



Monday

curry NIGHT

Tuesday

INTERNATIONAL
NIGHT

Wednesday

Barbecue
GRILL

Thursday

Lovo
Fijian Feast

Friday

MEXICAN
FRIDAY'S

Saturday

Taste of
ASIA

Sunday

Carvery
ROAST

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, wraps, salads and popular favourites.



curry NIGHT

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 fennel & coconut curry sauce*

Idli and chutney

Masala fish with sambal

Puri - *deep fried Indian bread*

ACCOMPANIMENTS

Mango chutney, cucumber yoghurt, mint yoghurt, 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

Vegetable korma

DESSERTS

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

Gulaab jamun

Haluwa - *carrot & semolina*

Barfi - *milk & coconut fudge*

Desiccated coconut laddoo

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

FJ\$75 per adult and FJ\$25 per child for kids not entitled to the kids eat free special. KIDS EAT FREE (valid for kids 0-11 years):
Dinner at Copra Restaurant buffet when dining with parents or a guardian (includes adults with meal plans).

All prices are in Fiji Dollars and include Fiji Government taxes.





INTERNATIONAL NIGHT

Tuesday

SOUP

Creamy seafood soup - infused with thyme, white wine celery and leeks or
Clear seafood soup
Fresh baked rolls, focaccia bread and butter

SALAD

Caesar salad station - mix your own salad
Cold cuts and platters - beef pastrami, sliced ham & antipasto platter
Beetroot & orange salad - boiled beetroot, orange segments, oil and vinegar
Cauliflower salad - cauliflower, coriander, garlic and mayonnaise
German potato salad - potato, bacon, Dijon mustard, onion, salad oil and seasoning
Asian slaw
Vegetables crudites with cocktail sauce
Pasta with pesto and grilled vegetables

SALAD SIDES

Olives, sun dried tomato and chili's
Dressings: onion vinegar, thousand island, French, Italian and vinaigrette
Dips: guacamole, tomato bruschetta

MAINS

Roast leg of lamb with green peas and lamb jus
Marinated with garlic, herbs, crushed black pepper and olive oil, then slow-roasted to perfection

Chicken shawarma
Tender marinated chicken, pan-fried with Middle Eastern spices and herbs

Moroccan seafood tajine

Twice cooked pork belly with char siu sauce

Spanish pilaf
Flavour packed rice dish simmered with aromatic spices, sautéed onions, garlic, tomatoes & capsicum

Chunky potatoes
Golden roasted potatoes tossed with Kalamata olives, sundried tomatoes, and fresh rosemary

Sautéed cauliflower with mornay Sauce

Spaghetti and meatballs

LIVE COOKING STATION

PASTA

Freshly cooked to order with your choice of pasta and sauce

Pasta options: Choose from three varieties

Sauces:

Tomato Basil - a classic, fresh tomato sauce with fragrant basil
Creamy Pesto - rich and velvety with basil, garlic and parmesan
Puttanesca - bold and tangy with olives, capers, garlic and chili

Condiments

capsicum, garlic, cheese, oregano, onion, chilli, black olive, basil, sun dried tomato, bacon and chicken

MEAT

Beef Steak served with creamy mushroom sauce
Made with mixed mushrooms, onion, garlic, fresh herbs, mustard, ginger, dry sherry, and a touch of cream

DESSERT STATION

Fresh fruit

Lamington

Tiramisu

Apple strudel

Caramel cinnamon roll

Key lime pie

Black forest cake

Sticky date pudding

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Barbecue

GRILL

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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Lovo *Fijian Feast*

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

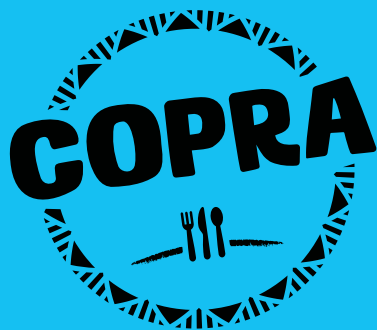
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MEXICAN

Friday

SOUP

Black bean soup

**Freshly baked Mexican Cemitas (Sesame Bun),
cilantro, onion and roasted garlic rolls**

SALADS & APPETIZERS

Fiesta salad

Romaine lettuce, sweet red onion, jalapeño, diced tomato, cilantro and sun-dried tomato vinaigrette

Char grilled Mexican spiced vegetables

Zucchini, onion, baby corn, celery, carrots, eggplant and capsicum

Fish & shrimp ceviche

Sliced onion, pepper, lime juice and cilantro

Assorted dips

Black bean, guacamole, garlic sour cream, tomato salsa, corn salsa, jalapeno and sliced black olives

MAINS

Char grilled chicken

Beef mince fajitas

Seasoned beef mince sautéed with strips of capsicum and onion, wrapped in a warm tortilla.

Vegetable enchiladas

Traditional Mexican rice

Chipotle pork belly

Cheesy potato topped with sauteed corn kernels

Coconut Fish

Tender fish fillets gently cooked in a rich, creamy coconut sauce

Chilli beans

Chicken adobo

Tender chicken simmered in a savory blend of soy sauce, vinegar, garlic, and aromatic spices

LIVE TACO BAR & QUESIDILLA STATION

Build your perfect taco or quesadilla with a variety of fresh ingredients: Taco shells, cooked ground beef, Black beans, julienne chicken, shredded cheddar cheese, shredded lettuce, pickled red onion, jalapeño, chopped tomatoes, sliced black olives, diced white onion and Queso fresco cheese

DESSERT

Spiced hot chocolate brownies

Capirotada bread pudding

Lemon margarita bar

Sweet & spicy fruit salad with star anise syrup

Mexican chocolate pie

Flan caramel mousse cake

Homemade churros with chocolate sauce

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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

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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