



Malolo  
ISLAND • FIJI

## Dietary/Allergy Information

At Malolo we can cater for most dietary requirements with adequate notice (min 24hrs). Following is some information related to some of the most common dietary requests we receive at Malolo.

### Gluten & Dairy Intolerance

1. We carry almond, soy, rice and coconut milk and can acquire oat milk if required. All are dairy free.
2. We have a full range of dairy/gluten-free products. Anything that has gluten in it, has a gluten/dairy-free alternative, e.g. pizza bases, pasta, bread, slider buns, cupcakes, pastries, pancakes etc. These however are not put out on the buffets to avoid cross contamination and allows for a strict monitoring of dietary requirements. Please ask your server and they will bring it fresh from the kitchen for you.
3. We also have gluten/dairy-free ice creams, sorbets and desserts. If there is a specific dessert you require or would like, please pre-order and we will do our best to accommodate your request.

### Eggs

1. Excluding our burger and slider buns, which have a sesame egg wash, all other breads are egg-free.
2. We have a full range of Pastas which are egg-free.
3. We can also make pastries, pancakes etc egg-free on request.

### Vegetarian

1. We have vegetarian dishes on the menu daily as well as a "build your own" specialty section in the Terrace Restaurant for Lunch.
2. If there is a specific ingredient you would like, eg. Quinoa, kale etc, please let us know with the required 24hrs notice, and we will be happy to try and order it in for you .
3. We are also happy to prepare an exclusive Vegetarian Menu for you, please just let us know the style you would prefer.

### Nut Allergy

1. Our "Kids Eat Free" buffet food is nut-free.
2. The only peanut-based item on the resort is the satay sauce on the Terrace Restaurant buffet on a Saturday night (for all guests) and on the Breakfast buffet, there are peanut butter sachets which are sealed.
3. We do have a few dishes on the A la carte Menu that may contain walnuts, pecans and almonds, however these are highlighted with "nuts" written next to them on the menu.

### **Points to Note:**

- We have numerous allergies and dietary requirements each day at the resort, and if there are any questions during your stay, please ask for our Executive Chef.
- We suggest pre-ordering meals (at no extra cost) ie Breakfast ordered at Dinner and Lunch and Dinner ordered at Breakfast, this way we separately prepare each meal and our Executive Chef strictly monitors them. This avoids any miscommunication with servers as well as removing any stress from the ordering process.
- We follow all the correct procedures regarding food hygiene and have passed all the inspections, by- laws and various other procedures as required by law.
- When we make any specific food regarding allergies, we use separate work benches, knives, boards, crockery and cutlery etc.
- For safety, we also carry three Epi pens on-site. One in the Executive Chef's office (closest to the kitchen and Terrace and Treetops restaurants), one with our Resort Manager and one in the First Aid Kit at the Front Desk. However, these are for emergency use only, and we strongly suggest bringing your own.
- We don't recommend bringing any of your own food into the country as it may get confiscated and you may receive a fine. Fiji Bio-Security has become very strict regarding this, therefore, if there is something that you absolutely need or that you think we may not have, please contact our [Executive Chef](#) Yngve Muldal, and we will try our best to order it in for you.