

Welcome to Tamanu on the Beach

We pride ourselves on using fresh local ingredients, featuring as much produce from local markets and suppliers as possible. Our blackboard menu features a range of specials highlighting beautiful seasonal produce.

Our team are here to look after you, so if there is anything we can do just ask. We are happy to cater for your dietary needs. Many dishes can be made vegetarian or gluten free & we now feature a number of stand alone Vegetarian and Vegan dishes.

Please note some Gluten Free dishes may contain bottled sauces. If you are coeliac please let us know.

Relax, sit back and enjoy delicious dining by the waves.

to begin

Tuna Sashimi *Freshly caught local Tuna* 2400

Tuna Carpaccio *olive oil, soy, pesto & chili* 2400

Tuna Tartar *with passionfruit, soy and olive oil.* 2400

Fish Ceviche Salad 2400

With lime, coconut milk, wild rocket, chili, cucumber – served with crusty baguette

Prawns & Pita 2500

With chili, garlic and fresh tomato sauce, served with grilled pita bread

Garlic Chili Prawns 2500

With Kumala mash

Fresh Coconut Prawns 2500

With grated coconut, chili lime dipping sauce and garden salad

Prawns in creamy white wine sauce 2500

Served with jasmine rice

Bolognese Arancini Balls with Napoli sauce 1800

to begin

Chicken Medallions 2400 ▲●

Marinated in thyme, garlic & lemon zest, grilled with lentil salad

Baked Artichoke Bruschetta 1400 ●

With bacon, tomato, thyme and parmesan

Goats Cheese and caramelized onion Bruschetta 1400 ■

NZ Oysters Natural

400 each

NZ Oysters Bloody Mary

500 each

NZ Oysters Kilpatrick

450 each

sides & bites

House made flat bread with garlic butter 2 pieces 1000 ■

Hummus, basil pesto and flat bread 1600 ■

Fries with tomato sauce- 700 ▲ ■ ♥

Wedges with sour cream- 800 ▲ ■

Manioc Chips with chipotle aioli 800 ▲ ■

Kumala Chips with Sweet Chili Sauce 800 ▲ ■

Sautéed greens, feta and roasted garlic - 700 ▲ ■

Gluten Free ▲ Vegetarian ■ Vegetarian option available ● Vegan ♥ | All prices in vatu

salad bowls

Mixed Bean and Edamame Salad

2100vt ■▲

Chickpeas, beans and edamame topped with fetta cheese & mustard dressing

Italian Salad with Green Beans

2100vt ■▲

Mixed Lettuce, tomato, red onion and green beans topped with a poached egg

Thai Style Salad

2000 ● 2400 with chicken or prawns

*With crunchy vegetables, mint, coriander, glass noodles and peanut Nam Jim dressing
choice of, vegetarian, chicken or prawns*

Toasted Goats cheese & rocket salad

2400

Goats cheese and bacon toasted on a fresh rocket & lettuce salad

Greek Salad

2000■ ▲ 2400 with chicken

Feta, kalamata olives ,lettuce and tomato with fresh herbs, lemon juice, olive oil & basil

vege & vegan

Smoky Eggplant Moussaka (seasonal)

2000 ■▲

Tomato, garlic and lentils topped with smoky eggplant & cheese

Cauliflower Parmigiana

2300 ■

With our delicious coconut crumb, tomato concasse, feta and parmesan, served with salad

Coconut and Chickpea Curry

2100

Market fresh vegetables, creamy coconut and chickpeas served in a coconut

Nourish Bowl

2300 ♥■▲

Fresh market salad, chickpeas, topped with mini corn fritters, satay sauce, pepitas & sesame

Artichoke Fettuccini

2500 ■

fresh tomatoes, garlic herbs, kalamata olives and wild rocket

Corn Fritter and Halloumi Stack

2300 ■▲

Asian inspired corn fritter, grilled halloumi, roasted tomato, rocket with balsamic drizzle

Vegetarian Burger

2300 ■

Black Bean Pattie, egg, grilled onion, cheese, lettuce, tomato with chips & salad

Falafel Wrap

2000 ■

Hummus, lentil & tomato salad, falafel and our yoghurt sauce

Gnocchi Sorrentino

2300 ■

Potato gnocchi baked with a cheesy tomato sauce

pasta

Artichoke Fettuccini

2500 ■

fresh tomatoes, garlic herbs, kalamata olives and wild rocket

Mediterranean Gnocchi

2500 ■

with sundried tomato, kalamata olive, capsicum and tomato sauce

Gnocchi Sorrentino

2300 ■

Potato gnocchi baked with a cheesy tomato sauce

Prawn Fettuccini

3200

With garlic, pesto and cream

Seafood Fettuccini Marinara

3200

With pesto and tomato sauce

burgers & wraps

Vegetarian Burger

2300 ■

Black Bean Pattie, egg, grilled onion, cheese, lettuce, tomato with chips & salad

Halloumi Burger

2300 ■

Paprika dusted Halloumi, grilled red onion ,egg,chipotle aioli, lettuce, tomato with chips & salad

Chicken Burger

2500

Chicken Steak with brie cheese, bacon lettuce, tomato, served with chips & salad

Tamanu Beef Burger

2500

Local beef burger, bacon, egg, onion, cheese, lettuce, tomato with chips & salad

Chicken Wrap

2000

Pan fried chicken breast, lettuce tomato cheese and mayo

Falafel Wrap

2000 ■

Hummus, lentil & tomato salad, falafel and our yoghurt sauce

from the sea

Baked Local Poulet Fish in Banana Leaf 3200 ▲

Baked with coconut, red onion and tomato wrapped in banana leaf, herbed rice and salad

Pan Fried Poulet Fish 3200 ▲

Cauliflower cream, silver beet, and fresh market vegetables

Tamanu Fish and Chips 2800

Beer battered poulet fish and chips served with our tartare sauce and garden salad.

Seared Yellow Fin Tuna Steak 3200

Served with green beans and kumala mash with ginger sauce

Prawn Fettuccini 3200

With garlic, pesto and cream

Tamanu Seafood Curry 3200 ▲

Local seafood, coconut milk, tomato, spring onion, coriander and steamed rice

from the land

Eye Fillet Steak

3500 ▲

*Vanuatu Eye fillet steak served with potato gratin and mixed greens
Choice of pepper, mushroom or blue cheese sauce*

Surf and Turf

3800 ▲

Vanuatu eye fillet topped with prawns garlic cream sauce, garden salad and chips

Pork fillet

3200

Served with apple & apple cider sauce, manioc chips and mixed greens

Prime Cut Local Veal

3200

Served with creamy mushroom sauce, potato gratin and mixed greens

Chicken Parmigiana

3200

Classic Parmigiana served with garden salad and chips

Thai Green Chicken Curry

3000 ▲

Asian inspired green coconut curry with kaffir lime served with rice

Chicken Fried Rice

3000 ▲

Loaded with shredded market fresh vegetables topped with crunchy peanuts.

Tender Beef Madras Curry

3000

Slow cooked, served with minted yoghurt, fresh coriander, papadum and steamed rice

to finish

Belgium Chocolate Fondant

1500

vanilla bean ice cream and biscuit crumbs (please note this take 20 mins to cook).

Classic Crème Brûlée

1400

Profiteroles

1600

Filled with vanilla ice cream and topped with chocolate sauce and almonds

Tarte Tatin

1400

A classic French caramelized apple tart with served with vanilla ice cream

Chocolate Mousse

1400

Made with Vanuatu's Aelan Dark chocolate

Tamanu Affogato with Alean chocolate wafer

1400

espresso & ice cream, Choose from 83 island cocoa nib or coffee liqueur. Frangelico or Baileys

FROZEN DELIGHTS

A trio of Ice Creams *Ask your wait staff for today's flavours 750*

A trio of Tropical Fruit Sorbets ▲

Ask your wait staff for today's flavours 750

SAVOURY DELIGHTS

Cheese Plate *Served with cornichons, olives, pesto ■*

For one - 1,900 To share - 2,600

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