



Gluten Free Brunch/Lunch Menu

We are committed to encourage people with food allergies to enjoy eating with us at MMK .
Our team of experienced chefs are happy to work with you to create sumptuous delicious and healthy dishes for everyone.

If you have food sensitivities, tell us what you can't have and we will create something for you that you can .

For best results Prior warning is preferred 😊

Get in touch at.....

contact@matakanamarketkitchen.co.nz



MATAKANA MARKET KITCHEN

Brunch Lunch Menu

Using Gluten Free Friendly Ingredients

Proudly using organic, gluten and dairy free paleo bread from our friends at OMG bakery.

Something fruity...

Raspberry, Maple Nut No Grain Ola - with coconut boysenberry yoghurt, coconut milk & berry compote. **vgn**

Probiotic Real Fruit Smoothies - dairy free, all fruit. **vgn df**

Mango Reboot - mango pineapple, banana & passion fruit. **vgn df**

Green Booster - banana, mango, fresh spinach & a squeeze of lime. **vgn df**

Acai Activation - super-food acai, blueberries, banana & dates. **vgn df**

Kombucha Iced Tea - from Matakana Daily Organics, served over iced berries.

100% Pure Juice - fresh oranges squeezed to order, sunshine in a glass. **vgn df**

Something GF toasty...

Welsh Rarebit - with Puhoi cheddar & piccalilli, oven-baked & served with smoky bacon & Worcester sauce dressing. **vo**

Avocado on GF Toast - with citrus dressing, salad & salsa. **v - dfo**

French GF Toast - with caramelised bananas & maple syrup loaded with smoky bacon. **vo**

House Smoked Salmon - with herb 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**

Baked Date & Honey Loaf - with butter & orange marmalade.

Something with a kick... **vgn**

Bloody Mary, Espresso Martini, Strawberry Billini,

Summer Lemonade, Aperol Spritz, Market Sunrise

18.5

Something brunchy...

Sicilian Scramble - parmesan scrambled eggs, chargrilled chicken tenders, house gremolata, roasted tomato & GF garlic toast. 28

Breakfast Catch of the Day - oven baked & served with sauteed spinach, roast potatoes, a couple of poached eggs & hollandaise. MP 28

Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato, croutons & mixed leaves. **vo** 27

Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam, topped with wilted spinach & free range poached eggs. **dfo** 26

Baked Avocado - stuffed with welsh rarebit, topped with roasted tomatoes & bacon. **vo** 23

Steak & Eggs - grilled sirloin steak, two fried eggs, herby potatoes & roasted tomato. **df** 27

Brunch Moana - King Salmon fillet baked & served with a rustic summer slaw with avocado & a herby lemon dressing. 34

Something classic...

The Market Grill - bacon, sausage, mushrooms, tomato, herb potatoes & your choice of eggs, w capsicum relish & GF toast. 29

The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi, rocket & GF avocado toast with house relish. 29

Wagyu Beef Short Rib Benedict - with sautéed spinach, roasted mushrooms, creamy hollandaise, poached eggs on GF toast. 38

Double Egg & Bacon Toasted GF Sandwich **dfo** 18

Eggs Benedict - with sautéed spinach, creamy hollandaise & a choice of either roasted mushrooms, smoked salmon or smoky bacon. **dfo** 26

Eggs on GF Toast - free range, as you like them with relish. **v - dfo** 13

Add chargrilled sirloin steak +8 / Add free range smoky bacon +5 /

Add halloumi +4 / Add avocado +4 / Add mushrooms +3.8

We source our food responsibly, with free-range chicken, bacon & local free-range eggs, plus NZ grass fed beef.

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

Something to start or to share...

Island Style Ceviche - fresh snapper cured in citrus, fresh herbs & coconut cream, with just a hint of fresh chilli. 24

GF Parmesan Garlic Bread - Parmesan, garlic baked artisan bread served with a house made hummus. 15

Herby House Falafels - on a bed of leaves with a zesty tahini dressing. 18

Soup D'Jour - lovingly prepared inhouse & served with GF toast. Ask your server for details. 14

Sautéed Chicken Livers - in a Port, bacon & mushroom sauce served with garlic GF toast. 20

Scallops Baked in their half shell - with garlic butter, white wine & parmesan. 25

Half a Dozen Local Oysters - with a champagne, shallot mignonette sauce or grilled kilpatrick. When available. MP

Torched Burrata - with grilled apricots, pistachio, balsamic, romesco sauce. 24

Charred Whole Tiger Prawns - marinated in Greek herbs served with summer slaw & a lemon yoghurt dressing. 24

Something leafy...

House Smoked Salmon Caesar Salad - a crunchy Caesar salad with capers, panko egg, herb crostini, parmesan wafers and a MMK caesar dressing. 34

Italian Chicken Salad - herb marinated & roasted free-range chicken breast, served in a parmesan basket w citrus garden salad with a zesty dressing. 32

Summer Black Rice Salad - with artichoke, olives, sundried tomato, romesco dressing, nuts & seeds. 29

Add: slow roast lamb shoulder 35, Charred Halloumi 32,

Roasted free range chicken & parmesan wafers 34

Something hearty...

Steak & Chips - prime NZ grass fed 300g sirloin steak, with red wine jus, agria fries & market salad. **df** 38

Teriyaki King Salmon Fillet - Teriyaki bowl with warm black rice, edamame, pickle ginger, cucumber kimchi & sesame seeds. 38

Gourmet Steak Sammy - char-grilled sirloin steak with melted brie, onion jam, salad & a basket of fries. 30

Fish 'n' Chips - line caught catch of the day pan fried & served with agria fries, sauces & a market side salad. **df** 32

Scallop & Snapper Risotto - a creamy risotto finished with spinach & parmesan. 38

Seared Vegan Tofu - black rice, cucumber, kimchi, sesame seeds, teriyaki sauce & pickled ginger. 32

Sri Lankan Prawn Curry - deep in flavour and aromatic served with egg plant pickle, basmati rice and crispy pappadum. **df** 36

Wagyu Sticky Short Rib - Texan style beef short rib, smokey BBQ sauce, kumara fries & a winter slaw. 40

Something unwrapped...

These are usually served in tortilla wraps but to make them gluten free they are served as an open salad bowl.

Italian Herbed Chicken - roasted breast, crunchy salad & aioli. **df** 18.5

Smoked Salmon - avocado, sweet chilli & fresh leaves. **df** 19.5

B.L.A.B. - smoky bacon, leaves, aioli, avocado & brie. 18.5

Vegan Falafel - with mixed salad, hummus, olives and sundried tomato. **vgn** 18.5

Something on the side...

Agria chips & dips. **df** 10

Funky chips with garlic butter, parsley & sea salt. **v** 11

Polenta fries with pancetta aioli. **df/vo** 13

Kumara fries, with Chipotle mayo. **df** 11

Grilled garlic sourdough with rustic dipping hummus. **v** 9.5

Garlic sauteed broccoli and almonds. **vgn** 13

Fresh market salad, with vivacious dressing. **vgn** 7

Whilst all dishes are made with no added gluten, they are produced in a kitchen that handles gluten & 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!

