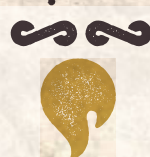


Spirit House



DINNER
MENU





SPIRITHOUSE – A PHILOSOPHY

As the name implies, there's more to SpiritHouse than great food and fine times. SpiritHouse is a place to relax, reflect and recharge.

Our pan-Asian inspired menu is cooked with care and prepared using the finest ingredients – not only to tantalise your tastebuds, but to leave you feeling satisfied and embedded with a sense of peaceful fulfillment.

To understand the art of eating you must know the philosophy of food. Asian food must be fresh, have flavour and possess proper texture. It's this distinct balance that brings a richness to the SpiritHouse eating experience – along with impressive health benefits.

YOU'RE IN EXCELLENT HEALTH

SpiritHouse chefs use less fat, small amounts of meat and a variety of vegetables. Asian herbs help digestion and the gastrointestinal system.

"Eating SpiritHouse style will enhance the body with appropriate nutrients, energy, minerals, vitamins and dietary fibre for preventing coronary heart disease, dyslipidaemia, strokes, obesity, diabetes and some cancers," says Dr. Luecha Wanarantan.

For further health information visit our website: www.spirit.house

HOME OF THE HOBBIT

The suburb of Miramar, which was once home to a gasworks and booming manufacturing industry, has been evolving into a classy creative hub, ever since Sir Peter Jackson and his movies began pouring money into the area.

"It was a place that the worker ants of the world came and lived. It's cheap, it's cheerful. The film industry kicked things off ... it's got a lot of colour and it's certainly becoming a very cool and trendy place," says Miramar resident Mike Riversdale.

The 'gravitational pull' of the glammed-up Roxy Cinema has kept the momentum going, "dragging it up from 'hey, we've got

a pet shop' to 'we've got some really cool restaurants and bars."

From humble beginnings in the back room of a flat in Wellington, Weta Workshop has grown to become a world-leading design and effects facility in the heart of the Miramar Peninsula.

A series of multi-million dollar studios, sound stages, and pre and post-production facilities have been built, where The Hobbit, The Lord of the Rings trilogy and King Kong were filmed.

It has been hailed by Mexican film director Guillermo del Toro as "Hollywood the way God intended it".

YOU'RE IN CAPABLE HANDS

SpiritHouse chefs have some impressive work experience.

All our chefs are qualified in the art of pan-Asian cuisine and have years of experience in cooking and training throughout Asia. Many have worked in some of the best restaurants throughout South East Asia.



A PENINSULA WITH A HISTORY

The great Māori explorer, Kupe, is credited as the first person to discover New Zealand, and also the first person to land on what became the Miramar Peninsula.

Kupe's descendant, Whatonga, captained the Kurahaupō waka and settled early in the 12th Century. European settlers began arriving in Wellington in the early 1840s and by the end of that decade James Coutts Crawford and others had purchased much of the Peninsula's land.

Most indigenous vegetation had been cleared by the early 1850's and within the next 40 years almost all the Peninsula was farmland. By then the Peninsula was also a popular sporting resort with recreation grounds, a hunt club, polo field, golf links and trotting club.

The beginning of urbanisation on the Peninsula began in 1902 with an auction of 132 residential sections attracting huge interest, leading the Miramar Borough Council to be formed shortly after, in 1904.

For several decades the area remained a

family oriented, predominantly working class suburb with a strong manufacturing base. Today, many of the old industries have gone and the area is home to a number of internationally recognised, creative industries employing a work force from around the world.

It is now home to around 20,000 people, and this unique environment is an area of rugged coastlines, sheltered sandy beaches, hill-top vistas and stunning scenery, as well as being the center of the film industry. All of those creative people like to eat, so the Peninsula offers some of the best coffee and dining experiences in the city.

A great aspect about being on the Peninsula is not having to rely on the city to get things done. Whether you need garden supplies, gourmet sausages from the butcher, a panelbeater, camera repair, personal trainer, dog day care, hair cut or your favourite Asian takeaways... you can do it all in our neighborhood.



CUT AND ABOUT ON THE PENINSULA

Explore the different places that make Miramar Peninsula so special.

STRATHMORE PARK

Strathmore Park sits at the southern end of Miramar Peninsula and boasts some of the best views towards the South Island.

The Strathmore shops offer a great butchery, barber shop, Hells Pizza and two café's – the Strathmore Cake Kitchen and Gipsy Kitchen. The Strathmore Local is a garden bar and restaurant and holds weekly quiz nights.

MOA POINT

This rocky bay is home to a small settlement of houses with great views of the Kaikoura Ranges on a clear day, and aircraft landing into those brisk northerlies.

SEATOUN

The Wahine Park Memorial is located in Seatoun. It marks an area near where the survivors of the 1968 Wahine Disaster reached the shore, and includes a memorial plaque, the ship's anchor and chain, and replica ventilation pipes. A children's playground is also part of the commemorative park.

East by West run a daily ferry service from the Seatoun wharf to Wellington city and Eastbourne.

KARAKA BAY

Karaka Bay sits between Breaker Bay and Moa Point at the Southern end of the Peninsula's coast road. The bay is a great place to spot little blue penguins, dolphins, orcas and fur seals.

SCORCHING BAY

Scorching Bay provides the finest sandy, swimming beach in Wellington. Set against a backdrop of regenerating native forest, looking out to the Pencarrow Coast and overlooked by Fort Ballance to the north, it provides a carpark, the Scorcherama café, picnic areas, children's playground, toilets and changing rooms.

WORSER BAY

Worser Bay is home to the Worser Bay Sailing Club and Lifesaving Club. The beach is an excellent safe swimming beach and very popular in the summer. The beach is dog friendly during winter months and in summer before 9am and after 7pm.

MAUPUIA

Maupuia may well be the most sun drenched suburb in Wellington and without a doubt an excellent place to watch the sun go down.

ONLY THE BEST WILL DO

Here at SpiritHouse we follow top class Health and Safety standards.

You can be assured you're in safe hands. SpiritHouse has its own in-house Food and Safety training programme, with comprehensive training manual covering temperature checking, stock rotation schedules, food labelling and personal hygiene checklists.

SpiritHouse also gains very high marks when it comes to meeting local authority Food Safety standards – and tops the class with a Grade A food safety rating. After all, you deserve only the very best.

MENU

ENTREES

E1. VIETNAMESE FRESH SPRING ROLLS **GF** \$6.00
Freshly made rice paper rolls, stuffed full of minced pork, blanched bean sprouts, fresh mint and udon-style noodles.

E2. VIETNAMESE CRISPY SPRING ROLLS **GF** \$6.00
Tasty sautéed vegetables, prawn and pork mixed with vermicelli noodles, rolled in rice paper then deep fried, served with nuoc cham dipping sauce.

E3. KOREAN DUMPLINGS \$5.00
Dumplings filled with leek, onion, garlic and ginger, served with light soy sauce.

E4. GURI PUFF \$6.50
Sweet potatoes and vegetables wrapped in fluffy pastry served with dipping sauces.

E5. COMBINATION \$19.00
Combination of 2x Vietnamese fresh spring rolls, 3x spring rolls, 4x Korean dumplings and 3x guri puffs.

E6. BALINESE SATAY CHICKEN STICKS **GF** \$7.00
Dipped in a mixture of spices grilled and covered with our own peanut topping served on a bed of steamed rice.

E7. CAMBODIAN PORK SAUSAGE \$6.50
Secret spices and premium lean pork mince, rolled into meat balls, threaded onto a skewer and served with peanut sauce.

E8. CRISPY PRAWNS **GF** \$7.50
Prawn cutlets coated in crushed dried rice and served with Vietnamese dipping sauce.

E9. ROTI & PEANUT SAUCE \$7.00

ASIAN SPICY SOUPS

SERVED WITH STEAMED JASMINE RICE

SPICY HOT & SOUR SOUP **GF**
Hot and spicy yet refreshing soup. Spice, Kaffir lime leaf, lemongrass and galanga, fresh lime juice topped with coriander.

	E10. ENTREE	AS1. MAIN
Chicken or Vegetarian	\$12.00	\$19.00
Seafood	\$13.50	\$20.50
Prawn	\$14.00	\$21.00

COCONUT CREAM SOUP **GF**
Spicy yet smooth and tantalising to the taste buds – similar to Tom Yum but with added coconut cream, distinct flavours of lime and coriander.

	E11. ENTREE	AS2. MAIN
Chicken or Vegetarian	\$12.00	\$19.00
Seafood	\$13.50	\$20.50
Prawn	\$14.00	\$21.00

AS3. BALINESE NOODLE SOUP **GF V**
(No rice). A generous portion of this famous Asian soup cooked with our special sauce, vegetables and noodles.

Chicken, Pork or Vegetarian \$18.50

SPICY ASIAN SALADS

SERVED WITH STEAMED JASMINE RICE

Y1. YUM SEAFOOD SALAD **GF**
Cooked at a lower heat in stock this very spicy seafood dish includes celery, shallots and tomato.

Vegetarian \$19.50
Seafood \$20.50
Prawn \$21.00

Y2. THAI BEEF SALAD **GF** \$21.50
Beef slices grilled in the wok, then mixed with our special roasted rice powder, fresh coriander, lime juice, shallot and chilli powder.

Y3. SWEET CHILLI PORK **GF** \$21.50
Pork slices covered with a seasonal sweet chilli sauce, shallot, lemon slices and fresh coriander.

Y4. THAI CHICKEN SALAD **GF** \$21.50
Chicken mixed with special roasted rice powder, shallots, fresh spring onions, lemongrass, coriander, chilli and lime juice.

Y5. VIETNAMESE SALAD **GF**
Mint, lime juice, fish sauce and fresh coriander flavours mixed with lettuce, chopped cucumber, carrots, red onion and tomato.

Chicken \$21.00
Prawn \$22.50

FRIED RICE

F1. NASI GORENG **V ***
A traditional Indonesian favourite cooked with quality jasmine rice, fresh seasonal vegetables and pineapple.

Chicken, Pork or Vegetarian \$19.90
Seafood or Combination \$21.50
Prawn \$21.50

F2. SPICY KIMCHI FRIED RICE **GF V**
Fried rice cooked with kimchi special curry paste, spices blended to enhance the traditional favourites.

Chicken, Pork or Vegetarian \$19.90
Seafood or Combination \$20.50
Prawn \$21.50

F3. CASHEW NUT FRIED RICE **V ***
Fried rice stir fried with ginger and fresh vegetables, topped with a sweet soy sauce and roasted cashew nuts.

Chicken, Beef, Pork or Vegetarian \$20.50
Seafood \$21.50
Prawn \$22.00

NOGGOLES

N1. PAD THAI **GF V**
White rice noodles cooked with bean sprouts, spring onion and crushed peanuts in our special pad thai sauce, served with fresh lemon and sprouts.

Chicken, Pork, Beef or Vegetarian \$19.90
Seafood \$20.50
Prawn \$22.00

N2. BEIJING EGG NOODLES **V**
Egg noodles and seasonal vegetables stir fried in the wok.

Chicken, Beef, Pork or Vegetarian \$19.90
Seafood \$20.50
Prawn \$22.00

N3. VIETNAMESE SPICY FRIED NOODLE WITH BASIL **V ***
Flat white rice noodles stir fried with seasonal vegetables, fresh basil, and fresh chilli on the side.

Chicken, Beef, Pork or Vegetarian \$20.50
Seafood \$21.00
Prawn \$22.50

STIR Frys

S1. KUNG PAO CHICKEN STIR FRY \$21.00
Spicy stir fried battered chicken, peanuts, vegetables and chilli peppers cooked in Sichuan sauce.

S2. GARLIC HOT PLATE **V ***
Fresh garlic fried in the wok with a selection of vegetables – a must for garlic lovers. Served on a steamy hot plate.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50

S3. FRESH BASIL AND CHILLI **V ***
Fresh basil and hot chilli cooked traditional Thai style with green vegetables.

Pork, Chicken or Vegetarian \$21.00

S4. CHICKEN AND CASHEW NUT **V *** \$21.00
Chang Mai style fresh vegetables and cashew nuts stir fried with soy sauce base.

S5. BATTERED CHICKEN AND CASHEWS \$22.00
Sweet chilli jam sauce cooked with battered chicken and vegetables.

S6. GINGER STIR FRY **V ***
Fresh ginger root fried in the wok with fresh vegetables and mushrooms.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50
Fish \$24.00

S7. CANTONESE SWEET AND SOUR **V ***
A tasty special sweet and sour sauce cooked with pineapple and tomato.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50
Fish \$24.00

S8. SINGAPORE SATAY **GF V**
Our own roasted spiced peanut sauce combined with a selection of seasonal vegetables, rich, sweet and satisfying.

Chicken, Beef, Pork or Vegetarian \$21.00

S9. OYSTER SAUCE AND MUSHROOMS **V ***
Fresh broccoli and vegetables stir fried with added mushrooms and oyster sauce.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50

S10. BLACK PEPPER HOT PLATE **V ***
Fresh vegetables stir fried with cracked black pepper and garlic sauce.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50

S11. VIETNAMESE LEMONGRASS STIR FRY **V ***
Stir fried with fresh lemongrass and fresh seasonal vegetables.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50

S12. SPICY HERBS **V ***
This dish is flavoured with a wonderful variety of Asian flavours, including lemongrass, fresh basil, garlic and green peppercorns. This is a hot and very flavoursome meal with stir fried fresh vegetables, and bamboo shoots.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$21.50
Prawn \$22.50

S13. HONEY LEMON CHICKEN \$22.00
Crispy chicken pieces stir fried with a tangy lemon and sweet honey sauce. Served with vermicelli noodles, fresh salad and a bowl of jasmine rice.

S14. VIETNAMESE FRIED FISH STEAK \$24.00
Fish fillets dipped in tempura batter and deep fried, placed on a hot plate with stir fried tomatoes, red onion, mushrooms and covered in a mild garlic, chilli and black pepper sauce.

CURRIES

SERVED WITH STEAMED JASMINE RICE
Curries come to you in mild spiciness. If you want it hotter, please let your wait staff know for complimentary chilli.

C1. GREEN CURRY **GF V**
Green chilli curry paste, slow cooked with coconut cream, spices, an array of selected vegetables and fresh basil herb.

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$22.00
Prawn \$23.00

C2. VEGAN RED DUCK CURRY **GF V** \$23.00
A soy based duck flavoured curry specially created for the monks of South East Asia, with seasonal vegetables.

C3. MASSAMAN CURRY **GF V**
A mild curry cooked in coconut cream, potatoes, ginger and peanuts.

Chicken, Beef or Vegetarian \$21.00
Prawn \$23.00

C4. PANANG BEEF CHEEK CURRY **GF** \$23.00
A mild curry cooked with coconut cream, kaffir leaves and vegetables. Popular curry with a slight lime tang.

C5. KUNG FU CURRY WITH FRESH BASIL AND FRESH CHILLI **GF V**
Red based curry cooked with vegetables, lime leaves and fresh basil herb. (This is a hot curry).

Chicken, Beef, Pork or Vegetarian \$21.00
Seafood \$22.00
Prawn \$23.00

C6. LAMB SHANKS IN SOUTH EAST ASIAN CURRY SAUCE **GF**
Quality lamb shanks slow-cooked in curry paste and coconut cream, with chunky potato, onion and peanuts.

One Shank \$19.00
Two Shanks \$26.00

C7. VIETNAMESE LAKSA **GF V**
Fresh vegetables cooked in Laksa paste and coconut cream, served on a bed of rice vermicelli noodles and topped with thin rashers of omelette, fresh coriander and fried shallot.

Chicken, Beef, Pork or Vegetarian \$22.00
Seafood \$22.50
Prawn \$23.00

C8. VIETNAMESE SEAFOOD BOAT **GF** \$24.50
Mixture of fresh mussels, squid, fish, prawns and lemongrass in an Asian coconut cream, served with rice.

EXTRAS

Chicken, Beef, Pork, Vegetables
Peanut Sauce, Jasmine Rice \$3.00

Seafood, Mussel, Squid,
Prawn, Fish, Tofu, Cashew Nuts \$4.00

Roti Bread \$4.00

Fried Chunky Chips \$6.00

Side of Stir Fry Vegetables \$9.90

SEE OUR SHARING MENUS ON THE BACK PAGE

To ensure your meal arrives to you fresh and hot off the wok, meals are brought out immediately as they are cooked. There may be a small time delay between meals.

GF Gluten free ***** Can be made gluten free **V** Can be made vegan

Standard vegetarian meals may contain fish sauce, oyster sauce or egg.
NO MSG ADDED.



RECIPES

TRY SOME OF OUR MOST POPULAR DISHES AT HOME



GREEN CURRY

SERVES 1 – 2

INGREDIENTS

180ml stock
90ml coconut cream
30ml fish sauce
20g sugar
20ml green curry paste
150g meat (chicken, beef, pork, seafood)
150g mixed vegetables

RECIPE

Heat a fry pan or wok. Add stock, coconut cream, fish sauce, sugar and curry paste. Heat until it is just about to boil, stirring constantly. Add the meat, stir into the sauce and just as it is about to boil again, add the vegetables. Keep stirring until it is just about to boil, leave on the heat for another 30 seconds. Serve with rice.



CHICKEN AND CASHEW STIR FRY

SERVES 1 – 2

INGREDIENTS

100g roasted cashew nuts
150g thinly sliced chicken breast
50ml Thai rapeseed oil (canola)
30ml oyster sauce
30ml soy sauce
10ml fish sauce
50ml chicken stock or water
250g mixed vegetables

RECIPE

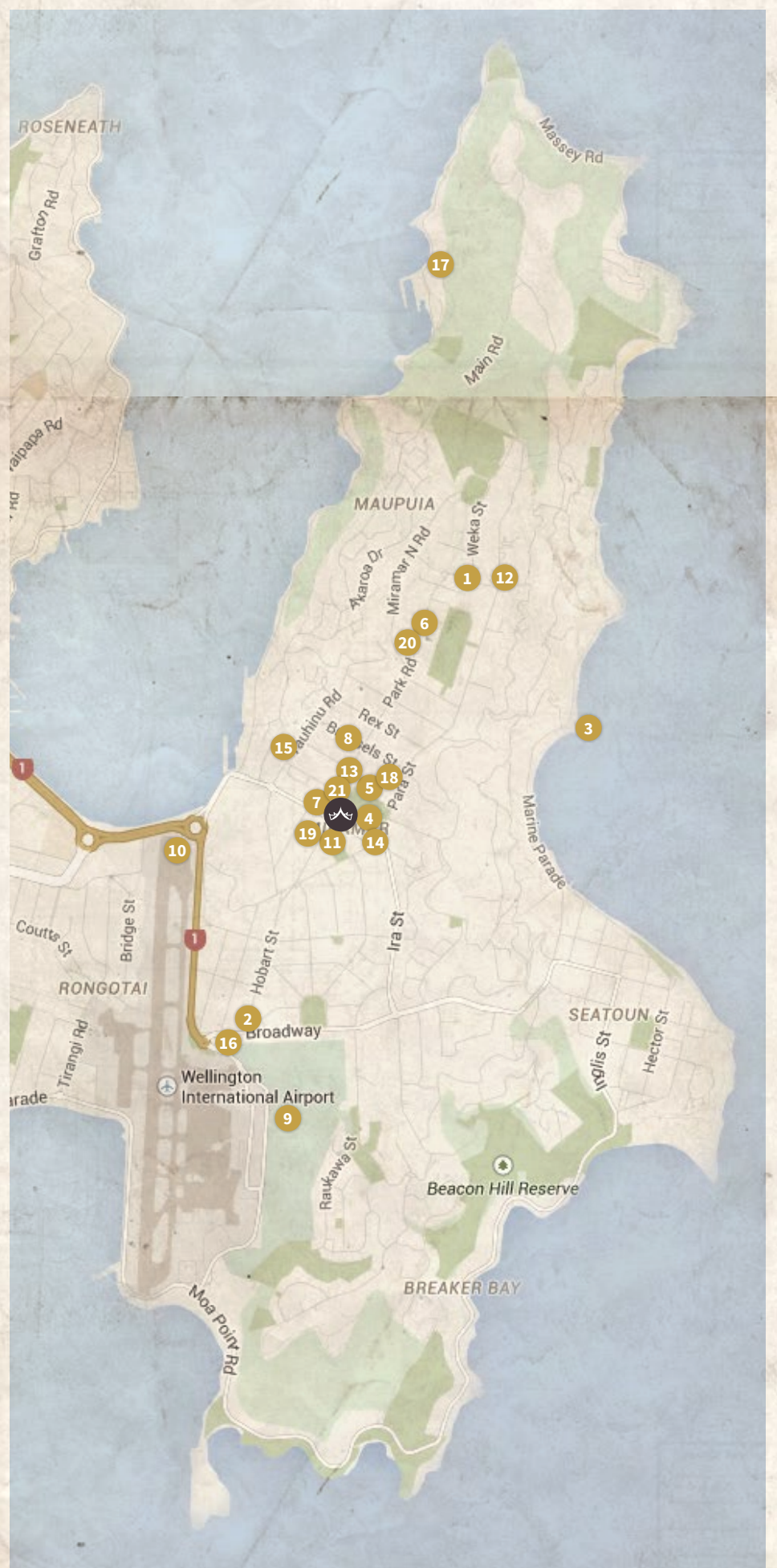
Heat a fry pan or wok and add 50ml of Thai rapeseed oil. Wait until the oil is hot and add chicken just before oil starts to smoke. The chicken should be cooked just as the oil has evaporated. Add vegetables at the same time as 10 – 15ml of the chicken stock. Stir fry and add extra stock a little at a time so the wok stays hot and veges stay crisp and don't stew. After 2 – 3 minutes and no excess stock is left in the wok, add the oyster sauce, soy sauce and fish sauce and cook for approximately 1 minute. Serve and enjoy.



Spirithouse

1. The Weta Cave
2. Airport Motor Lodge
3. Worser Bay Yacht Club
4. Miramar Vet
5. Sadhana Yoga
6. California Home & Garden
7. Palmers Garden World
8. The Roxy Cinema
9. Miramar Golf Club
10. ASB Sports Centre

11. Miramar Library
12. The Larder Restaurant
13. La Boca Loca
14. Rempah Malaysian Takeaway
15. Domino's Pizza
16. Burger King
17. The Chocolate Fish Café
18. Miramar Fruit Supply
19. New World Supermarket
20. Haylo Skin & Body
21. Park Kitchen



SHARING MENUS

\$28.00 PER PERSON

SHARING MENU 1

Combination Entrée • Beijing Stir Fried Egg Noodles – Beef • Chicken Cashew Nut Fried Rice • Massaman Curry – Pork • Chicken Pad Thai • Garlic Prawn Hot Plate • Steamed Jasmine Rice

SHARING MENU 2

Combination Entrée • Coconut Cream Chicken Soup • Vietnamese Spicy Fried Noodles With Basil • Thai Beef Salad • Singapore Satay Stir Fry – Pork • Vietnamese Fried Fish Steak • Steamed Jasmine Rice

SHARING MENU 3

Combination Entrée • Black Pepper Hotplate – Beef • Vietnamese Laksa – Chicken • Sweet and Sour Pork • Spicy Singapore Fried Rice – Seafood • Green Curry – Chicken • Steamed Jasmine Rice



Asian Garden

COOKING SCHOOL

LOVE OUR FOOD? LEARN TO COOK IT FOR YOURSELF!

Learn what it takes to create restaurant quality Asian tastes for your own home, at our purpose-built facility (and deli!) in Harewood, Christchurch. If you enjoy cooking, you'll love unlocking the secrets of fresh ingredients, many of which are grown in our own market garden onsite.

End the day by sitting down and enjoying your own cooked meal with a glass of wine or beer with new friends and admire your new skills.

∞ REGISTER ONLINE NOW! ∞

www.roughdiamond.co.nz/asian-garden-cooking-school



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