

# MATAKANA MARKET KITCHEN

## Gluten Free Brunch Lunch Menu

### Something fruity...

- Ancient Grain-ola - with passionfruit, 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 smoky bacon & Worcester sauce dressing. **vo** 19.5  
 Avocado on GF Toast - with citrus dressing, salad & salsa. **v - dfo** 16  
 French GF Toast - with caramelised bananas, maple syrup. **v** 16.5  
 add smoky bacon. 19.5  
 House Smoked Salmon - with Clevedon Buffalo curd, capers & a squeeze of lemon  
 on GF toast. **dfo** 19.5  
 Rustic Mince on Toast - a hearty, beefy mince topped with poached eggs  
 & roasted tomato served on GF toast. **dfo** 19.5

### Something with a kick...

- Bloody Mary Espresso Martini Breakfast Jar-garita  
 Kombucha Martini Berry Bourbon Iced Tea Aperol Spritz **vgn** 16.5

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 beetroot & cashew hummus. **v** 7.5  
 Lamb Lollipops - marinated & char-grilled served with a harissa yoghurt. 16  
 Island Style Ceviche - fresh fish cured in lime, lemon, fresh herbs & coconut cream  
 with a hint of chilli. **df** 17  
 Soup D'Jour - lovingly prepared inhouse & served with GF toast. Ask your server for  
 details. 12  
 Sautéed Chicken Livers - in a port, bacon & mushroom sauce served with  
 garlic GF toast. 17  
 Scallops Baked in their half shell - with garlic butter, white wine & parmesan. 22  
 Steamed Edamame - seasoned with sea salt & fresh citrus. **vgn** 11  
 Whole Baked Camembert - topped with pesto served with sweet capsicum chutney  
 and GF toast. (Ideal for sharing.) **v** 19.5

### Something leafy...

- Rustic Caprese salad - with fresh basil, heirloom tomatoes & Clevedon Buffalo cherry  
 mozzarella, drizzled with balsamic & extra virgin avocado oil. **v** 16  
 Italian Chicken Salad - marinated roast chicken breast with a poached citrus  
 salad served in a parmesan basket with a cucumber & passionfruit dressing. 26.5  
 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. 29  
 Roasted Tricolour Beetroot Salad - with whipped goats cheese & toasted pistachios. **v** 14  
 Organic Buckwheat Salad - with roasted chickpeas & capsicum, laced with a Mojito  
 inspired lime & mint vinaigrette. **vgn**  
 add char-grilled halloumi. 26.5  
 or add Italian roasted free range chicken breast. 28.5  
 or add lamb lollipops 32.5  
 Home-made Herby Falafel - crispy polenta crumbed eggplant, w confit tomatoes,  
 micro-herb salad & zesty tahini dressing **vgn** 22

### Something on the side...

- Agria chips & dips. **v - df** 8  
 Pumpkin & beetroot, tossed with toasted nuts & seeds. **vgn** 9  
 Polenta fries with pancetta aioli. **vo - df** 9

### Something brunchy...

- Sicilian Scramble - Parmesan scrambled eggs, Italian roasted chicken breast,  
 GF garlic toast, sundried tomatoes & basil pesto. 23.5  
 Portobello Mushroom & GF Kale Bruschetta - with citrus cream cheese & kale pesto. **v** 17.5  
 Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato,  
 croutons & mixed leaves. **vo** 18.5  
 Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam,  
 topped with wilted spinach & Puriri Downs poached eggs. **dfo** 19.5  
 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  
 Breakfast Flounder - whole baked Leigh Fish flounder on buttered spinach, herb roasted  
 potatoes with poached eggs & hollandaise sauce. 28

### Something classic...

- The Market Grill - choice of eggs, mushrooms, bacon, sausages, tomato, herb  
 potatoes & GF toast. 25  
 add Char-grilled sirloin steak. 32  
 The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi,  
 rocket & avocado toast with chutney. 22.5  
 add smokey bacon. 26.5  
 Double Egg & Bacon Toasted GF Sandwich **dfo** 15  
 Eggs Benedict - with sautéed spinach & a choice of either roasted mushrooms,  
 smoked salmon or smoky bacon. **dfo** 19.5  
 Eggs on GF Toast - free range, as you like them with relish. **v - dfo** 10.5

### Something hearty...

- Steak & Chips - prime Hereford 300g sirloin steak, with red wine jus, agria fries  
 & market salad. **df** 34  
 Pan seared Catch of the Day - local, sustainable, line caught fresh fish, on a warm  
 roasted vegetable & garden salad, drizzled with a citrus dressing **df** 30  
 Italian Meatballs - pork & beef polpetta slow cooked in a rich tomato ragu  
 served on rice & topped with parmesan. 24.5  
 Gourmet Steak Sammy - char-grilled Sirloin steak with melted brie, onion jam, salad  
 & a basket of fries. 27  
 Fish 'n' Chips - line caught catch of the day pan fried & served with agria fries, sauces  
 & a market 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. 32  
 Thai Red Fish Curry - a fragrant coconut curry, loaded with sweet capsicum,  
 kaffir lime, lemongrass & coriander. Served on rice. **df** 28  
 Moroccan Lamb Tagine - tender cuts of lamb slow cooked in an apricot & chickpea  
 casserole, embraced in a traditional blend of spices & served with basmati rice. 29

### 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** 16  
 Steak 'n' Cheese - cheddar, chipotle & salad. 18  
 Smoked Salmon - avocado, sweet chilli salsa & salad. **df** 16  
 B.L.A.B. - smoky bacon, leaves, aioli, avocado & brie. 16  
 Vegan Crispy Aubergine & Beetroot Hummus - roasted vegetables & leaves **vgn** 17

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!