

# MEAL PLANS & DIETARY NEEDS

Eating - the most important part of any holiday! At the restaurant, you will enjoy some amazing food and local cuisine as well as the chance to meet some wonderful people from around the world.

## The Meal Plan

Each night you stay at the resort requires a meal plan, which includes breakfast, lunch and dinner. This is carefully designed to showcase the best of the local talent and utilises only the freshest and locally sourced ingredients.

## The Lagoon Bar & Restaurant

The restaurant features a unique communal dining experience with smaller tables also available. With our friendly staff taking care of your every need and our band boys playing island tunes, you will enjoy something different each day and night.

## Breakfast - 7:30am - 10am

The day begins with a continental breakfast comprising of fresh fruit, a variety of juices, a selection of cereals, fresh baked bread, coffee and a variety of teas. Our chefs are also at the ready to prepare your order of hot foods and Fijian baked goods.

## Lunch - 12:30am - 2pm

Along with the classic favourites and daily Fijian specialities, lunch is an a la carte menu with yummy choices for everyone.

## Dinner - 6:30pm - 9pm

You won't get bored when it comes to dinner which switches between our three course multi choice a la carte menu and themed buffet nights which changes regularly so there is plenty of variety!

## Special Occasions

What better place than a remote tropical island to truly bring romance alive. Treat yourself to a beautiful, candle-lit private beach side dinner with bubbles and fresh lobster and fish accompanied by an assortment of sides. If you don't eat seafood, the chefs can offer an equally as impressive alternative.

Arrange cake, bubbles and private beach lunches for that special someone, or just because!

These options can be pre-booked or arranged at the resort when you are there and added to your room account.

## Children's Dining

Kids' meals are all served together at a time that suits you or there is an early supervised Kids' Club dinner. We have a kid-pleasing menu for the young ones that features the classic favourites as well as healthy and fresh items.

## Frequently Asked Questions

### Is the meal plan compulsory?

Yes, due to the nature of the islands and logistics of the resort, each guest must have a meal plan. This allows our chefs to prepare and there are no prices on the menu making your food decisions easy!

### How does the meal plan work?

Your meal plan begins with the first meal you have, i.e. if you arrive at 4pm then you will start with dinner and finish with lunch on your departure day.

### Are drinks included?

Drinking water is always available at the bar and any other drinks will be charged back to your room account. Breakfast includes tea, coffee and fresh juice.

### Are snacks available?

Yes, at a small extra cost there is a snack menu at the bar that provides in-between meal fillers. You are welcome to bring your own snacks, to keep in your room, but we would recommend an airtight container to avoid any unwelcome visitors!

## Testimonials

*"The food was fabulous - three of us are gluten free and dairy free and we were well catered for. Vi, the wonderful head chef went above and beyond to make sure we were happy. There were always freshly baked gluten free goodies!"*

*"The food is also amazing (thank you chefs!!). Plentiful (I gain weight on each visit!), and delicious, regardless of whether you are vegan, vegetarian, gluten free, carnivore or somewhere in between. Special orders don't upset them! Desserts at dinner (cakes, meringues, ice cream that stays wonderfully cold in the heat of the night!) cannot be ignored!"*

We successfully cater to a number of diets and food intolerances:

- Vegetarian
- Vegan
- Celiac/Gluten Free
- Pescatarian
- Halal
- Dairy and lactose free
- Nut and peanut free
- Eggs free



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