

# 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 Matakana bakery.

#### Something fruity...

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

Quinoa Coconut Porridge - a creamy porridge enriched with psyllium husk, topped with poached fruits, coconut yoghurt & toasted almonds. **vgn - df**

Smoothies - dairy free, all fruit.

Raspberry Rush / Mango Mania / Simply Strawberry / Blueberry Breeze **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**

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 creme fraiche, 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**

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

Bloody Mary, Espresso Martini, Mimosa Kombucha Martini, Aperol Spritz 16.5

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. 17.5

GF Garlic Bread - with a beetroot horopito relish. **v** 8.5

Herb Falafels - on a bed of leaves w a zesty tahini dressing. 17

Soup D'Jour - lovingly prepared inhouse & served with GF toast. Ask your server for details. 12.5

Sautéed Chicken Livers - in a port, bacon & mushroom sauce served with garlic GF toast. 17.5

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 cranberry relish & GF toast. (Ideal for sharing.) **v** 19.9

Baked North Island Scampi - with roasted black garlic, parsley & lemon butter, with gf garlic toast. 22

#### Something leafy...

Raw Vegan Power Salad - Carrot & fennel ribbons, rocket avocado, apple & cranberries with a cashew, ginger & mango dressing. **vgn** 26

add poached egg & parmesan wafers +4.5

Organic Quinoa Salad - fresh garden leaves, w poached pear, roasted capsicum, toasted nuts & seeds & apple cider vinaigrette. **vgn** 24.5

add char-grilled halloumi +4 / add roasted Pork belly fingers +9

Italian Chicken Salad - herb marinated & roasted free-range chicken breast, served in a parmesan basket w poached citrus garden salad with a zesty dressing. **dfo** 27

Heron's Flight Sangiovese Poached Pear & Smoked Yoghurt - on a rocket, cranberry & caramelised walnut salad. 18

#### Something brunchy...

Sicilian Scramble - Parmesan scrambled eggs, chargrilled chicken tenders, tomato basil pesto, roasted tomato & GF garlic toast. 24.5

Breakfast Flounder - Kaipara flounder oven baked & served with sauteed spinach, roast potatoes, a couple of poached eggs & hollandaise. 27

Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato, croutons & mixed leaves. **vo** 21

Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam, topped with wilted spinach & Free range poached eggs. **dfo** 22

Baked Avocado - stuffed with welsh rarebit, topped with roasted tomatoes & bacon. **vo** 21.5

Steak & Eggs - grilled Sirloin steak, two fried eggs, herby potatoes & roasted tomato. **df** 25

Brunch Moana - served with Asian style salad loaded w fresh chilli, herbs & two free range poached eggs. Ask your server for the daily catch details. 27

#### Something classic...

The Market Grill - bacon, sausage, mushrooms, tomato, herb potatoes & your choice of eggs, w capsicum relish & GF toast. 27

The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi, rocket & GF avocado toast with chutney. 24.5

Double Egg & Bacon Toasted GF Sandwich **dfo** 16.5

Eggs Benedict - with sautéed spinach, creamy hollandaise & a choice of either roasted mushrooms, smoked salmon or smoky bacon. **dfo** 22

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

#### Something hearty...

Steak & Chips - prime NZ grass fed 300g sirloin steak, with red wine jus, agria fries & market salad. **df** 36

Nori, Sesame Crusted Salmon - baked fillet of NZ King Salmon, creamy mash, sauteed greens & a ginger ponzu drizzle. 34

Gourmet Steak Sammy - char-grilled Sirloin steak with melted brie, onion jam, salad & a basket of fries. 28

Fish 'n' Chips - line caught catch of the day pan fried & served with agria fries, sauces & a market side salad. **df** 29.9

Scallop & Snapper Risotto - a creamy risotto finished with rocket & parmesan. 34

Organic Tofu Steak - miso, nori & honey glaze, house-made kimchi, minted flash cooked vegetables, umami sauce. 26.5

Thai Red Prawn Curry - butterfly prawns in a rich spiced coconut curry, w basmati rice & eggplant pickle. 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** 17

Smoked Salmon - avocado, sweet chilli & fresh leaves. **df** 18

B.L.A.B. - smoky bacon, leaves, aioli, avocado & brie. 17

Vegan Falafel & Hummus - roasted vegetables & leaves **vgn** 18

#### Something on the side...

Agria chips & dips. **v - df** 8

Pumpkin & beetroot, tossed with toasted nuts & seeds. **vgn** 9.5

Polenta fries with pancetta aioli. **vo - df** 10

Please inform your server of any allergies you may have, we are more than happy to accommodate you & recommend the suitable ingredients.

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!

