



SOUTH PACIFIC CULINARY DELIGHTS

From fine French dining to private dinners on the beach, the South Pacific is full of international culinary delights. Experience European-Polynesian fusion cuisine, seafood straight from the sea, over-the-water dining, traditional Lovo feasts, canoe-delivered breakfasts and sunset cruises. With neighboring South Pacific bounties, delight in superb meats and wines, combined with organic produce, fresh seafood and international inspirations all used to create authentic French Polynesian flavors.



A Taste of Moorea & Bora Bora, Tahiti

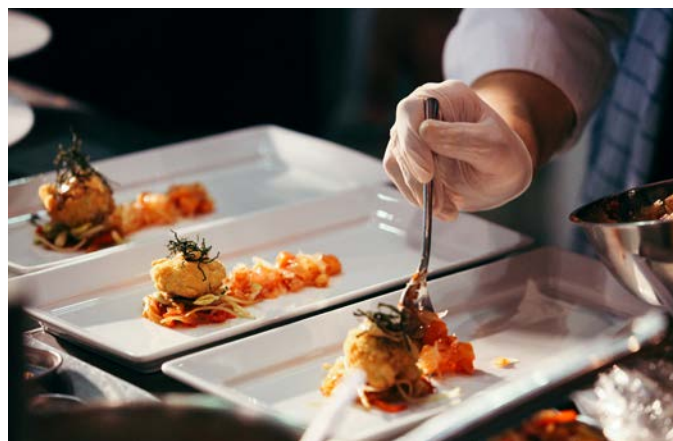
Below is just a sample of the immersive itineraries our Destination Specialists can create.

Day 1 | USA/MOOREA | Arrive at *Sofitel Kia Ora Resort & Spa* and relax in your premium overwater bungalow for three nights. During your stay, spend long, leisurely days on the pristine beach, relax poolside with a cocktail in hand, cruise the lagoon on a stand-up paddleboard or kayak or replenish at Le Jardin Spa with a detoxifying massage or pampering facial.

DAY 2 | After a day of refreshing watersports or total relaxation, toast to paradise at Pure. With stunning views overlooking the lagoon and island of Tahiti, relish the intimate and romantic setting. Begin with tuna tartar with a passion fruit coulis or the Angus beef carpaccio, then tempt your palette with mahi mahi in banana leaf, braised pork or a crispy duck breast in thyme and honey. Complete the evening with a refreshing iced lemon soufflé or decadent passion fruit cheesecake.

DAY 3 | Celebrate your last evening in Moorea at the *Tiki Village Dinner and Tahitian Show* – the largest Tahitian feast and dance show, featuring up to 60 talented artists and captivating fire dancers. After a refreshing welcome drink, enjoy a guided excursion of the traditional Polynesian village, and during dinner, enjoy Tahitian specialties such as fei (cooked wild banana), uru (breadfruit), taro (root vegetable), poulet fafa (chicken with fafa, cooked with coconut milk), and poe (fruit pudding fused with coconut milk).

DAY 4 | MOOREA/BORA BORA | After a delicious breakfast buffet at Pure, transfer to *The St. Regis Bora Bora Resort* for four nights in a deluxe overwater villa with breathtaking Mount Otemanu views and direct lagoon access. You'll be pampered with signature St. Regis butler service as you enjoy the 44-acre oasis - including fine dining with Polynesian-inspired cuisine, a private saltwater Lagoonarium filled with tropical fish, coral reefs and friendly black tip reef sharks and rays, a renowned spa and swim-up bar at the infinity pool.



DAYS 5 - 6 | Awake to a serenade by ukulele as your sumptuous breakfast arrives via canoe to enjoy in the privacy of your villa with inspiring views across the lagoon. Explore Bora Bora's pristine waters and tropical landscapes, then unwind with a decadent dinner at Lagoon by Jean Georges – featuring unsurpassed French and Asian-infused cuisine created by famed chef Jean-Georges Vongerichten. Savor fresh seafood enhanced with indigenous components in a surreal lagoon setting with views of Mount Otemanu. Pair your meal with a signature St. Regis “Bora Mary” – a unique concoction of Bloody Mary mix and vodka infused with fresh watermelon and lime juice, garnished with a watermelon cube.

DAYS 7 - 8 | Immerse further into the island experience with the *Lagoonarium Excursion and Motu Picnic*, where you will enjoy barbeque fish and chicken, poisson cru with coconut milk, poe and other favorite Tahitian specialties. Snorkel alongside the ocean's graceful creatures in a unique lagoonarium, learning intriguing facts from well-trained experts. You'll have the opportunity to encounter turtles, rays, tropical fish and even docile sharks – nearly all sea life native to the lagoon.

The next morning, relish a flavorful breakfast at the open-air venue of Te Pahu before boarding your comfortable flight home to begin planning your next culinary getaway.

continued

INSIDER TIDBITS

- Some of the world's best vanilla comes from Tahiti. You'll find vanilla in a variety of dishes – from shrimp in a coconut-vanilla sauce to vanilla cake or delectable crème brûlée.
- As a welcome to travelers and reverence for tradition, partake in an authentic Kava ceremony in Fiji, featuring a beverage made from the root of a pepper plant which is said to have relaxing and medicinal qualities.
- Visit the Punanga Nui Cultural Market in Rarotonga, Cook Islands, for handcrafted goods, plus a large variety of organic fruits, vegetables, herbs, fresh flowers and delicious treats.



TE VARA NUI DINNER
& SHOW | COOK ISLANDS



COOK ISLANDS CULINARY RECOMMENDATIONS

AITUTAKI

Blue Lagoon Restaurant & Bar | Enjoy the sand floor and island-style ambience for all-day dining. Savor sandwiches, salads and burgers during the day and fresh fish and New Zealand rack of lamb for dinner, plus a speciality vegan menu including vegetable curry, Nicoise salad, pasta pormedore and antipasta. And, once a week a local dance troupe showcases their moves.

Flying Boat Beach Bar & Grill | Located on a stunning islet on the edge of the lagoon, join your fellow islanders in a casual setting for divine cocktails, delectable Pacific fare and infinite views. Savor mouth-watering fish and chips, island-style flatbreads, New Zealand meats, poultry and local seafood.

Koru Café | Owner operated, this trendy café offers all day breakfast and filling lunches, featuring homemade breads, egg dishes, rustic deli sandwiches, salads, fish sliders and a display case filled with cakes and desserts. Be sure to arrange made-to-order brekky baskets, picnic lunches and heat and eat meals.

Rapae Bay Restaurant at Pacific Resort Aitutaki | In a serene split-level patio setting with stunning views over Aitutaki Lagoon, indulge in superb international fare with Asian inspiration. Incorporating local produce, fresh seafood and meats, delight in tuna poke bowls, Omakase sushi and sashimi, grilled chicken with orange and ginger escabeche or the Chef's fried rice with a pineapple cheesecake finish.

CULINARY TIDBIT

COOK ISLANDS | If you dine at a Cook Islands buffet, be sure to sample favorite local dishes like ika mata (marinated raw fish) and umu kai (food cooked in a traditional earth oven) for a true taste of culture.

RAROTONGA

Highland Paradise Ka'ara Island Experience | After an arrival cocktail and warrior welcome, visit chief houses, ancient sacrificial sites and tribal buildings, learning to weave with a Marae Tapu lifting ceremony and cultural show as you enjoy the umu feast.

Sandals Restaurant & Barefoot Bar at Pacific Resort Rarotonga | A laid-back beachfront dining venue, watch the sunset with your feet in the sand or perched above a pond in the garden setting as you savor omelettes and smoothies for breakfast, salads and light dishes for lunch and the Chef's specialty Pacific Sizzler for dinner.

Te Vara Nui Dinner & Show | For an exciting night of culture and cuisine, prepare for an enchanting overwater dinner show honoring the islands' Māori people, complete with floating stages, costumed dancers and musicians. Delight in a savory buffet as the performance unfolds, commemorating a story of pride, love and celebration.

The Mooring Fish Cafe | Funky and fabulous, this beachside gem boasts fish straight from the boat to your plate. Tempt your palate with the freshest Turkish bread sandwiches of mahi-mahi or seared tuna and accompanied by homemade dressings, including the "Tijuana Tuna," with a kicky Cajun sauce.

The Waffle Shack | Addicting and delicious, this hidden treasure in Punanga Nui Marketplace creates crispy, soft Belgian waffles made from scratch and topped with tropical fruit or indulgent ice cream and syrup, together with the island's best coffee for a yummy treat.

Vaima Polynesian Bar and Restaurant | A local favorite located on the beach in the village of Vaimaanga with casual waterside or deck dining and an extensive Polynesian menu. Try the classic fish and chips with tarter sauce, an orange glazed lamb, stuffed chicken breast or the beef wellington in a rich cabernet jus.



CULINARY TIDBITS

FIJI | Be sure to try a meal cooked in a lovo or underground oven. Traditionally chicken, fish and root vegetables are wrapped in banana leaves and covered for several hours.

FIJI | With a high Indian population, there is an abundance of curries available. Fijian curry is typically made with coconut milk, tomatoes and plantains and served with a side of dahl soup and roti.



FIJI CULINARY RECOMMENDATIONS

MAMANUCA ISLANDS

Oishii Teppanyaki at Tokoriki Island Resort | Your authentic Teppanyaki dining experience begins in a traditional Fiji bure with a sashimi or sushi appetizer. Then marvel at the chef's entertaining cooking prowess as he prepares a variety of seafood, chicken, beef and vegetarian specialties.

The Rocks Restaurant at Vomo Island Resort | Bask in majestic views of Vomo Lailai island from this chic beach club. Offering a grazing menu with Asian flare, sample the steamed dumplings, sushi and crispy rice salad or try the prawns bahn mi, mu ping pork skewers or a Cambodian yellow fish curry.

OUTER & NORTHERN ISLANDS

Banyan Bar & Restaurant at Royal Davui Island Resort | Centered around an ancient Pacific banyan tree, sip your lychee daiquiri as the sun sets and dine on daily-changing menu items from beef tataki and beetroot ravioli to karaage friend chicken and seared line-caught tuna.

Cloud 9 | Accessible only by boat, jet ski or seaplane, this unique two-level floating platform is literally located in the middle of the ocean. Adorned with sun decks and daybeds, enjoy a festive atmosphere and live music with handmade Italian wood-fire pizzas and international top shelf cocktails.

Coconut Grove Restaurant | An intimate, oceanfront gem, dine under the verandah or alfresco on the beach with candlelit tables and sweet ukulele melodies. Indulge in fresh seafood, organically grown vegetables, Indian and Thai curries and the popular chicken or fish vaka lolo in a spiced coconut cream.

Main Bure Restaurant at Namale Resort and Spa | The sound of the lala drum beckons guests to dinner at this elegant, cliffside restaurant. Romantic and relaxed, dine on specialties such as New Zealand beef, Asian braised chicken thighs or grilled sesame prawns with a coconut crepe or house-made sorbet finale.

OUTER & NORTHERN ISLANDS CONTINUED

Traditional Fijian "Lovo" Feast at Jean-Michel Cousteau Resort Fiji | Serenaded by Fijian music, celebrate the island spirit with a traditional Lovo feast. Prepared from centuries-old recipes in a stone-lined fire pit, this slow cooking method includes fish, chicken and pork options with vegetables wrapped in banana leaves for a tantalizing buffet-style banquet.

VITI LEVU

Bonefish Seafood Restaurant | Tempting guests with the freshest catch of the day and Port Denarau views, enjoy a lobster bisque or crab cake starter, followed by the delectable seafood platter filled with grilled tuna steak, prawns, calamari rings, tempura fish and spiced mahi mahi, ending with a unique passion fruit brûlée.

Eden Bistro & Bar | With a friendly staff and colorful hand-painted décor, tempt your palate with fresh seafood, premium Australia meats and local Fijian flavors from rock cod and truffle lobster to red curry and spinach ravioli with a sweet pavlova dessert.

Navo at InterContinental Fiji Golf Resort & Spa | Overlooking the lagoon and the sacred island of Navo, discover contemporary specialty fare inspired by the sea and land and prepared behind a glass-walled show kitchen. Tempt your palate with grilled Yasawa lobster tail, Natadola mud crab salad or orecciette with Vuda pork sausage, paired with rare wines.

Sunset Dinner Cruise | Raise a glass as you set sail into the sunset on this romantic catamaran cruise complete with Fijian cultural entertainment and spectacular scenery as chefs prepare a fresh barbeque dinner including the fish of the day, peppered sirloin steak, sautéed vegetables and baked banana in coconut cream.

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TAHITI CULINARY RECOMMENDATIONS

BORA BORA

Bam Boo Restaurant at *The St. Regis Bora Bora Resort* |

Explore bold yet delicate flavors of French, Chinese and Japanese cuisines. Traditional wok dishes including Kung Pao chicken and Szechuan-style shrimp star on the opening menu, while sushi favorites such as the Volcano and Red Dragon Roll steal the show.

Bloody Mary's | Experience a magical evening at this world-famous 1976 restaurant, featuring a thatched roof, sandy floor and array of fresh seafood and meats. Pick your own catch-of-the-day and indulge in a delectable four-course dinner, paired with a tropical drink such as vanilla rum punch.

Fare Hoa Beach Bar & Grill at *Four Seasons Resort Bora Bora* |

All-day, toes-in-the-sand dining by the lagoon awaits with casual fare and tropical cocktails. Relish the ginger tuna poke or shaved coconut salad, followed by crispy prawn wrap, spiny lobster or marinated chicken skewer with truffle parmesan fries.

Saint James | With views of the Motu Toopau island, sip an island drink at the sandy barefoot bar and dine on the waterside deck. Utilizing locally-sourced ingredients, sample the tomato tatin tart, red ahi tuna in a nori crust or roasted chicken in a creamy morel sauce, for a delectable dinner experience.

Villa Mahana | Book months in advance to experience the decadent blend of European and French Polynesian flavors at this boutique six-table Tuscan-style house. Celebrate gastronomy such as seared ahi tuna with vanilla oil, lobster risotto and duck liver with sweet spices and potatoes, all paired with the perfect wine.

MOOREA

Holy Steak House | Acclaimed as the first steakhouse on Moorea with scenic lagoon views, indulge in the highest-grade beef and pork, plus everything from salads, burgers and pizza to chicken and seafood plates, saving room for a “holy” dessert.

Toatea Crêperie & Bar at *Hilton Moorea Lagoon Resort & Spa* |

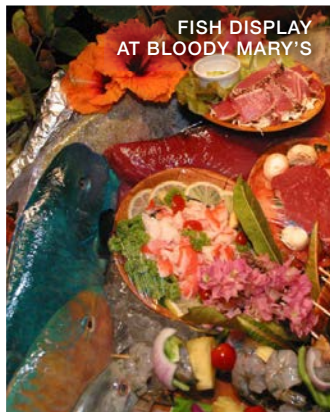
Built over a natural aquarium, celebrate romantic sunsets and sweeping lagoon views as you listen to the soft sound of the waves, sip cocktails or indulge in an exquisite French dinner and dessert crêpes. Enjoy both savory and sweet fillings, including fresh fish in white wine sauce-stuffed crêpes to flaming crêpe suzette.

Mahana'i Restaurant at *Manava Beach Resort & Spa - Moorea* | The refined atmosphere is in perfect harmony with the chef's delicate French and Polynesian cuisine. Savor the indulgent wild mushroom risotto or a tropical salad, followed by the Thai fish, fig braised lamb shank or half-cooked tuna steak.

Private Moorea Food Experience | Step into the shoes of a local as you tama'a (eat) your way around the island. Sample authentic dishes from hidden gems focusing on three cultures, Tahitian, Chinese and French as you dive in to the culture and history of French Polynesia.

Restaurant Te Honu Iti | Set on Cook's Bay, inquisitive stingrays drawn by the restaurant's underwater lights swim right up to the edge of the deck as you dine on fisherman's soup, goat cheese salad, mahi mahi ravioli and duck breast with porto sauce. Conclude with the Chef's special apple tart or a delicious banana's foster.

continued





RANGIROA

Snack Puna Rangiroa Polynésie | Set on the eastern tip of Avatoru lagoon, this buzzing “snack” features Polynesian classics as well as grilled meats and fishes, sandwiches and burgers, with mouth watering crêpes and waffles for a sweet dessert.

Te Rairoa Restaurant at Hotel Kia Ora Resort & Spa | Dishes are inspired by Polynesian traditions and internal cuisine utilizing local ingredients including fresh seafood, coconuts, vanilla and Rangiroa honey. Be tempted by the house favorite smoked fish with a citrus mousse, grilled parrot fish or braised pork shank. Then, delight in homemade honey ice cream with caramelized diced apples.

TAHA'A

The Ohiri at Le Taha'a by Pearl Resorts | Delight in an elegant gourmet dining option with creative French-Polynesian fusion fare paired perfectly with renowned wines by the sommelier.

CULINARY TIDBITS

TAHITI | Be sure to sample the fresh seafood - tuna, mahi mahi, bonito and grouper, and tropical fruits - pineapples, grapefruits, breadfruit, papaya and mango. Dishes are often prepared with coconut milk, ginger, lime, vanilla or tamarind with Polynesian influences and French flair.

TAHITI | A local favorite and the national dish, poisson cru, is a must. Similar to ceviche, this dish comprises raw red tuna marinated in coconut milk and lime juice.

TAHITI | Indulge in an island-inspired dessert of poe, a sweet pudding made from taro root and flavored with banana, vanilla, papaya or pumpkin, topped with rich coconut-milk.

TAHITI

Les Roulettes Food Trucks | When the sun goes down, Les Roulettes or “Restaurants on Wheels” roll in along the Papeete waterfront in Vaïete Square. After a busy day of island exploration, enjoy casual dining, from Italian cuisine, Chinese delicacies and traditional island fare to cheeseburgers, pizzas and desserts.

Le Lotus Restaurant at InterContinental Tahiti Resort & Spa | Perched on stilts above the water with unspoiled views of Moorea, make this the perfect surrounding for a romantic dining experience. Choose from tempting meat and fish specialties, including king crab and shrimp ravioli, swordfish tataki and roasted duck.

L'O à la Bouche | Sophisticated ambiance, traditional French cuisine along with original masterful creations are dominant at this highly-rated restaurant. Begin with a premier French wine and sample delectable red tuna carpaccio, New York angus steak, salmon of the gods, or mahi mahi with Tahitian vanilla.

Blue Banana | Located in tranquil Puna'auia, dine in the overwater pontoon with views of Moorea. With an ever changing daily specials menu featuring fresh catches and imported meats, favorites include the seared tuna atop a crisp salad, pizza with raclette cheese and a sweet guava tart finish.

TETIAROA

Nami teppanyaki at The Brando | Take a journey through Japan's most subtle flavors in an intimate setting with menus designed around specialties of the land and sea. Meals are prepared in front of you on a teppanyaki iron griddle and paired perfectly with sake wines, Japanese beers and worldwide wines.

CONTACT YOUR TRAVEL ADVISOR