



MONDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Fish Taco

Battered Fish Bites, English Cabbage, tossed in a Salsa of Tomato, Onion, and Cilantro, wrapped in a freshly baked Tortilla, served with a drizzle of Aioli.

Or

Honey Grilled Chicken

Honey Grilled Chicken Breast with tropical mix salad, red vine tomatoes, lemon and herb roasted potatoes, honey mustard dressing

Or

Vegetarian Taco

Freshly Baked Roti Tortilla filled with seasoned potatoes, fresh local herbs and spices, finished with cucumber and tomato salsa

DINNER

Starter

Dhal Soup

Creamy Dhal Soup

Main

Chicken Cordon Bleu

Chicken breast filled with Ham and Cheddar Cheese filling served with Spiral Pasta, Vegetable Ratatouille, Marinara and Potato Mash

Or

Lamb Shank

New Zealand Lamb Shank, braised, and slow cooked in a vegetable and red Wine Jus, served on Creamy Mash, with Saluted Green Long Bean and Fijian Spinach, Finished with a sauce from the reduction of the Vegetable and Red Wine cooking Broth.

Or

Potato Pumpkin Gnocchi with Spinach & Pine Nuts toasted in a Brown Butter

Gnocchi, Sautéed Spinach, Pine Nuts, finished with Grated Nutmeg and Shaved Parmesan

DESSERT

Chocolate Crepes

Filled with Fresh Berry Crème Foutée

TUESDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Bega Seafood Chowder with Potato and Corn

Fresh Fish Stock freshly crated and strained Coconut Milk with Lightly panned Fish, Squid, Shrimp and steamed Potato cubes, and Whole kernel Corn.

Or

Firewalker Burger

Classic Beef Patties with horseradish cream, lettuce, tomato, onion jam, cheddar cheese, crispy onion rings and fried egg

Or

Farmers Pizza

Pumpkin, Eggplant, Spinach, Onion, Mushrooms, Capsicum, Olives on our special oven baked Pizza base, and lashings of Napolitana Sauce and Mozzarella Cheese..

DINNER

Starter

Pumpkin Garlic Soup

Pumpkin, sweet potato, touch of Garlic, double cream finish, with a slice of Garlic Bread

Main

Grilled Pork Fillet

Grilled Marinated Port Fillet, served with fresh Garden Vegetables and Scallop Potatoes

Or

Grilled Spanish Mackerel

Char Grilled Spanish mackerel, steamed Asian Greens, champagne crème sauce and sweet potato mash

Or

Farmers Market Vegetable Crepes

Saluted selection of fresh Garden Vegetables, with Basil and roasted Garlic, touch of Sesame oil, served in a House made Crepe, finished with a Tomato Pomodoro sauce, aged Cheddar and Parsley sauce and topped with chopped Parsley

DESSERT

Kahlua Parfait

With Fresh Orange and Chocolate sauce.





WEDNESDAY

BREAKFAST

Please ask your morning hosts if you would like an omelette with your poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

The Beqa Chicken Caesar Salad

Poached shredded Chicken, Bacon, Capers, soft Poached Egg, shaved Parmesan, and our homemade classic Caesar Dressing of Caper cream Mayonnaise.

Or

Beqa Battered Fish & Chips

Choice of the day, Asian Slaw, Cajun Cassava Chips, With Lemon Mayo, and House Ketchup on the side.

Or

Banana Leaf Tamale

Polenta, sprinkled with Aged cheddar, wrapped and baked in banana leaf and served with Salsa Verde

DINNER

Starter

Island Garden Salad with Island Dressing

Fresh Garden Salad with Island Dressing

Main

Pan Seared Wahoo Fillet

Served with Dill Potato Salad, Steamed Garden vegetables and Salsa Verde

Or

Roasted Medium Rare Fillet of Lamb

Evenly finished, Red Wine and Lamb Jus, mint Verde, served with our traditional Greek Styled Braised Long Bean with Sweet Potato

Or

Bread Soufflé

Soufflé, rolled in Fresh Cream and Egg, served with Mushroom Cream Sauce

DESSERT

Chocolate Soufflé

Made with the finest of chocolate and freshly crafted by our chef

THURSDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Calamari Scaloppini

Calamari Crumbed, served with tangy Lemon infused Aioli Sauce, and Herb Potato Salad.

Or

Beef Skewers

Aged beef pieces, Onion and Capsicum Skewers, slow grilled, and served with Peanut Sauce, and steamed rice.

Or

Vegetable Quiche

Seasonal Farmland Vegetables in a savoury short crust pastry, served with Tomato Chutney and a Garden Salad.

DINNER

Starter

Rourou Soup

Leaves of the root vegetable Taro, Lightly seasoned and sautéed with Onion, garlic, blended vegetable stock, double cream and olive oil, coconut cream drizzled and a slice of Garlic Bread

Main

Chicken Piccata

Chicken breast rolled in Parmesan Cheese and Bread crumbs, fried and oven baked, served on garden greens with Sweet Potato Wedges and cream sauce

Or

Fresh line caught Fish of the day

Grilled locally caught Reef Fillets with Parsley Gremolata, finished with creamy caper sauce, served with Pomme Puree, and Steamed Vegetables and Rice.

Or

Eggplant Cordon Bleu

Eggplant cordon Bleu stuffed with carrots, tomatoes, mushrooms, raisins, fresh chopped herbs, lemon risotto and tomato chutney

DESSERT

Pineapple Strudel

Pineapple filled Filo, oven baked, with Passion fruit Sauce served with Vanilla Ice-Cream





FRIDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Tuna Sandwich

Ground fresh blanched Tuna, with Eggs and Mayo, served in a fresh baked Focaccia Bun with Tomato, Onion, lettuce, Egg Mayo, and Potato Chips.

Or

Beef Shepherd's Pie

Local Beef Mince Braised with Herbs and seasoned vegetables, gravy, Creamy potato mash and Parmesan Crumble

Or

Vegetarian Shepherd's Pie

Herbs and seasoned vegetables, gravy, Creamy potato mash and Parmesan Crumble

DINNER

Entrée

Kokoda

Lime Cured Spanish Mackerel ... topped with local Tomato Cucumber and Red Onion Miti [Salsa]

Main

Tavu Chicken

Rolled Charred chicken marinated with island grown herb filled with Fijian spinach, pine nut, and seasoned mince Chicken, served with Potato Garlic mash, splash of stock and red wine jus and our own home grown Beetroot Chutney and Pineapple Salsa

Or

Steak with Red Wine Reduction

NZ grass fed Tenderloin-seared and charred with red wine jus, sautéed seasoned vegetables and jacket potatoes

Or

Rosti a la Beqa

Spice crumbed potato with sautéed local vegetables, red vine tomatoes, button mushroom, poached egg served with hollandaise sauce

Dessert

Poached Pear

Bartlett Poached Pear in Red Wine, Filled with Cherry Cream Foutee, served with Chardonnay Sabayon.



SATURDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Fish Skewers

Fish pieces, Onion and Capsicum Skewers, slow grilled, and served with Peanut Sauce, and steamed rice.

Or

Beef Lasagne

Layers of Courgette, with Mince, Roasted Aubergine, Carrots, Zucchini, capsicum with Tomato Basil Sauce and topped Parmesan Crumble, finished with Herb Oil.

Or

Farmers Market Lasagne

Layers of Courgette, Roasted Aubergine, Carrots, Zucchini with Tomato Basil Sauce and topped Parmesan Crumble, finished with Herb Oil.

DINNER

Starter

Creamy Potato & Bacon Soup

Served with Bacon lardons with Island Grown herbs.

Main

Sesame Crusted Mahi-Mahi

Pan roasted Mahi-Mahi Fillet crusted with toasted Sesame, served with Creamy Caper Sauce, baked Spinach and Root Vegetable Hash with Pineapple Mint Salsa and Baked Potatoes.

Or

Spicy Thai Chicken Green Curry

With Snake Beans, Rou Rou, accompanied with Steamed Jasmin Rice and Baked Pumpkin.

Or

Vegetable & Pea Samosa

Homemade Pastry with Potato, Peas and market vegetables accompanied with Baba Ghanoush, Tomato relish, local Tamarind and organic Mint Raita.

DESSERT

Devils Food Cake

Served with Freshly whipped Cream and mixed berries coulis



SUNDAY

BREAKFAST

Full breakfast please ask your morning hosts if you would like an omelette with your choice of filling, poached eggs, hard or soft-boiled eggs or fried eggs to your liking.

LUNCH

Tuna with Cold Vermicelli Noodles

Grilled Tuna served a top Cold Vermicelli Salad with sweet mayo dressing and lemon garnish
Or

Green Papaya salad with Rare Beef [Chilled]

A salad of Green papaya, cucumber, capsicum, vermicelli Rice Noodle's and Rare Beef slices, dressed with a fusion of Lime Juice, palm sugar, fish sauce, chilli and sesame oil, finished with a panned roasted chopped peanut and spring onion, cilantro and mint
Or

Spaghetti with Marinara Sauce

Spaghetti pasta primavera with brunoised vegetables infused with paprika crème sauce

DINNER

Starter

Panko Crumbed Rourou Anrancini

Coconut poached taro leaf and rice crumbled balls, with island made tomato relish, candied ginger and Honey glazed charred lemon

Main

Rosemary Roasted Half Chicken

Served with Honey Glazed Carrots, Roasted Potato, Steamed Green Beans, Garden Peas, and Chicken Stock Gravy.
Or

Grilled Tuna with Mediterranean Chopped Salad

Grilled rare, Yellow fin Tuna steaks accompanied by a chopped salad of Green Beans, Tomatoes, Black Olives and Potato. Served with Crusty Bread slices and Japanese Lemon and Wasabi Mayo for Dipping
Or

Vegetarian Mushroom & Spinach Wellington

Local spinach, mushrooms, organic herbs, in a puff pastry. Served with, honey glazed carrots and Potato Mash finished with White Parsley Sauce.

DESSERT

White and Dark Chocolate Mousse Stack

Stacked layers of creamy Mousse sandwiched between Honey and Nut Crusted Phyllo Pastry.