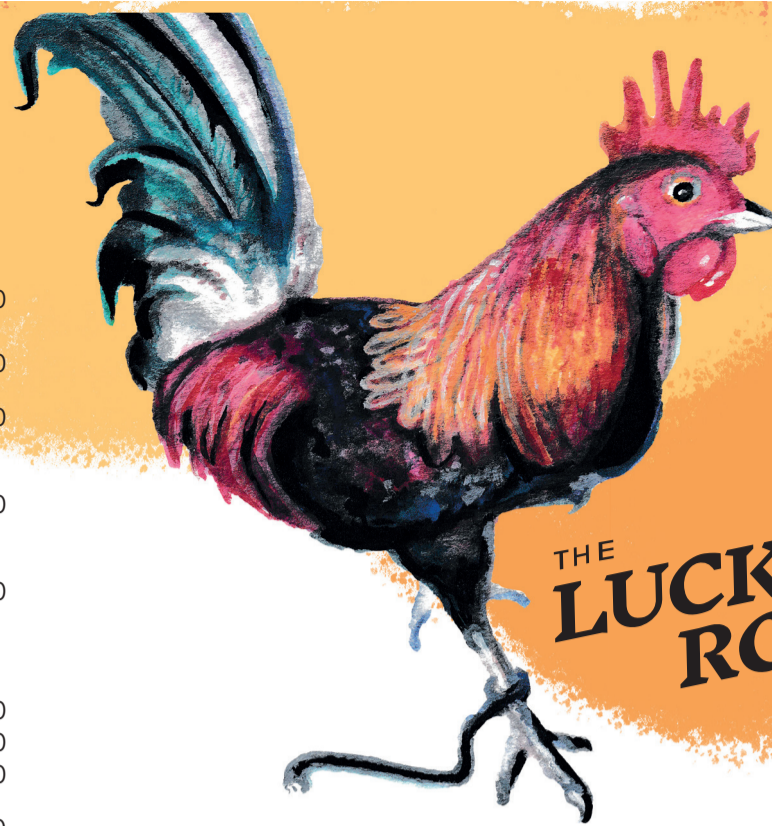


## SMOOTHIES | SHAKES | JUICES

<b>VITAMIN SEA SMOOTHIE</b> fresh local seasonal fruit, pineapple juice, lime add spirulina   chia seeds   local superfruit noni	8.50 1.50
<b>FRUIT SHAKES</b> berry   mango	8.50
<b>SHAKES</b> vanilla   caramel   chocolate	7.50
<b>PROTEIN SHAKE</b> vanilla protein, mixed berries, crunchy peanut butter, chia seeds	14.50
<b>JUICES</b> orange   pineapple   apple   cranberry   tomato local superfruit noni juice shot cranberry juice with berocca	5.50 4.50 7.50
<b>NU</b> fresh young drinking coconut	7.50



THE  
**LUCKY  
ROOSTER**  
EATERY

**G** gluten free   **D** dairy free   **V** vegetarian   **VG** vegan   **H** healthy choice

ALL OUR BREADS ARE FRESHLY HOME-BAKED

## BEERS | CIDER

heineken   heineken 0% alc	7.00
steinlager pure	8.00
corona	8.00
craft beer	9.00
apple cider	9.00

## WINES

	GLASS	BOTTLE
<b>WHITE</b>		
<b>MATAWHERO CHARDONNAY 2021</b> gisborne, new zealand	9.50	42.00
<b>LAWSON'S DRY HILLS SAUVIGNON BLANC 2022</b> marlborough, new zealand	9.50	42.00
<b>ROSE</b>		
<b>DURVILLEA ROSE 2021</b> marlborough, new zealand	8.50	37.50
<b>RED</b>		
<b>GROVE MILL PINOT NOIR 2020</b> marlborough, new zealand	10.50	45.00
<b>BUBBLES</b>		
<b>LINDAUER BRUT PICCOLO</b> marlborough, new zealand		12.50
<b>MORTON ESTATE PREMIUM BRUT</b> hawkes bay, new zealand		42.50
<b>MOËT &amp; CHANDON BRUT IMPERIAL</b> champagne, france		98.00

## COCKTAILS

	GLASS	LITRE
<b>MIMOSA</b> sparkling wine & orange juice	12.50	
<b>APEROL SPRITZ</b> aperol & lindauer brut sparkling wine	12.50	
<b>NU KONA KONA</b> rum   vodka, fresh young drinking coconut, lime juice	16.50	
<b>FROZEN DAIQUIRI</b> rum, triple sec, mango   berry, lime, ice	15.50	39.50
<b>FROZEN MARGARITA</b> tequila, triple sec, mango   berry, lime, ice	15.50	39.50
<b>BLOODY MARY</b> vodka, tomato juice, lemon & spices	15.50	39.50

wide selection of spirits available, ask our staff

## ALL DAY BREAKFAST

<b>RISE &amp; SHINE</b> bircher muesli with natural yoghurt, fresh fruits, cranberry juice, acai berry, goji berry, chia seeds & nuts	<b>V H</b>	19.50
<b>COCONUT PANCAKES</b> grilled bananas, paw paw & maple syrup	<b>V</b>	19.50
bacon instead of paw paw		21.50
vegan with coconut cream	<b>VG</b>	24.50
<b>TRIPLE EGGS</b> three eggs any style (scrambled, fried or poached) & toasted bread add sides	<b>D V</b>	12.50
<b>FRIED POTATOES</b> cheese blend, cream & bacon	<b>G</b>	18.50
add two eggs any style (scrambled, fried or poached)		5.50
add char-grilled NZ beef sirloin steak		12.50
<b>CLASSIC OMELETTE</b> champagne ham, cheese blend & toasted bread		19.50
<b>PROTEIN OMELETTE</b> egg white only, smoked marlin, feta, tomatoes & paw paw	<b>H</b>	23.50
<b>MEDITERRANEAN OMELETTE</b> tomatoes, mushrooms, onions, feta & toasted bread	<b>V H</b>	19.50
<b>FALAFEL DELIGHT</b> chickpea patties, garlic mayo, grilled tomato, paw paw salsa, salad	<b>D V H</b>	19.50
add two eggs any style (scrambled, fried or poached)		5.50
add char-grilled NZ beef sirloin steak		12.50
add crispy bacon		8.50
add char-grilled chicken (plain or cajun spiced)		9.50
add char-grilled local fish (plain or cajun spiced)		12.50
<b>EGGS BENEADDICTION</b> two poached eggs, your choice of ham or bacon, hash brown, homemade hollandaise & toasted bread		19.50
<b>VEGETARIAN EGGS BENEDICT</b> two poached eggs, sautéed mushrooms & rukau (local spinach) hash brown, homemade hollandaise & toasted bread	<b>H</b>	21.50
<b>PRINCE ON TOAST</b> beef mince, bacon, two fried eggs, hash brown & toasted bread		24.50
<b>CHAR-GRILLED SPICY SAUSAGES</b> pork sausages, fried potatoes & two fried eggs	<b>G</b>	24.50
<b>GONE FISHING</b> smoked marlin potato hash, two poached eggs, homemade hollandaise & paw paw salsa	<b>H</b>	25.50
<b>STEAK &amp; EGG</b> NZ beef sirloin, two fried eggs, salad, toasted bread	<b>H</b>	28.50

all prices in \$, minimum charge for CREDIT CARDS is \$20  
meitaki ma'ata, thank you!

ONLINE: [www.theluckyroostereatery.com](http://www.theluckyroostereatery.com)  
PHONE: +682 222 15  
#theluckyroostereatery @theluckyroostereatery

## ALL DAY LUNCH

<b>IKA MATA</b> raw local tuna, coconut cream, tomato, cucumber, onion & garlic bread	<b>H D H</b>	22.50
<b>YELLOW FIN TUNA SASHIMI</b> wakame, sushi rice, wasabi, ginger, soy sauce	<b>D H</b>	21.50
<b>POKE BOWL</b> marinated yellow fin tuna, sushi rice, pickled veggies, fruit & wakame	<b>D H</b>	23.50
<b>FISH SANDWICH</b> cajun spiced local fish, paw paw salsa, lettuce & lemon mayo	<b>H</b>	19.50
<b>DELUXE SEAFOOD CHOWDER</b> smoked marlin, prawns, seafood & garlic bread		22.50
<b>CHICKEN SANDWICH</b> cajun spiced chicken, paw paw salsa, lettuce & lemon mayo	<b>H</b>	19.50
<b>CHICKEN SHROOM SPAGHETTI</b> chicken, mushrooms, bacon & creamy parmesan white wine sauce		24.50
<b>ROYAL OPEN STEAK SANDWICH</b> NZ beef sirloin, two fried eggs, sautéed mushrooms, tomatoes, caramelized onions & homemade hollandaise		34.50
<b>CRISPY VEGGIE DUMPLINGS</b> homemade pan fried vegetable dumplings, salad, soya sauce	<b>D V VG H</b>	19.50
<b>GREEN GOODNESS SALAD</b> quinoa, broccoli, green beans, baby peas, edamame beans, nuts & goodness dressing	<b>D V VG H</b>	23.50
<b>CAESAR SALAD</b> lettuce, bacon, shaved parmesan cheese, garlic croûtons & caesar dressing	<b>H</b>	19.50
<b>ROASTED VEGGIE &amp; LENTIL SALAD</b> roasted vegetables, fruity lentil salad, garlic roti & aioli	<b>V H</b>	21.50
<b>ADD ONS FOR YOUR SALAD</b>		
add two eggs any style (scrambled, fried or poached)		5.50
add char-grilled NZ beef sirloin steak		12.50
add crispy bacon		8.50
add char-grilled chicken (plain or cajun spiced)		9.50
add char-grilled local fish (plain or cajun spiced)		12.50

## SIDES

<b>MISO SOUP</b>	<b>D H</b>	8.50
<b>FALAFEL WITH GARLIC MAYO</b>	<b>D V H</b>	12.50
<b>LENTILS &amp; PAW PAW SALSA</b>	<b>G D V VG H</b>	9.50
<b>GRILLED TOMATO</b>	<b>G D V VG H</b>	7.50
<b>RUKAU (LOCAL SPINACH)</b>	<b>G D V VG H</b>	8.50
<b>ROASTED VEGGIES</b>	<b>G D V VG H</b>	10.50
<b>TWO HASH BROWNS (HOMEMADE)</b>	<b>G V</b>	9.50
<b>BACON OR SPICY PORK SAUSAGES</b>		8.50
<b>SAUTÉED MUSHROOMS</b>	<b>G V H</b>	10.50
<b>BAKED BEANS</b>	<b>D V VG</b>	5.50
<b>HOLLANDAISE (HOMEMADE)</b>	<b>G V</b>	4.50
<b>AÏOLI (HOMEMADE)</b>	<b>D V G</b>	4.50
<b>CHEESE &amp; CARAMELIZED ONION FOCACCIA</b>		10.50
<b>GARLIC BREAD</b>	<b>V</b>	8.50

## SWEETS

<b>LUCKY'S CHOCOLATE CAKE</b> soft whipped cream add vanilla ice cream	<b>V</b>	9.50
		2.50
<b>NOT GUILTY</b> seasonal fresh fruit salad add vanilla ice cream for a little guilt	<b>G D V VG H</b>	9.50
		2.50
<b>BERRY MUFFIN</b> with butter	<b>V</b>	8.50

# Kia Orapa from Lucky

So you want to know my story? Well, where shall I start!  
I'm a bit of an icon here.

People say I'm the Cook Islands biggest celebrity;  
I don't want to puff up my feathers or anything,  
although I do look suave when I do this.

You've probably already met me.

No doubt you've heard me.

You see, I rule the roost here in Rarotonga.

You might see me strutting my stuff in here.

I'm a regular.

Actually, I own the place - if you didn't already  
catch that by the name "The Lucky Rooster".

Yep, that's me.

Sometimes I bring the whole family,

or one of my cousins drops in.

But don't feed us - we're on a diet.

However, I do love a good photo.

I'm known to have a striking pose if I do say so myself.

Tag me #theluckyrooster.

I'm renowned for my good pipes.

I hate to show off, but ok you got me.

I'm the local karaoke champ.

Stop it, stop it. I know.

Good looks and a winning voice!

So, just think of my blissful crow as "Advice From Lucky".

"Rise early or sleep in, adventure or relax, don't let life ruffle  
your feathers, especially since you don't have any".

Right, I'm off places to be people to see.

Ka kite

Lucky



## COFFEE | TEA

### CLASSICS

long black	4.50
flat white	5.00
caffè latte	5.00
cappuccino	5.00
mochaccino	5.50
espresso	4.50
espresso macchiato	5.00
espresso & brandy	9.50
hot chocolate	5.00
chai latte	5.50
matcha latte	5.50
tumeric latte	5.50

### ICED

iced coffee	5.00
iced espresso	5.00
iced mocha	5.50
iced chocolate	5.00
iced chai latte	5.50
iced matcha latte	5.50

add vanilla ice cream 2.50

### ADD ONS

extra shot of coffee	1.00
tall coffee	1.00
decaf	1.00
almond milk	1.50
oat milk	1.50
soy milk	1.50
caramel syrup	1.00
hazelnut syrup	1.00
vanilla syrup	1.00
whipped cream	1.00
vanilla ice cream	2.50

### TEA (fresh)

ginger-lemon & honey	5.50
tumeric	5.50

### TEA (bag)

english breakfast   earl grey green   chamomile	4.50
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### TEA (for two)

	8.00
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## SOFT DRINKS

peach iced tea	5.00
coke   coke no sugar   sprite   l&p	5.00
lemon, lime & bitters	5.50
schweppes tonic	6.00
soda water	330ml 6.00
vaima, local still water, by the glass	350ml 3.50

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meitaki ma'ata, thank you!