



Monday

SPICE ROUTE

Tuesday

GLOBAL
GOURMET

Wednesday

SMOKE & FLAME

Thursday

Fijian Lovo

Friday

**SABORES
de MÉXICO**

Saturday

ASIAN
BAZAAR

Sunday

Sunday 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.



SPICE ROUTE

Monday

ENTREE

Kachumber salad - *diced cucumber, tomato, onion, coriander, lemon juice, roasted cumin*

Cucumber raita - *cucumber, yoghurt, roasted cumin powder, mint, coriander*

Chickpea chaat salad - *chickpeas, onion, tomato, cucumber, coriander, lemon juice, chaat masala*

Kashmiri rice puff salad - *rice puff, fresh vegetables, herbs, tangy spicy seasonings*

Mint yoghurt potato salad - *boiled potatoes tossed with mint yoghurt dressing, coriander*

Mixed vegetable salad - *cucumber, carrot, tomato, onion, capsicum, coriander with lemon cumin dressing*

Garden salad with selection of dressings & condiments

SOUP OF THE DAY

Dhal Makhani soup - *a traditional Indian soup of lentils, vegetables, aromatic curry spices, cream*

Selection of breads in a basket with butter

LIVE COOKING STATION

Fish tandoori

Lamb tandoori

Chicken tandoori

MAINS

Fijian Chicken Curry

Goat Korma

Madras Prawns Curry

Butter Chicken

Fijian Fish Curry

Mixed Vegetable Green Curry

Palak Paneer

Thai Red Curry Beef

Chana Masala

Chicken Biryani

Jeera Rice

ACCOMPANIMENTS

Naan bread

Papadum

Vegetables samosa

Dhal

Mint yoghurt

DESSERTS

Seasonal fresh fruits

Rasmalai

Carrot halwa

Jalebi with rabri

Kheer rice pudding

Mango kulfi

Coconut laddoo

Besan barfi

Making a Reservation is highly recommended

FJ\$79 per adult and FJ\$26 per child (0-11 years) 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).

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GLOBAL

GOURMET

Tuesday

ENTREE

Greek salad *with feta cheese, cucumber, tomato & olives*

Moroccan chickpea salad *with mint & lemon dressing*

German potato salad *with bacon & mustard dressing*

Asian sesame noodle salad *with poached chicken*

Panzanella / Tuscany Italian bread salad

Watermelon & cucumber salad *with balsamic reduction*

Garden salad *with selection of dressings & condiments*

SOUP OF THE DAY

French onion soup

caramelized onions simmered in beef broth

Served with cheese toast

Selection of breads in a basket with butter

LIVE COOKING STATION

PASTA SELECTION

Sauces:

Pomodoro sauce

Alfredo sauce

Arrabbiata

Condiments:

Parmesan cheese

Pesto

MAINS

Slow-cooked beef stew with paprika, onions, tomatoes, herbs

Traditional Italian style chicken cacciatore

Roasted lamb with sauté potato, onion mint sauce

Creamy seafood baked in a creamy herb sauce with a golden cheese crust

Baked local catch reef fish lemon butter sauce

Buttered seasonal vegetables

Thai green vegetable curry

Chickpea & spinach masala

Roasted roots vegetable with pesto

Garlic mashed potatoes

Saffron pilaf rice

DESSERTS

Seasonal fresh fruits

Tiramisu

New York Cheesecake

Chocolate mousse

Creme brulee

Fruits pavlova

Black forest cake

Baklava

Assorted mini French pastries

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SMOKE & FLAME

Wednesday

ENTREE

- Tuna nicoise salad
- Grilled shrimp salad with BBQ dressing
- American coleslaw
- Thai chicken salad with chilli lime dressing
- Grilled zucchini & eggplant salad with feta crumbles
- Roasted vegetable salad with herb vinaigrette
- Garden salad with selection of dressings & condiments

SOUP OF THE DAY

- Smoked chicken & vegetable soup
- Smoked chicken with seasonal vegetables in a flavourful broth
- Selection of breads in a basket with butter

LIVE BBQ STATION

- Honey crust roast beef
- Rosemary sauce / mustard / garlic bread / grilled onion / grilled pineapple

MAINS

- Roasted beef rump steak with black peppercorn sauce
- Flame grilled lamb chops with mint chimichurri
- Grilled local fish with chilli coconut lime dressing
- Honey glazed pork chops
- Grilled lamb sausage with caramelized onion gravy
- Beef lasagna
- Charred corn on the cob with herb butter
- Steamed mixed vegetables with herb butter
- Fried root crop
- Potato & leek risotto with ham
- Wok-fried garlic rice

DESSERTS

- Seasonal fresh fruits
- Grilled pineapple with caramel sauce
- Chocolate brownies
- Apple crumble
- Banana split cups
- Sticky date pudding
- Mini doughnuts
- Roasted marshmallow skewers
- Lemon meringue tartlets

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Fijian Lovo

Thursday

ENTREE

- Fijian potato salad
- Roasted pumpkin & spinach salad
- Ota & red onion salad
- Bush fan salad with red onion
- Honey roasted potato salad
- Fijian coleslaw
- Fijian seafood salad
- Garden salad with selection of dressings & condiments

SOUP OF THE DAY

Coconut fish soup - a traditional Fijian inspired soup of fresh local fish, gently simmered in a creamy coconut broth with ginger, onion and aromatic island herbs

Selection of breads in a basket with butter

LIVE COOKING STATION

Fijian style baked whole reef fish

Lolo sauce / lemon / onion / chilli

Kokoda - fresh local fish cured in citrus, coconut cream, chilli, and herbs

MAINS

- Chicken lovo with onion sauce
- Lamb lovo with lamb jus
- Beef kovu with onion & tomato coconut cream sauce
- Pork lovo with pineapple sauce
- Green-lipped mussels in mint sauce
- Fish lovo with coconut cream & spinach sauce
- Curry tuna with moringa leaf
- Steamed roots crop
- Steamed spinach
- Taro leaves in coconut cream sauce
- Steamed coconut rice

DESSERTS

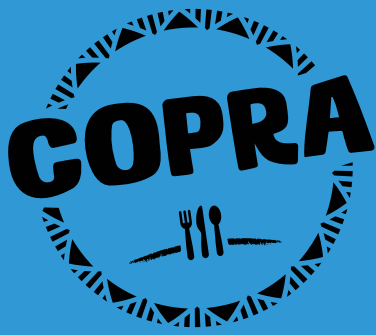
- Seasonal fresh fruits
- Cassava cake
- Vudi vakasoso
- Coconut custard pie
- Fijian coconut lolo bun
- Sweet potato pudding
- Banana cake with coconut sauce
- Pineapple upside down cake

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SABORES de MÉXICO

Friday

ENTREE

- Corn chips with guacamole
- Beef picadillo stuffed peppers
- Black bean and corn salad
- Smashed avocado and tomato bruschetta
- Mexican style seafood cocktail
- Salted watermelon salad with mint, almond, cucumber and chilli
- Garden salad with selection of dressings & condiments

SOUP OF THE DAY

Mexican corn chowder - *A creamy sweet corn soup infused with roasted peppers, herbs, spices*
Served with crispy tortilla strips

Selection of breads in a basket with butter

LIVE COOKING STATION

- Fish taco / beef taco
- DIY nachos
- Quesadilla

MAINS

- Mexican meatball smoky tomato sauce
- Chicken enchiladas
- Slow braised Mexican beef stew
- Slow braised pork shoulder with citrus sauce
- Grilled lime & cilantro reef fish
- Seafood veracruz with tomato, olive & capers
- Chicken fajitas
- Mexican style refried beans
- Vegetables burritos
- Grilled vegetables with cajun spices
- Mexican rice

DESSERTS

- Seasonal fresh fruits
- Churros with chocolate sauce
- Tres leches cake
- Mexican flan
- Cinnamon sugar sopapillas
- Chocolate chilli brownies
- Coconut rice pudding
- Caramelised pineapple cups
- Mini dulce de leche cheesecakes

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ASIAN

BAZAAR

Saturday

ENTREE

Thai beef salad / yam nua

Assorted sushi rolls with condiments

Vietnamese shrimp salad

Tofu, edamame salad with sesame dressing

Chinese style chicken salad

Korean cucumber salad / oi muchim

Garden salad with selection of dressings & condiments

MAINS

Thai red curry chicken - chicken cooked in a fragrant coconut red curry with thai basil and vegetables

Beef rendang - Malaysian style slow braised beef in a rich blend of coconut milk, lemongrass, galangal, ginger, garlic, chilli, and aromatic spices

Pork adobo - traditional Filipino style pork braised in soy sauce, vinegar, garlic, and aromatic spices

Sweet and sour seafood - Crispy seafoods served with a tangy sweet and sour sauce

Steamed local reef fish - Local reef fish steamed with ginger, spring onions, light soy sauce, sesame oil

Wok fried black pepper lamb

Wok fried mixed vegetables with roasted garlic sauce

Braised tofu with Chinese mushroom

Wok fried noodles with seafood

Wok fried rice

Steam jasmine rice

SOUP OF THE DAY

Seafood tom yum - a classic Thai hot and sour soup with poached seafood infused with lemongrass, galangal, kaffir lime leaves, mushrooms

Selection of breads in a basket with butter

LIVE COOKING STATION

Vietnamese pho - A traditional Vietnamese noodle soup featuring a fragrant, slow simmered broth infused with star anise, cinnamon, cloves and ginger served with rice noodles, fresh herbs, bean sprouts, lime, chilli paste and choice of sliced beef or chicken

DESSERTS

Seasonal fresh fruits

Mango sticky rice

Pandan chiffon cake

Coconut sago pudding

Matcha cheesecake

Lychee jelly cups

Assorted mochi

Black sesame panna cotta

Fried banana with honey glazed

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Sunday Roast

Sunday

ENTREE

Cold roast beef platter *with mustard dressing*

Waldorf salad *with apple, celery & walnuts*

Caesar salad *with parmesan cheese & garlic croutons*

Roast pumpkin *with roasted almond dressing*

Poached prawn cocktail

Penne pasta salad *with roasted vegetables, pesto mayonnaise*

Garden salad *with selection of dressings & condiments*

SOUP OF THE DAY

Roast pumpkin soup - *A velvety creamy soup made with oven roasted pumpkin
Served with herb croutons*

Selection of breads in a basket with butter

LIVE COOKING STATION

Boneless leg of lamb

Boneless pork shoulder

**Lamb jus / mint jelly / BBQ sauce /
house gravy / mashed potato**

MAINS

Oven roast beef with mushroom sauce

Oven roast lamb with mint sauce

Oven roast chicken with BBQ sauce

Oven roast pork leg with apple sauce

Oven roasted fish with mustard cream sauce

Potato gratin

Roasted vegetables with pesto

Corn on cob

Fried sweet potatoes

Mac & cheese

Pilaf rice with dried fruits

DESSERTS

Fresh fruit

Warm apple pie

Sticky toffee pudding

Bread & butter pudding with vanilla sauce

Chocolate self-saucing pudding

Custard tart

Vanilla cream caramel

Fruit crumble with custard

Carrot cake with cream cheese frosting

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