

# THE VAVAVI EXPERIENCE



Ignite your adventure as you become the flame master, stacking stones and lighting fires to unveil the magic of our traditional Fijian lavo – the heart and soul of our culinary experience.

## LOVO SET UP AND DEMONSTRATION



## KAVA



## LUNCH

Whilst the food is cooking, take a guided tour of the local markets, before returning for a delicious traditional Fijian lunch and kava ceremony

## LOCAL MARKET TOUR

## PALUSAMI

Create your own palusami with tender taro leaves and creamy coconut milk



*"What a fantastic, amazing day! Sam, Anna and their team took such good care of us and taught us so much - not only about lavo style cooking - but also about life in Fiji. I'd highly recommend this unique experience!"* - Harif M.

★★★★★

## Why Vavavi?

*"If you want to experience a TRUE Fijian food and culture this is a MUST! Vavavi are a family run business. Sam, Anna, and Lave made myself and the team feel so welcome."*

*Lots of laughs, delicious food and the best start to any trip."* - Isaac S.

★★★★★

*"The food was absolutely delicious, but we also enjoyed sitting and talking with the entire family. We felt very welcomed! I highly recommend Vavavi if you want an authentic lavo experience."*

Shirley Be V.

★★★★★

*"It's not just a cooking experience, it's a whole journey into the Fijian culture."* - Ritia P.

★★★★★

*"Best part of our vacation hands down. We loved learning about the history and culture of the Fiji people with some of the kindest, funniest and most knowledgeable people we met the entire time. We felt like family from the first minute until the last. This tour is a must for anyone visiting the island."*

Tim C.

★★★★★

## LOVO COOKING

When food has been prepared, we stack our delicious parcels on the heated stones, ready for burial and cooking



## FOOD PREPARATION

Gain insights into local crops that we consume everyday and learn the skills to prepare them. Learn to wrap chicken with banana leaves and weave fish with palm leaves to seal in the flavours



## COCONUT PREPARATION

Get a hands-on journey with coconuts – from husking to opening, scraping, and extracting. Dive into the life cycle of this versatile fruit, gaining practical experience every step of the way.



## ABOUT US

At our heart, we're a small, locally owned family business with a big commitment—to offer you the best experience and share our cherished way of life. Welcome to our Vavavi vuvale (family).



## OUR VENUE

Experience the rustic simplicity of our Wailoaloo, Nadi venue. Based in a central location, our well-sheltered space ensures a seamless event, rain or shine.



# VAVAVI

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Google and TripAdvisor

## VAVAVI COOKING & CULTURAL EXPERIENCE



## CONTACT US

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The ultimate Fijian  
cooking and cultural  
experience