

Welcome | Nau Mai Haere Mai

Nestled by the tides of Taranaki, our menu pays a homage to the majestic Three Sisters rock formation. This natural wonder inspires our signature dish, Lamb a Toru - speaks to unity, strength and connection: trio of elements in perfect balance.

Join us for an unforgettable dining experience where every meal is a celebration. Submerge in our diverse menu, crafted to satisfy every palate, while you soak in our breath-taking views.



Coastal beginnings

The oceans whisper, where it all begins!

soup of the day 20

a warm tide in a bowl! served with garlic bread

baked beetroot cutlet 22

Earth-grown, spice-lifted & quietly bold, served with ginger & apricot chutney

beef short rib 25

slow fire, deep flavour
celeriac remoulade, coriander pesto

fried calamari 24

calamari done right!
crispy golden squid with sriracha mayo

nut crust salmon 26

from deep blue sea to your plate!
avocado butter, brown sugar, vinaigrette,
fennel salad



*Please advise us of any dietary requirements or allergies.

From the land & sea

The journey deepens - hearty flavours anchored in chef's craft!

miso tofu umami-rich and wholesome with Asian greens & mung beans	40	lamb a toru - Salt's signature dish this dish honours the Three Sisters Rock formation. three cuts, one legend – lamb rump, lamb shoulder croquettes, lamb loin and shallot puree	52
eye fillet 200gm classic, juicy & worth every bite BBQ short ribs, potato gratin, butternut puree & jus	52	pork loin chops juicy cut, sweet edge parsnip purée, confit parsnip, sauce ravigote, plum jus	46
pan seared fish clean catch, perfect sear market fish, red pepper velouté, medley potato, zucchini	48	Afghani half chicken spiced the Afghani way, sauced and served with cajun fries	46
lamb curry slow spice, deep warmth! served with garlic butter naan and basmati rice	40	crab fettuccine silky, indulgent pasta layered with crab meat ball, creamy bisque & pecorino	46


Side dishes

cajun fries	12	sautéed Asian greens with sesame dressing	14
braised carrots	14	crushed potatoes with honey & chilli glaze	14
heirloom tomato & halloumi salad	14		

Sweet tides

Drift into something sweet!!!

trio of sorbet refresh your taste buds with Taranaki's hand-made sorbet delight!	18	bread and butter pudding old school comfort! familiar, but elevated! dry fruit, white chocolate, saffron & vanilla bean cream	24
white chocolate parfait light, silky, & indulgently smooth with berry sorbet & rocher glaze	24	piña colada brûlée tropical sweetness in every bite! crispy filo, caramelised pineapple	24
sea buckthorn cheesecake creamy cheesecake with sea buckthorn, almond sponge cake, sorbet	24	spiced pear crumble sweet spice with a native twist! kawakawa, mānuka honey, crumble oats, spiced custard, vanilla bean ice cream	20



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