



Monday

curry
BUFFET

Tuesday

EURO
BUFFET

Wednesday

Barbecue
BUFFET

Thursday

TASTE OF THE

Pacific

Friday

Mediterranean
Buffet

Saturday

Taste of

ASIA

Sunday

Carvery + Roast
BUFFET

The heartbeat of the resort, Copra Restaurant features a wide selection of beachside buffet dining to fill hungry tummies after a busy day of activities at Plantation Island Resort.

Buffet meals are served daily for breakfast and dinner. Guests are welcome to take part and dress in theme. During the day you'll find a casual snack lunch menu available for something quick and easy, with a great selection of burgers, sandwiches, hot dogs, pies and chips.



curry

BUFFET

Monday

SOUP

Dhal - *Traditional lentil soup*

BREAD

Freshly baked bread rolls

Roti & paratha bread

Poppadum

SALADS

Tossed green salad

Cucumber yoghurt mint salad

Coconut chutney

Carrot & cucumber raita

Tamarind chutney

Aloo chaat

Paneer pineapple chaat

Chickpeas and potato chaat

HOT LIVE STATION

Vegetable samosa - *served with fenel & coconut curry sauce*

Idli and chutney

Masala fish with sambal

Puri - *deep fried Indian bread*

ACCOMPANIMENTS

Mango chutney, cucumber yoghurt, mint yogurt, fresh chilli, hot chilli sauce, chilli fish sauce, fresh coconut

HOT ITEMS

Steamed jasmine rice

Thai style chicken curry

Fijian lamb curry - *served with our Fijian style garam masala*

Butter chicken - *marinated in tandoori spice masala*

Okra with tomato chutney

Hyderabadi vegetable biryani

Onion bhaji

Aloo gobi

Vergetable korma

DESSERTS

A selection of Indian sweets, fruit platters, assorted cheese cake

Gulaab jamun

Haluwa - *carrot & semolina*

Barfi - *milk & coconut fudge*

Desiccated coconut ladoo

Rice pudding

Breakfast Buffet: 7:00am - 10:30am • Lunch Menu: 12:00pm - 4:00pm • Dinner Buffet: 5:30pm - 9:00pm

Making a Reservation is highly recommended

Kids at \$25 FJD pp, adults at \$65 FJD for paying guests only.

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EURO

B U F F E T

Tuesday

SOUP

Cream of pumpkin

SALADS BAR

Greek salad

Fresh garden salad

Pumpkin, green bean and olive salad

Tuna nicoise

Baby potato, gherkin, bacon and flaked almond with mustard grain aioli

Shrimp popcorn coleslaw

CARVERY

Pork roast

Apple sauce

Gravy

HOT MAINS

Baked creme potato

Vegetable lasagne

Pork belly stuffed with spiced apple & marinated prunes

Steamed jasmine rice

BBQ honey soy chicken wings

Beef bourguignon with mushroom

Market fish wrapped in courgettes with olive oil tapenade

Steamed vegetable

DESSERTS

Chefs choice of cakes, chocolate mousse, cheese cake

Pavlova

Fruit platter

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Barbecue

B U F F E T

Wednesday

SOUP

Cream of cajun spiced seafood chowder blended with jalapeno

Fresh baked bread, roll, buns, & garlic bread

SALAD

Garden greens, watermelon, red onion salad & chilli

Tomato, cilantro, cucumber and yoghurt

Mexican corn and chilli bean salad

Texas potato salad

SIDES

Shredded salad

Sour cream, sliced black olives

Shredded cheese, pico de gallo jalapeno

Dips - guacamole, sour cream & chives, mexican salsa, sundried tomato & capsicum

MAINS

Charred baby pork ribs

Moroccan herb rub chicken thigh

Fried cassava

Grilled cajun spiced Malolo fillet o' fish

Potato & gravy

LIVE BBQ STATION

Minute steak

Seafood skewer

Sausage

Grilled corn on cob

Chicken kebab

DESSERTS

Chefs selection cakes and pastries

Cheese cakes

Churros with chocolate sauce

Fresh platters

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TASTE OF THE

Pacific

Thursday

SOUP

Sweet potato & spinach (moca) soup
sauté spinach pureed with kumala
(sweet potato) & enriched with fresh
coconut cream

SALAD

Fijian kokoda - raw fish cubes marinated
in lime, onion, capsicum, tomato, chilli,
coriander & coconut cream

Freshly tossed green salad

Tomato & chive salad

Pineapple & capsicum salad

ROOT CROPS

Cassava, dalo, sweet potatoes (kumala)
& honey glazed carrot

FROM THE EARTH OVEN: LOVO

Leg of lamb and whole chicken

Succulent smoky pork leg

HOT DISHES

Ika vakalolo - baked market fish with
coconut cream & vegetables

Palusami - baked layers of dalo leaves
(rourou) filled with onions, tomatoes
& thick coconut cream

Steamed pineapple rice

Farm fresh green spinach "miti" sauce

Vuaka Ni kovu - pork belly wrapped in taro
leaves and slow braised

Waitoto - grilled local mussel and fish
dipped in fresh chilli and lime

DESSERTS

Vudi vakasoso (island banana baked
dipped in coconut milk)

Seasonal fruits

Coconut custard pie

Cassava pudding

Tapioca vacalavalava (steamed cassava in
caramel sauce)

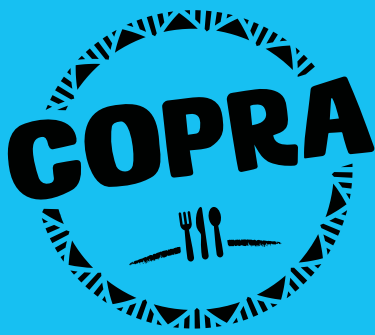
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Mediterranean Buffet

Friday

MINISTRONE SOUP

Prepared with fresh tomatoes,
garden herbs & pasta

SALAD & DRESSING

Greek salad with balsamic dressing

Mixed green salad

Cajun chicken & couscous salad

Antipasto salad - *with feta cheese, olives,
sundried tomato & artichoke*

Chilli pineapple salsa

Condiments - herb dressing, salsa verde,
aioli, yoghurt, balsamic vinegar & hummus

HOT ITEMS

Chicken a la king

Seafood paella

Roasted pumpkin and vegetable rice

Vegetable ratatouille

Roast potato with provincial style herbs

Beef goulash

Crumbed medallion of walu with tangy
garlic sauces

PASTA STATION

Tomato olive ragout

Bolognaise

Chicken carbonara

Pasta

Penne

Spaghetti

Sauces

White wine

Neapolitan

ASSORTMENTS OF DESSERTS

Hot dessert - *chocolate pudding*

Tiramisu

Cheese cake

Assorted slices and cakes

Fresh fruit/jelly

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Taste of

ASIA

Saturday

SOUP

Chicken vegetable noodle soup
simmered in rice chicken stock with
Asian flavours
Freshly baked bread & rolls

SALAD, CONDIMENTS & DRESSINGS

Tossed mixed greens salad
Chicken peanut & papaya salad
with coriander
Baby shrimp with vermicelli noodles,
chilli, ginger, garlic & lemon juice Sichuan
Cucumber salad
Thai beef salad
Sliced tomato platter
Asian slaw with spring onions
Grated carrots, corn kernel, kalamata
olives, chilli kidney beans, red onions
& Thai dressing

MAIN

Egg fried rice with prawn crackers
Asian style vegetables in oyster sauce
Beef and broccoli
Singaporean fish fillet in coconut
pineapple sambal
Red chinese pork spare ribs
Chilli chicken

LIVE STATION

Laksa
*Steamed fish, lemon pouched shrimp, egg,
shredded chicken & thin noodles*

Singapore satay
*Chicken pieces with lemon grass, beef
marinated with ginger and garlic*

Dumpling & sushi

Live stir fry
*Chicken and vegetable with combination
sauces and spices*

DESSERTS

Tropical fruit craving
Rice pudding
Strawberry cheese cake
Gateaux cakes
Assorted mousse

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Carvery + Roast

B U F F E T

Sunday

SOUP

Season fresh vegetable soup with toasted garlic bread

A selection of house baked breads & rolls

SALAD BAR

MAKE YOUR OWN SALAD

Large tanoa of assorted mixed field greens, garlic bread croutons, grated parmesan, bacon bites, hard-boiled eggs, bowl of grated carrots & tomato slices

DRESSING & CONDIMENTS

Balsamic dressing, chilli sauces, horseradish cream, olive oil, kalamata olives, pickle onion, mayo & citrus dressing

MAIN

Charred corn on cob

Roast pumpkin with pine nuts

Jacket potato

Steamed farm fresh vegetables

Creamy risotto

Mixed herbs & lemon rubbed roast chicken

Baked ground fish with mustard gravy

CARVING STATION

Pineapple glazed champagne ham

Oven baked rump steak with mustard crust

Rosemary infused boneless lamb leg

DESSERT SELECTION

SELECTION OF CAKES, FLAN & TRIFLES

Tropical fruits

Carrot cake

Banana cake

Pineapple meringue

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