Fish (8) ❤️ KIDS CHOICE

*Grilled fish served with green salad
tartare and lemon -GF & DF*

Hei Hei | Chicken (8) ❤️ KIDS CHOICE

Panko crumb chicken wrap, slaw & fruit garnish

Vegan | Manga (8) ❤️ KIDS CHOICE

*Roasted vegetable medley with
toasted nuts & vege crisp -GF & DF*

* **Waffle (10)** ❤️ KIDS CHOICE

Banana and maple syrup waffles -DF

Smoothies – all apple juice based (DF)

Energise Smoothie – Strawberry, Apple, Pear, Pineapple, Date \$8

Reboot Smoothie – Mango, Pineapple, Banana, Passionfruit \$8

Booster Smoothie – Banana, Mango, Spinach, Lime Juice \$8

Iced Chocolate \$7-

Juice - Orange, Apple, Pineapple, Kiwifruit \$5-



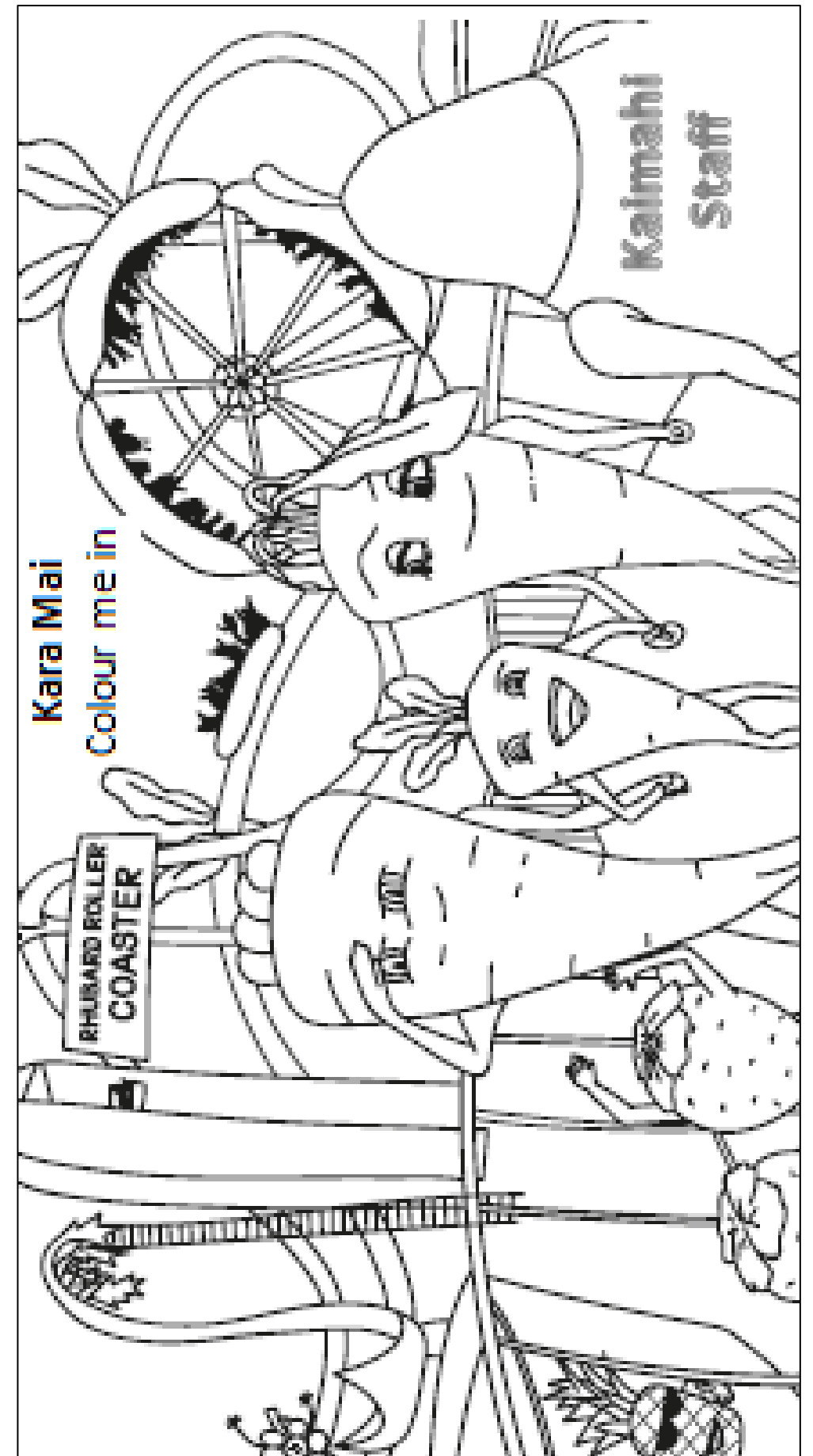
[Tūmatauenga](#)

Māori Guardian of war

A	W	A	H	K	O	R	E	R	O	H	T	H	R	W	H	A
M	H	K	O	A	O	T	E	A	R	O	A	H	P	K	P	M
N	A	M	K	A	R	A	K	A	E	G	W	A	I	A	T	A
W	N	R	I	E	O	I	E	P	H	W	H	A	R	E	H	O
U	A	N	A	P	O	R	O	O	A	N	I	O	P	H	I	R
E	U	G	O	E	N	H	T	U	K	A	R	A	K	I	A	I
A	T	A	R	G	O	A	P	N	A	K	I	U	N	K	P	R
O	W	A	A	K	G	N	K	A	E	K	M	P	N	O	A	P
E	O	H	R	O	N	G	O	M	A	T	A	N	E	I	K	U
N	E	T	I	H	R	I	N	U	I	R	T	A	P	U	E	K
A	T	T	W	A	H	I	N	E	P	E	E	N	R	K	H	U
T	E	W	H	A	N	G	A	N	U	I	A	T	A	R	A	R

KEI HEA TE KUPU MĀORI


- | | |
|--|--|
| AOTEAROA (New Zealand, long white cloud) | APŌRŌ (apple) |
| HAKA (Māori dance) | HĀNGI (feast prepare in an earth oven) |
| HĪKOI (walk) | KARAKA (name of this cafe) |
| KARAKIA (prayer) | KIA ORA (hello) |
| KOHA (gift) | KŌRERO (talk) |
| MĀORI (Indigenous peoples of NZ) | MARAE)(meeting house) |
| NUI (big) | ONO (six) |
| PĀKEHA (NZ of non –Māori descent) | POUNAMU (greenstone) |
| PUKU (belly, stomach) | RONGOMATANE (guardian of the forest) |
| TĀNE (man, husband) | TAPU (sacred) |
| TAWHIRIMATEA (guardian of the weather) | TE WHANGANUI-A-TARA (Wellington) |
| WAHINE (woman, wife) | WAIATA (song) |
| WHANAU (extended family) | WHARE (house) |




Kai – Tamariki

Under 12 years only

*Denotes – available until 4pm only

* **Heki | Eggs (7)**  KIDS CHOICE

Poached egg on toast
with olive oil -DF (GF on request)

Ika | Fish (8)  KIDS CHOICE


Grilled fish served with green salad
tartare and lemon -GF & DF

Hei Hei | Chicken (8)  KIDS CHOICE

Panko crumb chicken wrap, slaw & fruit garnish

Vegan | Manga (8)  KIDS CHOICE

Roasted vegetable medley with
toasted nuts & vege crisp -GF & DF

* **Waffle (10)**  KIDS CHOICE

Banana and maple syrup waffles -DF

Smoothies – all apple juice based (DF)

Energise Smoothie – Strawberry, Apple, Pear, Pineapple, Date \$8

Reboot Smoothie – Mango, Pineapple, Banana, Passionfruit \$8

Booster Smoothie – Banana, Mango, Spinach, Lime Juice \$8

Iced Chocolate \$7-

Juice - Orange, Apple, Pineapple, Kiwifruit \$5-

Karakara CAFE



A	W	A	H	K	O	R	E	R	O	H	T	H	R	W	H	A
M	H	K	O	A	O	T	E	A	R	O	A	H	P	K	P	M
N	A	M	K	A	R	A	K	A	E	G	W	A	I	A	T	A
W	N	R	I	E	O	I	E	P	H	W	H	A	R	E	H	O
U	A	N	A	P	O	R	O	O	A	N	I	O	P	H	I	R
E	U	G	O	E	N	H	T	U	K	A	R	A	K	I	A	I
A	T	A	R	G	O	A	P	N	A	K	I	U	N	K	P	R
O	W	A	A	K	G	N	K	A	E	K	M	P	N	O	A	P
E	O	H	R	O	N	G	O	M	A	T	A	N	E	I	K	U
N	E	T	I	H	R	I	N	U	I	R	T	A	P	U	E	K
A	T	T	W	A	H	I	N	E	P	E	E	N	R	K	H	U
T	E	W	H	A	N	G	A	N	U	I	A	T	A	R	A	R

KEI HEA TE KUPU MĀORI

- | | |
|--|--|
| AOTEAROA (New Zealand, long white cloud) | APŌRŌ (apple) |
| HAKA (Māori dance) | HĀNGI (feast prepare in an earth oven) |
| HĪKOI (walk) | KARAKA (name of this cafe) |
| KARAKIA (prayer) | KIA ORA (hello) |
| KOHA (gift) | KŌRERO (talk) |
| MĀORI (Indigenous peoples of NZ) | MARAE)(meeting house) |
| NUI (big) | ONO (six) |
| PĀKEHA (NZ of non –Māori descent) | POUNAMU (greenstone) |
| PUKU (belly, stomach) | RONGOMATANE (guardian of the forest) |
| TĀNE (man, husband) | TAPU (sacred) |
| TAWHIRIMATEA (guardian of the weather) | TE WHANGANUI-A-TARA (Wellington) |
| WAHINE (woman, wife) | WAIATA (song) |
| WHANAU (extended family) | WHARE (house) |

