

MATAKANA MARKET KITCHEN

Gluten Free Brunch Lunch Menu

Something fruity...

- Crunchy Buckwheat Granola - with natural yoghurt & fruit compote. **dfo**
 100% Fresh Fruit Smoothies - blended with mango nectar & banana.
 Raspberry Rush, Mango Mania, Blueberry Breeze, Simply Strawberry **vgn**
 Green Goddess Smoothie - avocado, kiwi, mango, kale with Aloe Vera. **vgn**
 Kombucha Iced Tea - from Matakana Daily Organics, served over
 berries with mint. **vgn**
 100% Pure Juice - fresh oranges squeezed to order. **vgn**

Something GF toasty...

- Welsh Rarebit - with Puhoi cheddar, Leigh beer & piccalilli, oven-baked
 & served with bacon & Worcester sauce dressing. **vo**
 Avocado on GF Toast - with citrus dressing, salad & salsa. **v - dfo**
 French GF Toast - with caramelised bananas, maple syrup. **v**
 add smokey bacon.
 House Smoked Salmon - with cream cheese, capers & a squeeze of lemon
 on GF toast. **dfo**
 Rustic Mince on Toast - a hearty, beefy mince topped with poached eggs
 & roasted tomato served on GF toast. **dfo**

Something with a kick...

- Bloody Mary Espresso Martini Breakfast Jar-garita
 Kombucha Martini Berry Bourbon Iced Tea Aperol Spritz **vgn**

All of our chicken is Waitoa free range & our eggs are free range from Puriri Downs.

Please ensure that our wait staff are aware that you are ordering from the Gluten Free Menu

Something to start or to share...

- GF Garlic Bread - with hummus. **v**
 Island Style Ceviche - fresh fish cured in lime, lemon, fresh herbs & coconut cream
 with a hint of chilli. **df**
 Twice Roasted Pork Belly Fingers - served with a sour cherry dip. **df**
 Sautéed Chicken Livers - in a port, bacon & mushroom sauce served with
 garlic GF toast.
 Scallops Baked in their half shell - with garlic butter, white wine & parmesan.
 Steamed Edamame - seasoned with sea salt & fresh citrus. **vgn**
 Whole Baked Camembert - topped with pesto served with sweet capsicum chutney
 and GF toast. (Ideal for sharing.) **v**
 Baby Cottage Pie - served with a cheesy leek topping.

Something leafy...

- Local Line Caught Fish - pan seared & served on a Moroccan style buckwheat salad
 with chick peas, roasted vegetables & a blend of warming spices. **df**
 Italian Chicken Salad - marinated roast chicken breast with a poached citrus
 salad served in a parmesan basket with a cucumber & passionfruit dressing.
 Raw Vegan Power Salad - shaved coconut, fennel & carrot, tossed with
 cranberries, pea feathers, rocket, avocado & apple, finished with a nutty ginger
 & mango dressing. **vgn**
 add crispy poached egg & parmesan wafers.
 or add Italian roasted free range chicken breast.
 Poached Pear & Goat's Cheese Salad - with caramelised walnuts & raspberry
 vinaigrette. **v**
 Organic Buckwheat Salad - in a Moroccan style with roasted chip peas, capsicums
 & a traditional blend of spices. **v - df**
 add char-grilled halloumi.
 or add Italian roasted free range chicken breast.
 Slow Roast Vegan Medley - aubergine, capsicum, pomegranate beets & baby
 spinach, dressed with cashew cream, gremolata & yeast flakes. **vgn**

Something on the side...

- Agria chips & dips. **v - df**
 Pumpkin & beetroot, tossed with toasted nuts & seeds. **vgn**
 Polenta fries with pancetta aioli. **vo - df**

Something brunchy...

- 14 Sicilian Scramble - Parmesan scrambled eggs, Italian roasted chicken breast,
 GF garlic toast, sundried tomatoes & basil pesto. 23.5
 10 Portobello Mushroom & GF Kale Bruschetta - with citrus cream cheese & kale pesto. **v** 17.5
 10 Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato,
 croutons & mixed leaves. **vo** 18.5
 10 Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam,
 topped with wilted spinach & poached eggs. **dfo** 19.5
 10 Mexican Melt - crispy polenta with pulled pork, refried beans, scrambled eggs &
 avocado, topped with corn chip melt & finished with sour cream, salsa & chipotle. 22
 Baked Avocado - stuffed with welsh rarebit, topped with roasted tomatoes & bacon. **vo** 18.5
 Steak & Eggs - grilled Sirloin steak, two fried eggs, herby potatoes & roasted tomato. **df** 22
 19.5 Breakfast Flounder - whole baked flounder on buttered spinach, herb roasted
 16 potatoes with poached eggs & Hollandaise sauce. 28

Something classic...

- 18.5 The Market Grill - choice of eggs, mushrooms, bacon, sausages, tomato, herb
 potatoes & GF toast. 24
 add Char-grilled Sirloin Steak. 30
 19.5 The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi,
 rocket & avocado toast with chutney. 22.5
 add smokey bacon. 26.5
 16.5 Double Egg & Bacon Toasted GF Sandwich **dfo** 15
 Eggs Benedict - with sautéed spinach & a choice of either roasted mushrooms,
 smoked salmon or smokey bacon. **dfo** 19.5
 Eggs on GF Toast - free range, as you like them with relish. **v - dfo** 10.5

Something hearty...

- 7.5 Steak & Chips - prime Hereford 300g Sirloin Steak, with red wine jus, agria fries
 & market salad. **df** 34
 17 Mexican Bean Chilli - a mildly spirited fusion of vegetables & beans, served with
 15 traditional corn tortilla chips, quacamole & a lashing of sour cream. **vo** 22
 Italian Meatballs - pork & beef polpetta slow cooked in a rich tomato ragu
 17 served on rice & topped with parmesan. 24.5
 22 Gourmet Steak Sammy - char-grilled Sirloin steak with melted brie, onion jam, salad
 11 & a basket of fries. 27
 Fish 'n' Chips - line caught catch of the day served with agria fries, sauces & a market
 19.5 side salad. **df** 29.5
 Riso al Pomodoro - a rich tomato ragu flavoured with fresh chilli & olives. **vgn** 20
 Scallop & Snapper Risotto - a creamy risotto finished with rocket & parmesan. 29
 Thai Red Fish Curry - a fragrant coconut curry, loaded with sweet capsicum,
 kaffir lime, lemongrass & coriander. Served on rice. **df** 28
 MMK Style Beef Stroganoff - tender steak in a rich brandy, tarragon & mushroom
 29 sauce topped with sour cream & served with basmati rice.

Something unwrapped...

- These are usually served in tortilla wraps but to make them gluten free they are
 25 served as an open salad bowl.
 26 Italian Herbed Chicken - roasted breast, crunchy salad & aioli. **df** 16
 29 Steak 'n' Cheese - cheddar, chipotle & salad. 18
 Smoked Salmon - avocado, sweet chilli salsa & salad. **df** 16
 16.5 Louisiana Pulled Pork - BBQ'd low & slow served with sour cream & salad. 17
 23.5 B.L.A.B. - smoky bacon, leaves, aioli, avocado & brie. 16
 26.5 Hummus & Halloumi - Kalamata olives, roasted vegetables & leaves. **v** 15

Please inform your server of any allergies you may have, we are more than
 happy to accommodate you and recommend the suitable ingredients.

Whilst all dishes are made with no added gluten, they are produced in a
 kitchen that handles gluten and traces may occur.

Celiacs are also advised our kitchen operates a mixed deep fryer.

**v=Vegetarian or can be on request (vo), vgn=Vegan,
 df= Dairy Free or can be on request (dfo)**

Put "eat pudding" at the top of your list of things to do today, that way at least you'll get one thing done!