



Enjoy Fiji's fresh wild seafood, delivered daily by local fishermen

# CASTAWAY CUISINE

## A FIJIAN CULINARY ADVENTURE



Fresh-rolled Sushi available at our new Nuku Marau Lunch cafe



### Bula!

From Australian Executive Chef, Lance Seeto  
Unlike anywhere in Fiji, Castaway Island's cuisine is designed to take you on a culinary adventure to experience both traditional and modern Fijian cuisine, showcasing the local organic produce that is the envy of the world.



Our kitchen team is trained to the highest Australian culinary and international standards and are accredited with the same certification as Australian chefs



My team of local chefs are some of the best trained in Fiji, certified to Australian culinary standards after receiving intensive training underwritten by the Australian government. Castaway Island is now recognised by top chefs and gourmet travelers from around the world, as one of the hottest Fijian "foodie" destinations in the Mamanuca Islands.



The majority of our produce is also local, sourced from organic farmers with some of the best tasting tropical fruits, vegetables, hormone-free meats and of course— wild ocean seafood, which arrives regularly on the island from local fishermen.

We offer a huge choice of a 'la carte dining, themed buffets, specialised Cantonese and Vegetarian menus, premium Special Occasions menu, wood-fired pizza & lasagna and Japanese sushi featuring the local Yellowfin tuna at our new Nuku Marau lunch cafe.



Castaway Island is also one of the few allergy-aware resorts in the Asia-Pacific, with most of our menu's engineered to be gluten and nut-free. I also personally invite you to attend my free Fijian cooking class each Wednesday to learn about Fiji's organic diet and find out why Fijian's have virtually none of the food intolerances and allergies that are now so common throughout the world, as I talk about the changes in the global chain, genetic-modification of our crops and the chemical toxins in our Western diet.

## Special Menus

### Coelics / Gluten-Free / Nut Allergy

All our menus have gluten-free options (GF), as well as wheat/dairy/gluten-free pasta and GF pizzas on request. Menu items are also marked if they include nuts.

### Vegetarian

A special pre-order vegetarian and dairy-free menu is also available on request, and included in our Meal Plan.

### Cantonese Menu

Our pre-order Chinese menu is available on request and includes soups, stir fries, whole steamed fish and many Hong Kong-style dishes. This is also included in our Meal Plans but must be ordered in advance.



### Special Occasions Menu

Our premium menu showcases our Seafood Platters, Fijian rock lobster, Singapore Chilli Mangrove Crabs and more. Perfect for that special occasion on our jetty, the beach or even outside your bure! This menu is subsidised by the Meal Plan but attracts a supplementary charge.



## Live Themed Buffets

The chefs come out from the kitchen on at least two nights of the week to present themed buffets with live cooking right in front of you!

Wednesday kicks off with complimentary poolside cocktails and Fijian canapés, followed by a lavish Fijian 'Lovo' feast with earth-oven roasted meats, fresh whole fish, crisp Fijian salads and a great dessert selection.



Saturday is our Family Spit Roast & Seafood BBQ Night, and subject to weather, our Mongolian BBQ nights featuring

live wok-flamed Asian cooking under the stars.

Memorable nights with lots of laughter, great food and the warm Fijian friendliness that is the magic of Castaway Island!

## Meal Plan Menus



Say "Yadra!" to our Eggman, Dawendra, and enjoy his daily selections of fresh-cooked eggs and Fijian and classic breakfast fare. Also ask for his gluten-free pancakes, bread, cereals, muesli, rice & soy milks

### Breakfast Buffet

7.00am—10.00am

### Lunch

Island Buffet 12pm—2pm

A 'la Carte Lunch Menu 12pm-4pm

Nuku Marau Pool Café 10am—5pm

### Dinner

6.30pm—9.30pm

Choice of a 'la carte or themed buffets  
(Wed & Sat buffet only)

### All Day Pizza

Sundowner Terrace  
12noon—9pm

Classic & Fijian Pizza Toppings  
Beef Lasagna with fresh-made pasta  
Takeaway & Gluten Free Pizzas on request

### All Day Desserts

12noon—10pm

Indulge in desserts from our award-winning pastry chefs showcasing Fijian Rainforest chocolate, Fijian-made gluten-free ice cream and Fijian-grown sweet spices

## More Than a Chef



Chef Seeto is also a photojournalist with Fiji's top-selling newspaper, the "Fiji Times", as well as the first foreigner to hold the ceremonial post of cultural ambassador for the Paramount Chief of the Mamanuca Islands.

His highly anticipated travel cookbook contrasting the differences in Fijian lifestyle to the West, is scheduled for worldwide release later this year. With input from some of the world's top immunologists, anthropologists and medical professionals, Chef Seeto tells his captivating story on why Fiji holds the key to global happiness and a healthier diet.