

GLUTEN FREE EVENING MENU

Using Gluten Free Freindly ingredients. Proudly organic, gluten & dairy free paleo bread from our friends at OMG bakery.

Island Style Ceviche -

Fresh Snapper, cured in citrus, herbs and coconut cream.

Sauteed Chicken Livers -

Free range Chicken livers, in a rich smoked bacon, mushroom and red wine sauce, served on gf toast.

Shell Baked Scallops -

Baked in garlic butter, white wine & parmesan, with Gf garlic bread.

Sticky Pork Ribs -

Slow Roasted & marinated in a house BBQ sauce

26 Paleo Garlic GF Bread -

Artisan bread, garlic butter, parmesan & served with a house made hummus.

24

Char-grilled Baby Brie -

With sweet cranberry and plum chutney, roasted spiced walnuts. Served w/ Gf toast.

26

Soup D'Jour -

Soup of the day, served with toasted Gf bread. Ask your server for details.

24

15

25

15

SOMETHING TO FOLLOW

FROM THE GRILL

MMK Eye – our seasonal signature -

Topped with Octopus and Prawn, sundried tomato potato smash, garlic greens and jus, topped with garlic Mushrooms.

Char-Grilled Steaks - All served with fresh salad.

200g Eye Fillet (soft & lean)
300g Sirloin (firm & flavoursome)
300g Scotch (rich & marbled)

Pick a side -

Agria fries / Creamy mash /Roasted herby potatoes /

Choose your sauce -

Creamy green peppercorn /Red wine jus /Bacon & mushroom

FROM THE LAND

Slow cooked Lamb Shank -

Braised in red wine, served on a potato, parsnip mash with kumara crisps.

Beef Cheek Bourguignon -

Bacon, mushrooms, in a rich red wine herb gravy on potato, parsnip mash with confit tomato.

Roast Pork Belly -

Roasted pork belly on braised red cabbage & kumera puree finished with a cider jus and topped with cranberry chutney and crackling.

MMK Rib Rack Stack -

Cooked low 'n' slow in our house BBQ sauce, served with crunchy fries & a crisp salad.

MMK Mixed Grill -

Mixed grill of sirloin steak, pork belly, marinated chicken tenders, pork ribs, grilled Chorizo with a smoky BBQ sauce, chips & salad.

Reef up your Beef- w scallops & prawns +15

49 Scallop & Snapper Risotto -

A rich & creamy seafood risotto finished with spinach & parmesan.

Pan Fried Fish 'n' Chips -

Line caught & Pan seared served with agria fries, sauces & a market side salad.

44

45

48 Sri Lankan Prawn Curry -

Deep in flavour & aromatics served with egg plant pickle & basmati rice.

MMK Seafood Platter -

Grilled prawns, octopus, smoked salmon, ceviche, pan fried fish, baked scallops served with Gf garlic toast, lemon mayo & a herb chilli dressing.

48

38 Vegan Tofu Curry -

A crispy Tofu curry with Basmati rice, house egg plant pickle & poppadom.

40 Italian Chicken Salad -

Herb-roasted chicken breast in a parmesan basket with garden salad and honey-dill-mustard dressing.

40 Grilled Octopus & Chorizo Salad -

Pan seared Octopus, Chorizo & potato, confit tomato & salad with a cashew Romesco dressing.

39 Torn Falafel Salad -

Crispy, knarly nuggets of homemade falafel on a bed of leaves with house romesco & roasted vegetables with a pomegranate dressing.

39

Five-spice Duck Salad -

Spiced roast duck, Asian slaw salad with hoi sin sauce & black sesame.

54

FROM THE SEA

FROM THE GARDEN

SOMETHING ON THE SIDE

Agria chips & dips.

Funky chips with garlic butter, parsley & sea salt.

Polenta fries with aioli

Kumara fries, with chipotle aioli.

12

13

14

13

Garlic sautéed broccoli with almonds.

Fresh market salad, with dressing.

Grilled garlic GF Paleo toast with hummus.

Garlic & herb roast gourmet potatoes

14

7

10

10

MMK



Gluten Free Evening 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

