GLUTEN FREE BRUNCH MENU

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

SOMETHING WITH A KICK

MMK Hugo Spritz. ***All 19.5***
Prosecco, *St Germain elderflower, topped with soda.*

Aperol Spritz
Aperol, Prosecco, dash of soda.

Bloody Mary
Vodka, tomato juice, Worcestershire sauce, tabasco, S & P.

Sunrise Mimosa.
Equal parts prosecco, orange juice and a dsah of grenadine.

SOMETHING FRUITY

Probiotic Real Fruit Smoothies -
Dairy free & all fruit.

Mango Reboot - 12
Mango, pineapple, banana & passionfruit.

Green Booster - 12
Banana, mango, fresh spinach & a squeeze of lime.

Acai Activation - 12
Superfood acai, blueberries, banana & dates.

SOMETHING BRUNCHY

Raspberry, Maple Nut No Grain Ola - 18
With coconut milk & a berry compote.

Sicilian Scramble - 28
Parmesan scrambled eggs, free range chicken, romesco sauce, roast tomato & Gf toast.

Breakfast Salmon Fillet - 34
Oven baked & served with roasted potatoes, poached eggs, wilted spinach & a side of hollandaise.

Morning Protein Bowl - 27
Scrambles egg whites, topped with cottage cheese, house smoked Salmon, roasted tomato and special nut n seed mix.

Chorizo & Spud Crush - 26
Herb roasted potatoes, chorizo with onion jam, wilted spinach & poached eggs.

Baked Avocado - 25
Stuffed with Welsh rarebit, topped with roasted tomatoes & bacon.

Steak & Eggs - 29
Grilled 150g sirloin steak, two fried eggs, herby potatoes & roasted tomato.

SOMETHING TOASTY

Welsh Rarebit - 28
Oven-baked mature cheddar on Gf toast with piccalilli, smoked streaky bacon and roasted tomato.

Avocado on Toast - 19
Served on Gf toast with a garden salad, citrus dressing & salsa.

Smoked Salmon - 26
House smoked salmon with herb cream cheese, capers, lemon on toasted Gf bread.

Rustic Mince on Toast - 28
A hearty, steak mince topped with poached eggs & roasted tomato on toasted Gf bread.

SOMETHING CLASSIC

The Market Grill - 30
Bacon, sausage, mushrooms, black pudding, tomato, herb potatoes, your choice of eggs, served on Gf toast with a capsicum relish.

The Vegetarian - 29
Poached eggs, mushrooms, tomatoes, chargrilled halloumi, avocado, salad, served on Gf bread with a capsicum relish.

Eggs Benedict - 27
Poached eggs, with sautéed spinach, creamy hollandaise & your choice of mushrooms, bacon or smoked salmon.

Eggs on Toast - 16
Free range, as you like them on Gf toast with house relish.

SOMETHING EXTRA

Add on:

Chargrilled 150g Sirloin	18
Smoked Salmon	8
Smoky Bacon or Halloumi	5
Avocado or Mushrooms	4
Rosdt potatoes	4
Extra egg	2

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

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TO START OR TO SHARE

Island Style Ceviche - 26
Fresh Snapper, cured in citrus, herbs and coconut cream.

Open Tuna Tacos - 20
Marinaded sashimi tuna, fresh mango & avocado salsa with kewpie mayo, dusted with togarashi.

Shell Baked Scallops - 26
Baked in garlic butter, white wine & parmesan, with Gf bread.

Sticky Pork Ribs - 24
Slow Roasted & marinated in a house BBQ sauce

Paleo Garlic GF Bread - 15
Gf Paleo toast, garlic butter served with a house made hummus & Romesco.

Creamy Burrata salad - 25
Served with warm herb roasted cherry tomatoes, fresh basil pesto and grilled GF toast.

Soup D'Jour - 15
Soup of the day, served with toasted Gf bread.
Ask your server for details.

SOMETHING HEARTY

Gourmet Burger of the day - mp
Chefs creation! Served with fries. (Ask your server for more details!)

Pan Fried Fish 'n' Chips - 32
Line caught & Pan seared served with agria fries, sauces & a market side salad.

Steak & Chips - 39
Prime 300g sirloin steak, char-grilled with red wine jus, agria fries & a market salad.

Scallop & Snapper Risotto - 39
A rich, creamy risotto finished with spinach & parmesan.

Sri Lankan Prawn Curry - 37
Deep in flavour & aromatics served with egg plant pickle & basmati rice.

Rib Rack Stack - 39
Roasted rack of St Louis pork ribs, BBQ sauce served w chips & a crunchy salad.

Morrocan Lamb Stew - 39
slow-cooked with warm spices, apricots & chickpeas on pilaf rice & finished with roasted pistachios.

Beef Cheek Bourguignon - 40
Bacon, mushrooms, in a rich red wine herb gravy with chimichurri, roasted potatoes & garlic peas.

SOMETHING LEAFY

Italian Chicken Salad - 34
Herb marinated & roasted free-range chicken breast, in a parmesan basket w garden salad & a honey, dill & mustard dressing.

Torn Falafel Salad - 29
Crispy nuggets of homemade falafel on a bed of leaves with house romesco & roasted vegetables with a pomegranate dressing.

Grilled Salmon Salad - 38
pistachio crusted & served on a pickled vegetable summer salad with a cashew Romesco dressing.

Five-spice Duck Salad - 26
Asian slaw, spiced duck & hoi sin sauce with black sesame.

Add: *Charred Halloumi* / ***5***
Roasted free range chicken / ***8***

SOMETHING UN-WRAPPED

Loaded Salad bowls

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

Vegan Falafel - 18.5
With mixed salad, Romesco & roasted vegetables.

SOMETHING ON THE SIDE

Agria chips & dips. 12
Funky chips with garlic butter, parsley & sea salt. 13
Polenta fries with aioli. 14
Kumara fries, with chipotle aioli. 13
Gf garlic ciabatta with rustic dipping hummus. 10
Garlic sautéed summer greens with almonds. 14
Fresh market salad, with dressing. 7

