



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 Freindly ingredients. Proudly 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.
- Probiotic Real Fruit Smoothies** - dairy free, all fruit.
Mango Reboot - mango, pineapple, banana & passionfruit.
Green Booster - banana, mango, fresh spinach & a squeeze of lime.
Acai Activation - Superfood acai, blueberries, banana & dates.
Kombucha Iced Tea - from Matakana Daily Organics, served over iced berries.

Something toasty...

- Welsh Rarebit** -
With Puhoi cheddar & piccalilli, oven-baked & served with smoky bacon & Worcester sauce dressing on gf toast.
- Avocado on OMG Paleo Toast** -
With garden salad, citrus dressing & salsa.
- Smoked Salmon** -
House smoked salmon with herb cream cheese, capers & a squeeze of lemon on gf paleo toast.
- Rustic Mince on Toast** -
A hearty, beefy mince topped with poached eggs & roasted tomato on toasted gf OMG bread.

Something with a kick...

- Bloody Mary, Espresso Martini, Strawberry Billini,
Winter Lemonade, Aperol Spritz, Market Sunrise

18.5

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

Something brunchy...

- 16 **Sicilian Scramble** -
Parmesan scrambled eggs, chargrilled free range chicken tenders, Romesco sauce, roasted tomato & garlic gf toast. 28
- 12 **Breakfast Catch of the Day** -
Oven baked & served with sautéed spinach, roast potatoes, a couple of poached eggs & hollandaise. MP 27
- 12 **Brunch Salad** -
Poached egg, smoked bacon, mushrooms, vine tomato, gf croutons & mixed leaves. 26
- 12 **Chorizo & Spud Crush** -
Herb roasted potatoes, chorizo with onion jam, wilted spinach & free range poached eggs. 23
- 28 **Baked Avocado** -
Stuffed with welsh rarebit, topped with roasted tomatoes & bacon. 27
- 19 **Steak & Eggs** -
Grilled sirloin steak, two fried eggs, herby potatoes & roasted tomato. 27

Something classic...

- 25 **The Market Grill** -
Bacon, sausage, mushrooms, tomato, herb potatoes & your choice of eggs, w capsicum relish & gf paleo toast. 29
- 26 **The Vegetarian** -
Poached eggs, mushrooms, tomatoes, char-grilled halloumi, salad & avocado on gf toast with house relish. 29
- 26 **Wagyu Beef Short Rib Benedict** -
with sautéed spinach, creamy hollandaise, panko poached eggs on gf toast 38
- 26 **Eggs Benedict** -
with sautéed spinach, creamy hollandaise & a choice of either mushrooms, house smoked salmon, or smoky bacon, on gf toast. 26
- 14 **Eggs on Toast** -
Free range, as you like them on gf toast with house relish. 14

Add chargrilled 150g sirloin steak +10 / Add free range smoky bacon +5
/ Add halloumi +5 / Add avocado +4 / Add mushrooms +4

Something to start or to share...

- Island Style Ceviche** -
fresh snapper cured in citrus, fresh herbs & coconut cream, just a hint of fresh chilli.
- Parmesan, Paleo Garlic gluten free Bread** -
Artesan bread, garlic butter, parmesan & served with a house made hummus.
- Sticky Pork Ribs** -
marinated & slow-roasted in our house blend BBQ sauce.
- Scallops Baked in their Half Shell** -
with garlic butter, white wine & parmesan, gf toast.
- Soup D'Jour** -
lovingly prepared in house & served with garlic ciabatta. Ask your server for details.
- Sautéed Chicken Livers** -
in a Port, bacon & mushroom sauce served on a Paleo gf toast.
- Herb Falafels** -
on a bed of leaves with hummus and roasted vegetables.
- Double baked Brie** -
with local honey, walnuts and dried cranberries, served with gf herb crostini.
- Charred Octopus** -
marinated grilled Octopus served on a rich lime Romesco sauce topped with balsamic reduction.

Something leafy...

- Italian Chicken Salad** -
herb marinated & roasted free-range chicken breast, served in a parmesan basket w citrus garden salad with a cucumber, passionfruit dressing.
- Warmed Quinoa Salad** -
With roasted vegetables, salad leaves and a pomegranate dressing topped with nuts and seeds.

Add: Charred Halloumi + 5 /
Roasted free range chicken & parmesan wafers + 8/

Something hearty...

- 25 **Steak & Chips** -
prime 300g sirloin steak, char-grilled with red wine jus, 38
agria fries & a market salad. 15
- 15 **Scallop & Snapper Risotto** -
a creamy risotto finished with spinach & parmesan. 38
- 22 **Five-spice Duck Salad** -
Asian slaw, spiced duck & BBQ sauce, sprinkled with black sesames. 22
- 25 **Pan fried Fish 'n' Chips** -
Line caught & served with agria fries, sauces & a market side salad. 32
- 19 **Gourmet Steak Sammy** -
Char-grilled sirloin steak with melted brie, onion jam, salad 32
on grilled gf bread & a basket of fries. 22
- 18 **Sri Lankan Prawn Curry** -
Deep in flavour and aromatic served with eggplant pickle, basmati rice and crispy 36
pappadam. 18
- 24 **Rib Rack Stack** -
Roasted rack of pork ribs served w chunky chips & crunchy salad. 38
- 24 **Vegan Risotto** -
Made with roasted vegetables in a arrabbiata sauce, vegan mozzarella topped with 34
roasted nuts and seeds. 24

Something unwrapped...

- Loaded salad bowls with:
- 34 **Smoked Salmon** - avocado, sweet chilli & fresh leaves. 19.5
- B.L.A.B.** - smoky bacon, leaves, aioli, avocado & brie. 18.5
- Vegan Falafel** - with mixed salad, hummus, and roasted vegetables. 18.5

Something on the side...

- Agria chips & dips. 11
- Funky chips with garlic butter, parsley & sea salt. 12
- Polenta fries with roasted capsicum relish. 14
- Kumara fries, with chipotle aioli. 13
- Grilled garlic ciabatta with rustic dipping hummus. 9.5
- Garlic sauteed broccoli and almonds. 14
- Fresh market salad, with vivacious dressing. 7

Please inform your server of any allergies you may have, we are more than happy to accommodate you & recommend the suitable ingredients. A menu offering gluten free friendly ingredients is available on request.

