



Lunch Menu



Tatavu Grill & Bar – A Note on Your Experience

At Tatavu, fire isn't just a cooking method—it's at the heart of everything we do. Our menu is built around the best ingredients we can find, from premium cuts to the freshest seafood, all kissed by open flames for that unmistakable flavor.

We take pride in every dish, but because we work with seasonal ingredients and cook over fire, no two plates are ever exactly the same. That's part of the magic. If you have any allergies or dietary restrictions, please let us know—we'll do our best to accommodate, but we can't guarantee a completely allergen-free kitchen.

Most importantly, we invite you to slow down, sip, savor, and enjoy the moment. Good food, good company, and a little bit of fire—what more could you ask for?

From The Garden

FJD USD

TROPICAL FRUIT SALAD GF

Mix of green salad, sliced seasonal fruits, roasted almonds, dijon honey dressing and aged cheese

27 12

GREEN SALAD GF

Mix of leaves, feta cheese, cucumber, tomatoes, and red onion topped with balsamic dressing

30 13

DENARAU CAESAR SALAD

Romaine lettuce, focaccia breadcrumbs, bacon bits, parmesan cheese, anchovies, poached egg and homemade special Caesar dressing

35 15

To Choose: Chicken, Shrimp or Steak



Mains

HANDMADE TACOS GF | DF

To Choose: Grill Shrimp, Fish, Chicken or Beef
Served with Mexican charcoaled sauce, guacamole and salsa

FJD USD

35 15

CHICKEN FAJITAS GF | DF

Capsicum, red onions, carrots and zucchini, served with guacamole, pico de gallo, flour tortilla

45 20

FISH & CHIPS

Beer battered catch of the day, coleslaw, green pea mash seasoned hand cut chips and tartar sauce

45 20

LAMB BURGER

Baby spinach, goat cheese, star anise caramelized onion, fresh tomatoes and seasoned hand cut chips

48 21

BEEF BURGER

Toasted sesame bun, beef barbeque patty, cheese sauce, bacon, seasoned hand cut chips and caramelized onion

48 21

SMOKY RIBS DF

Wood fire grilled pork ribs with beer barbeque sauce, served with hand cut chips and corn on cob

48 21

EYE FILLET AGUACHILE DF

Aguachile tatemado, medium rare steak served with smoked chips, avocado cream, salsa and fresh pickles

60 26

Green Taste

CRUNCHY BEETROOT BALLS

Beetroot falafel stuffed with herbs marinated goat cheese
Serve with green salad and yogurt tzatziki

FJD USD

25 11

FIJIAN DIP

Cream cauliflower and rourou (local spinach) dip, brie cheese, spicy cauliflower and caramelized pumpkin seeds served with pita bread

26 11

VEGAN FAJITAS

Mix mushrooms, capsicum, red onions, carrots and zucchini, served with guacamole, pico de gallo, flour tortilla

28 12

VEGGIE PASTA

Spaghetti pasta with seasonal denarau veggies
To Choose: Alfredo, tomato or pesto sauce

GREEN BURGER

Lentil and beetroot patty, avocado cream, fresh made pickles, farm salad, caramelized onion serve with hand cut chips

28 12

29 13

Cevicheria

KOKODA GF | DF

Cured catch of the day, charred corn, coconut and lime dressing, fresh salsa

BLACK TUNA TOSTADA DF

Soy aguachile, fresh tuna, cucumber, avocado cream red onions and corn tostada

SEAFOOD COCKTAIL GF | DF

Prawns, lobster octopus and mussels mix, spicy cocktail sauce and pico de gallo

PRAWNS AGUACHILE GF | DF

Lime cured prawns, cucumber, coriander and bongo chilli sauce, grilled totopos

FJD

USD

28

12

28

12

30

13

30

13

Make Your Own POKE BOWL

FJD 32 | USD 14



Step 1

CHOOSE ONE PROTEIN

- Tuna Chipotle DF | GF
- Sesame Salmon DF | GF
- Spicy Prawns DF | GF
- Teriyaki Crumb Chicken DF
- Teriyaki Tofu DF

Step 2

CHOOSE ONE SAUCE

- Miso Dressing
- Teriyaki
- Wasabi Mayo
- Spicy Ponzu
- Chipotle Sauce



Poke Bowl Contains:

- Pickled Ginger
- Wakame
- Nori Seaweed
- Pickled Onions
- Edamame
- Salmon Pearls
- Sesame Seeds
- Carrots
- Cucumber

Desserts

	FJD	USD
CHOCOLATE GINGER DECADENCE GF Flourless sponge/chocolate crèmeaux	25	11
SAFFRON TRES LECHE Three kind of milk, saffron and orange chantilly	25	11
CINNAMON CHURROS Salted caramel and chocolate sauce	25	11
WHITE CHOCOLATE DOME AND ROASTED PINEAPPLE Chocolate soil, candied pineapple, pineapple coulis	25	11
GULAB JAMUN CHEESE CAKE Citrus custard, lemon zest	25	11
VEGAN BROWNIE WITH BLUEBERRY COMPOTE	25	11
SEASONAL FRUIT PLATTERS GF DF	25	11
SELECTIONS OF ICE CREAM	25	11



All prices include a 12.5% Value Added Tax (VAT). A 10% surcharge applies to all restaurant and bar bills on public holidays. For international payments, a 3% merchant fee will be added to the total amount. Please note that all charges are made in Fijian Dollars (FJD). Prices listed in USD are indicative and subject to exchange rate fluctuations.

Kids Menu

	FJD	USD
BABY BUDDAH BOWL Jumble of garden goodies with golden croutons, junior caesar dressing, egg and parmesan	12	5
CHICKLET 4 pieces of chicken tenders with ranch and crispy veggies or chips	19	6
KIDZADILLA Soft tortilla grilled with cheddar cheese, ranch dipping		
FINDING MAMA SNAPPER Golden battered fish with crispy fries	14	6
MOO ON BUN Yaqara beef Pattie on homemade kid's bun with farm salad and fries	19	8
CLASSIC KID Beef mince cooked in rich tomato sauce with spaghetti & parmesan	19	8
JUNIORS MESSED PLATE Hammered steak with mashed potato or chips	21	9
	24	11
DESSERTS		
BROWNIE SANDWICH Chocolate brownie with vanilla ice cream, chocolate sauce and strawberry	12	5
FINDING GOLD Vanilla and chocolate ice cream with chocolate sauce and strawberry	12	5