

ENTREES

TUNA PÓKE	<i>yellow fin tuna, twice cooked pork belly, grape fruit gel, crackling & soy sauce</i>	FJD 30	AUD 20
FIJIAN KOKODA	<i>local fish marinated in lemon coconut sauce, tomato, onion, coriander, local root crops</i> GF	FJD 25	AUD 16
BBQ SCALLOPS	<i>almond & bacon soil, cauliflower puree, sea grapes & radish salad</i>	FJD 40	AUD 25
BRAISED BEEF CHEEK ARANCINI	<i>roasted shallots, tomato salsa, onion relish & tartar sauce</i>	FJD 30	AUD 19
EGGPLANT INVOLTINI	<i>stuffed with ricotta, napolitana sauce, parmesan cheese, balsamic reduction</i> V	FJD 28	AUD 18
TOMATO GAZPACHO	<i>with grilled vegetables</i> V	FJD 28	AUD 18

MAINS

WILD FISH FILLET	<i>fragrant curry sauce, aloo chop, jasmine rice</i>	FJD 58	AUD 38
TUNA STEAK	<i>freshly caught local tuna, coconut broth, snake beans</i> GF	FJD 58	AUD 38
FIJIAN CHICKEN CURRY	<i>served with roti, rice and condiments</i>	FJD 58	AUD 38
SAVANAH BEEF TENDERLOIN	<i>smoked pommé puree, spice rubbed short ribs with mandarin, apple & zucchini slaw</i> GF	FJD 92	AUD 60
LAMB TWO WAYS	<i>macadamia crusted lamb cutlet & braised lamb shoulder, sautéed baby carrots, raisin polenta, red wine jus</i>	FJD 70	AUD 46
PUMPKIN CURRY	<i>served with a brinjal roti</i> V	FJD 42	AUD 27
RICOTTA & SUNDRIED TOMATO STUFFED FAZZOLETTI	<i>with raisins with a sage butter sauce</i> V	FJD 52	AUD 34
LINGUINE WITH CHICKEN & PISTACHIO PESTO	<i>pan fried chicken breast, pistachio pesto, beetroot powder</i>	FJD 52	AUD 34
LOCAL SPINACH & MUSSEL RISOTTO	<i>new zealand green lip mussels, cherry tomato, pumpkin seeds & mascarpone cheese</i> GF	FJD 56	AUD 36

CRUSTACEANS

PLEASE CHECK WITH YOUR WAIT STAFF FOR TODAY'S AVAILABILITY & PRICE

CHOOSE A STYLE:

SIMPLY GRILLED WITH HERBED BUTTER GF
 BATTERED WITH BLACK PEPPER CURRY LEAF SAUCE
 STEAMED WITH GINGER CHILLI SHALLOT
 ALL CRUSTACEANS ARE SERVED WITH JASMINE RICE

SIDES

FLYING FISH FRIES WITH CHILI SALT	GF V	FJD 12	AUD 8
ORGANIC GARDEN SALAD WITH FLYING FISH	PALM SUGAR VINAIGRETTE	FJD 12	AUD 8
SAUTÉED LOCAL VEGGIES	GF V	FJD 12	AUD 8
STEAMED RICE WITH COCONUT SAMBAL		FJD 5	AUD 3

DESSERT

CHOCOLATE THREE WAYS	<i>pistachio white chocolate mousse, rum coconut hazelnut chocolate truffles, cinnamon chocolate soil, amarena ice-cream & berry coulis</i> V	FJD 30	AUD 20
VUDI VAKASOSO PANNACOTTA	<i>local banana in coconut cream served with a coconut jelly & sweet cassava</i>	FJD 24	AUD 16
FIJIAN HALO HALO	<i>shaved fruit ice, tropical fruit jelly & coconut ice cream</i>	FJD 18	AUD 12
TROPICAL FRUIT PLATTER	<i>selection of sliced fruits</i>	FJD 20	AUD 13
FRANGELICO AFFOGATO	<i>espresso, vanilla ice cream, frangelico</i>	FJD 20	AUD 12

V Vegetarian GF Gluten Free Please let your wait staff know if you have any allergies

While Sheraton Resort & Spa, Tokoriki Island will endeavour to accommodate requests for special meals for customers who have food allergies or intolerances, we cannot guarantee completely allergy free meals. This is due to the potential of trace allergens in the working environment & supplied ingredients. All prices are subjected to 25% Fiji government taxes, there is also a 10% public holiday surcharge for all restaurants & bars. All discounts must be applied at the time of dining, no discounts will be applied at checkout.



Bula from Flying Fish Tokoriki

Before you dine, we would like to share our story....

Acclaimed Chef, Restaurateur, Author, and TV presenter, Peter Kuruvita established Sydney's award-winning Flying Fish Restaurant & Bar in 2004.

Peters' unique approach to modern seafood, flavoured by his childhood in Sri Lanka and travels through the Asia Pacific region, saw the opening of

Flying Fish Fiji at Sheraton Fiji Resort in 2008 and Flying Fish Tokoriki Island in 2014.

Peter infuses the menu with his signature style, and embraces the local cuisine and Fijian favourites.

Our talented Head Chef, Adriano Avino, leads the kitchen team and sources the best of local Fijian, Australian produce and seafood.

Our delicious must-try crustaceans are supplied by our local fisherman and subject to availability.

We invite you to sit back, relax and enjoy all that is Flying Fish.

FLYING FISH THREE COURSE MENU

ASSIETTE

Chef's sampler of :

TUNA POKE GF

yellow fin tuna, twice cook pork belly, grape fruit gel, crackling & soy sauce

FIJIAN KOKODA GF

local fish marinated in lemon coconut sauce, tomato, onion, coriander, local root crops

BRAISED BEEF CHEEK ARANCINI

roasted shallots, tomato salsa, onion relish & tartar sauce



WILD FISH FILLET

fragrant curry sauce, aloo chop, jasmine rice

OR

GRASS FED LOCAL BEEF TENDERLOIN

smoked pommé puree, spice rubbed short ribs with mandarin, apple & zucchini slaw



CHOCOLATE THREE WAYS V

pistachio white chocolate mousse, rum coconut hazelnut chocolate truffles, cinnamon chocolate soil, amarena ice-cream & berry coulis



FJD 119 AUD 77

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