

# VATU-LO BAR & RESTAURANT

## LUNCH MENU

### APPETIZER

Traditional Kokoda - Authentic Fijian dish of freshly caught reef fish marinated with bushlemon juice, coconut cream chili and coriander	\$14
Tempura Calamari - Marinated calamari rings coated with garlic and tempura minted flour, served with crispy, Garden salad, sweet chili and tartar sauce	\$23
San Choi Bao - Stir fry minced chicken with onion, carrot, capsicum on ice berg lettuce	\$26
Deep Fried Chicken Wings - Chicken wings marinated with ginger garlic coriander served with dipping sweet chili and bbq sauce	\$17

### SALADS

Chicken and Lime Noodle Salad - Panfried chicken breast with garlic coriander glass noodles, bean sprouts, mint, fried shallot served with lime chili and coriander dressing	\$20
Nicoise Salad with Yellow Fin Tuna - Yellow fin tuna steak with green beans potato tomato olives boil egg with homemade tuna dressing	\$26
Greek Salad - With capsicum feta cheese celery red onion olives basil tomato cucumber with lime vinaigrette dressing	\$20
Chefs Salad - With ice berg lettuce shredded carrots green pepper julienne of chicken breast ham cheese egg with thousand island dressing	\$26
Caesar Salad - Traditional style with cos lettuce, bacon, egg, croutons, shaved parmesan and ceasar dressing	\$21
Add Cajun Chicken	\$32
Add Grilled Garlic Prawns	\$35

### ASSORTED BREAD

Garlic Flat Bread with rocket red kidney puree	\$6
Carrot French Loaf with eggplant babaghanoush	\$6
Basil Sour Dough with balsamic and olive oil	\$6

### PASTA & PIZZA

Fettuccini Carbonara - Fettuccini with bacon, egg & onion in a creamy garlic and cracked pepper sauce topped with freshly shaved parmesan cheese	\$27
Chicken Pasta - Spiral pasta with sautéed chicken strips with garlic, parsley, onion and sundried tomato, capsicum topped with freshly chopped shallots and shaved parmesan cheese	\$29
Smoked Chicken Pizza - Smoke chicken onion garlic pineapple capsicum artichoke olives cheese on homemade base	\$26
Hawaiian Pizza - Carved fresh leg of ham and cheese on homemade base	\$29
Seafood Tornadoes - Grilled marinated prawns fish pieces squid capers onion chilies basil cheese on homemade base	\$41
Roasted Butter Nut Pumpkin Pizza - Roasted pumpkin with fresh basil leaves feta cheese, cashew nuts, garlic on homemade base	\$30

### SANDWICH AND BURGERS (served with chunky fries)

Classic Toastie- Freshly carved leg of ham, cheese and tomato toasted sandwich	\$19
BLT - Traditionally prepared with crispy rindless bacon rashers, lettuce sliced tomato and our homemade mayonnaise	\$23
Natadola Club Sandwich - Triple decker egg, bacon and chicken sandwich with lettuce, tomato, and homemade mayonnaise	\$28
Open Burger – Beef or Chicken - 200 gms prime beef patty or 200gm marinated chicken breast grilled onion, cheese, tomato, lettuce, pineapple, crispy bacon, mustard & mayonnaise	\$29
Steak Sandwich - Grilled beef fillet with garlic mustard gherkins lettuce tomato grain mustard mayonnaise and caramelized onion on toasted panini bread	\$28
Tandoori Chicken Wrap - Marinated chicken breast in tandoori based with coriander cucumber honey mustard, mayonnaise tomato bean sprout	\$23

Sample Exchange: FJD \$10 = USD \$5  
= AUD \$6  
= NZD \$7

Please note this is a cashless venue and payment is only accepted by room charge or credit card. All prices inclusive of government taxes.  
V Vegetarian GF Gluten Free H Healthy

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## LUNCH MENU

### SOMETHING SUBSTANTIAL

Fish Curry - Madras style fish marinated in tamarind lime juice, Indian spices cooked in coconut sauce with a dash of chili coriander and tomato served with lavish bread steam rice papadums and tomato cucumber chutney	\$27
Pan Seared Mahi-mahi Fillet - Garlic and lime marinated mahi-mahi fillet with citrus segments served with mash potato, steam julienne of vegetable and herb butter	\$28
Sigatoka River Prawns - Corriander battered prawns served with garden salad thick fries sweet chili and tartar sauce	\$32
Crumbed Chicken Breast - With brie cheese and ham filling served with potato chips and salad	\$30
Pumpkin Risotto - Pumkin and black olive risotto with basil pesto and shaved parmesan cheese	\$26

### DESSERTS

Banana Split - Fresh banana with three scoops of ice cream and chocolate topping	\$9
Tropical Fruit Salad - Cut seasonal fruits served with a scoop of vanilla ice cream	\$9
Cheese Cake - Lime and passionfruit flavour	\$11

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