



**HE KAI**  
*kei aku ringa*



TOI TANGATA

## *Wiki Tuatahi* Ngā kai tohutaka

### **Pātaka**

Pahunga parāoa (1 kapu)  
Kēne tomato (1)  
Kēne kānga (2)  
Kēne haku/ahi (1)  
Raihi (1 ½ kapu)  
Parāoa rimurapa penne  
(300 karamu)  
Parāoa pita (4-8)  
Kīnaki teriyaki (1 ½ kapu)

### **Huawhenua**

Kōkihi, kōrare rānei (120  
karamu)  
Bok choy (2)  
Pūpihi/porokī rānei (1)  
Kāroti (6)  
Wāhanga kāriki (8-10)  
Roroa iti (4)  
Kukamo (1)  
Hēki (3)  
Pīni kākāriki (400 karamu)  
Kumara āhua rahi (2)  
Rīwai āhua rahi (8)  
Harore (1 kapu)  
Pārihi (½ kapu)  
Aniona whero (1)  
Rētehi (1)  
Aniona roa (1)  
Tomato (1)  
Aniona mā (2)

### **Pouaka Makariri**

Pī whakamātao (1 kapu)  
Tihi wheta (100 karamu)  
Penu tikipī (1)  
Tōfū (600 karamu)  
Mīti nakunaku kau (1  
kirokaramu)

Hei kai mā tēnei tokomaha: 4

Kīnaki balsamic  
Puehu kānga  
Puehu parāoa (2 kapu)  
Mīere  
Paura mātete  
Tote me te pepa  
Kīnaki hoi  
Hinū ōriwa  
Kīnaki tomato

Korinara  
(kei a koe te tikanga)  
Parihi  
(kei a koe te tikanga)  
Wēti rēmana  
Kākano paukena

Pata  
Tihi (1 kapu)  
Mīraka (1 rita)

*Kai nō te kāinga*



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## *Wiki Tuarua* Ngā kai tohutaka

### **Pātaka**

Raihi roa (3 kapu)  
Parāoa rimurapa (1 pēke,  
500 karamu rānei)  
Pahunga parāoa (½ kapu)  
Kēne tikipī (1)  
Kēne tomato (3)  
Kēne miraka niu (3)  
Paura chilli  
Paura curry  
Mātete dijon  
Kinaki ika (2 punu nui)  
Paura garam masala  
Paura cayenne  
Paura cumin  
Tia kinaki tomato rimurapa  
(500 karamu)  
Pani laksa, pani thai curry  
rānei (2 punu nui)  
Kihu parāoa  
(250-300 karamu)  
Oregano  
Renga  
Whaihā huawhenua (1 rita)

### **Huawhenua**

Kōkihi, kōrare rānei (120  
karamu)  
Bok choy (2)  
Pūpihi, porokī (1)  
Kāroti (2)  
Wāhanga kāriki (13)  
Roroa iti (2)  
Hēki (1)  
Tinitia mata (1 punu nui)  
Pini kākāriki (200 karamu)  
Rīki (2)  
Kumara āhua rahi,  
paukena rānei (2 kapu)  
Riwaī āhua rahi (4)  
Harore (400 karamu)  
Aniona roa (1)  
Aniona mā (3)

### **Pouaka Makariri**

Mīti nakunaku kau  
(500 karamu)  
Uma heihei (500 karamu)  
Kūwhā heihei  
(600 karamu)  
Koura iti (200g)  
Tōfū (300g)

Hei kai mā tēnei tokomaha: 4

Hinu oriwa  
Huka paraone  
Cashews  
(kei a koe te tikanga)  
Puehe kānga  
(5 punu nui)  
Tote me te pepa  
Kinaki hoi  
Kinaki worcester

Korinara  
(kei a koe te tikanga)  
Parihi  
(kei a koe te tikanga)

Tihi  
Pata  
Miraka (2 ½ kapu)  
Miraka tepe  
(kei a koe te tikanga)

***Kai nō te kāinga***



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## *Wiki Tuatoru* Ngā kai tohutaka

### **Pātaka**

Parāoa hamupeka (4)  
Kēne mīraka niu (1)  
Kēne tomato (1)  
Kēne rengakura kōripi (1)  
Paura curry (2 punu nui)  
Orgeano (2 punu nui)  
Parāoa rimurapa rigatoni,  
penne rānei (500 karamu)  
Paura fennel (½ punu iti)  
Paura chilli (1 punu nui)  
Paura cumin (1 punu iti)  
Tia pani tomato rimurapa  
(600 karamu)  
Tōtira parāoa āhua iti (10-  
12)  
Pani tomato (2 punu nui)  
Whaihā huawhenua  
(1 kapu)

### **Huawhenua**

Kōkihi, kōrare rānei (3  
kapu)  
Pīni kākārīki (200 karamu)  
Rapikama (3)  
Kāroti (2)  
Herewī (½)  
Wāhanga kāriki (5)  
Rētehi cos (2)  
Roroa iti (3)  
Kukamo (1)  
Hēki (6)  
Wai rēmana (1)  
Rīwai āhua rahi (6)  
Harore (250 karamu)  
Harore portobello (6)  
Tomato tiere (1 ipu)  
Aniana whero (1)  
Aniana roa (2)  
Tomato (2)  
Aniana mā (4)

### **Pouaka Makariri**

Tihi feta (100 karamu)  
Pī whakamātao (1 kapu)  
Uma heihei (kua maoa) (1)  
Mīti nakunaku pōaka (500  
karamu)  
Heihei mata (1)

Hei kai mā tēnei tokomaha: 4

Mīere  
Hinū oriwa  
Tote me te pepa  
Puehe parāoa  
Mātete dijon  
Kākano (kua whakatohi)

Rēmana  
Awakato

Pata  
Kirimi kawa  
Tihi (2 kapu)  
Maionēhi

*Kai nō te kāinga*



**HE KAI**  
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## *Wiki Tuawha* Ngā kai tohutaka

### **Pātaka**

Kēne mīraka niu (1)  
Kēne kīrimi niu (2)  
Kēne tomato (2)  
Couscous (300 karamu)  
Cranberry, ētahi atu  
huarākau maroke rānei  
(50 karamu)  
Oregano  
Parāoa rimurapa  
(300 karamu)  
Raihi roa (4 ½ kapu)  
Kinaki tio (2 punu nui)  
Paura paprika  
Paura garam masala  
Kīnaki hirikakā waiti  
(2 punu nui)  
Kīnaki teriaki (300 karamu)  
Pani tomato (2 punu nui)  
Paura chilli  
Paura cinnamon  
Paura curry  
Paura cumin  
Paura turmeric  
Whaihā huawhenua (1)

### **Huawhenua**

Rētehi cos (1)  
Bok choy (2)  
Pūpihi/poroki (3)  
Kāroti (5)  
Wahanga kāriki (12)  
Roroa iti (2)  
Tinitia mata (2 punu nui)  
Pīni kākāriki (400 karamu)  
Tomato tiere (1 ipu)  
Korinara (1 kaporinga)  
Pārihi (1 kaporinga)  
Aniana whero (2)  
Aniana mā (2)  
Rēmana (2)

### **Pouaka Makariri**

Mīti kau, kua kōripi  
(500 karamu)  
Waewae heihei (8)  
Reme kōripi (6-8)  
Ika monk tētahi atu anō  
ika kukū (800g)  
Koura iti (300g)

Hei kai mā tēnei tokomaha: 4

Hīnu oriwa  
Mīere  
Kinaki balsamic  
Tote me te pepa  
Puehu kānga  
Kinaki hoi  
Winika  
Kākano (kua whakatohi)

Korinara  
Rēmana  
Pārihi  
Aniana roa

Pata  
Tihi (1 kapu)  
Mīraka (1 rita)

*Kai nō te kāinga*