

Maori Herbs and Spices:

HARAKEKE

Black Seeds of the Harakeke (Flax) Bush

TREETOPS HOROPITO

Very powerful herb in Maori medicine & cooking

HARORE

Native Bush Mushroom with a very woody taste

Other special mentions:

ROSEMARY

Known to boost memory, improve mood, reduce inflammation, relieve pain, protect the immune system, stimulate circulation, detoxify the body and help prevent premature aging.

FENNEL

Promotes bone strength and improves skin health. Fennel is also known to lower blood pressure, aid digestion, improve colic, help prevent cancer, and decrease the risk of heart disease.

STAR ANISE

Prevalent in Chinese cooking and medicine, star anise provides antioxidants for the body, possesses antifungal and antibacterial capabilities and is known to fight conditions like colds and the flu.

MUSTARD SEEDS

Many vitamins & nutrients can be found in mustard seeds, including selenium which acts as an antioxidant as well as omega 3 fatty acids which can help protect against Alzheimer's & Dementia.

MINT

Mint is a great appetizer or palate cleanser and it promotes digestion. The strong aroma aids in clearing lung congestion and can be helpful to those suffering from Asthma.

Te Waonui
FOREST RETREAT



Degustation Menu

— FIVE COURSE —



Soup

ORGANIC CELERY & GREEN APPLES

Coconut foam, harakeke powder

Appetisers

MANUKA HOT CANTERBURY SMOKED DUCK BREAST

Pear & fig chutney, puy lentils, star anise jus

WEST COAST WHITEBAIT

Leek compote & fennel, lime zest & Sauvignon Black butter sauce

ROASTED BABY BEETROOT

Organic goat cheese cream, mesclun salad, Cabernet Sauvignon vinegar and virgin olive oil

Mains

HOROPITO RUBBED WEST COAST LAMB LOIN

Minted pea puree, chard onions, broad bean stew, grain mustard mash, baby beetroot, rosemary jus

ANGUS PURE BEEF EYE FILLET

Roasted shallot cream, potato gratin, bacon green beans, heirloom baby carrots, Otago Pinot Noir and harore jus

ROASTED PUMPKIN AND RICOTTA PANZONI

Tomato compote, wilted spinach, parmesan cream, wild watercress pesto

Cheese

BLACK TRUFFLE BRIE

The rind is soft and white, the paste is smooth with a buttery flavour. Each wheel is layered with black truffles giving a rich aromatic nutty or earthy taste.

GALACTIC GOLD CHEESE

This 'washed rind' style of cheese has a rich aromatic, piquant flavour and a creamy, soft and supple body, a little like the texture of camembert.

Desserts

VALRHONA CHOCOLATE MOUSSE

Caramelised hazelnut, chocolate soil, espresso crème fraiche

ORANGE & GRAND MARNIER PARFAIT

Raspberry gel, vanilla tuile

PISTACHIO PANNA COTTA

Caramel passion fruit sauce

Please choose one option per course

Jean-Michel, Executive Chef, and Ash Guy, Sous Chef, have personally selected the best ingredients from the West Coast for this evening's degustation menu.