

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

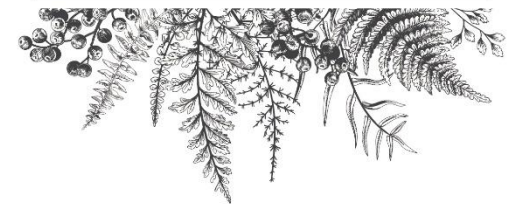
Mint is a great appetizer or palate cleanser and it promotes digestion. The strong aroma aids in clearing lung congestion and can be helpful to those suffering from Asthma.

Te Waonui
FOREST RETREAT



Degustation Menu

— FIVE COURSE —



1st Course

Smoked Butternut and Ginger Soup
Turmeric cream, harakeke powder

2nd Course

Manuka Hot Canterbury Smoked Duck Breast (gf)
Pear & Fig Chutney, Bacon Lentils, Parsnip Purée, Star Anise Jus

Texture of Beets (gf/v)
Organic Goat Cheese Cream, Mesclun Salad, Pickled Beets,
Cabernet Sauvignon Vinegar & Virgin Olive Oil

West Coast White Bait (gf/df)
Ponzu, Lemon Mist, Kiwi Gel, Coriander, Salted Turkish Bark, Lemonade Zest

3rd Course

Five-Spice Confit Pork Belly
Parsnip purée, apple syrup, glazed baby vegetables, crackling dust,
Pinot Noir jus

Horopito Rubbed West Coast Lamb Loin (gf)
Toasted Cumin Pumpkin, Chard Onions, Broad Bean Stew, Scallion Mash,
Baby Vegetables, Rosemary Jus

Chateaubriand for Two (d)
Glazed Carrots, Sautéed Potatoes, Sauce Selection

55 °C Silver Fern Beef Fillet (d)
Manuka Smoked Broccolini, Charred Onion, Leek Powder Confit Potato,
Truffle Compound Butter, Mushroom Jus, Thyme Oil

Baked Rawaru (gf/df)
Kumara, Wild Beetroot Textures, Endive Salad

4th Course

Black Truffle Brie (d)
Served with Turkish Bark and Quince Paste

Lemon & Mint Sorbet (gf/df)

5th Course

Textures of Chocolate (d)
Mousse, Cake, Chocolate Soil, Espresso Crème Fraiche, Cherry Gin Compote

Orange & Grand Mariner Parfait (d)
Lemon Curd, Meringue, Coconut Foam, Micro Herbs, Freeze Dried Mandarins

Hazelnut Panna Cotta (d)
Candied Hazelnuts, Caramel Sauce, Chocolate Foam, White Chocolate Shards

df / dairy free – gf / gluten free – v / vegan – d / contains dairy – lf / lactose free

Our restaurant offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with peanut, tree nut, soy, milk, egg or wheat allergies. So please ask if unsure.

Bon Appétit