

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, Billini, MMKolins, 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.

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. 18.5

GF Garlic Bread - with a beetroot horopito relish. **v** 10.5

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. 18.5

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. 24

Something leafy...

Raw Vegan Power Salad - carrot & fennel ribbons, rocket avocado, apple & cranberries with a cashew, ginger & mango dressing. **vgn** 28

add poached egg & parmesan wafers +5

Organic Quinoa Salad - fresh garden leaves, with roasted root veges, capsicums, toasted nuts & seeds & an apple cider vinagrette. 28

add char-grilled halloumi +4 / add roasted free range chicken +9

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

Warm Black Rice Tofu Salad - roasted root vegetables, rocket, pan seared tofu topped with roasted nuts & seeds. 27

Something brunchy...

Sicilian Scramble - parmesan scrambled eggs, chargrilled chicken tenders, tomato basil pesto, roasted tomato & GF garlic toast. 26.5

Kaipara Breakfast Flounder - oven baked & served with sauteed spinach, roast potatoes, a couple of poached eggs & hollandaise. 29

Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato, croutons & mixed leaves. **vo** 23

Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam, topped with wilted spinach & free range poached eggs. **dfo** 24

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** 27

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. 28.5

The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi, rocket & GF avocado toast with chutney. 26.5

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** 23

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** 38

Miso Glazed Salmon - baked fillet of NZ King Salmon, warm black rice salad with seasonal veges & hoisin sauce. 36

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 Broth - char grilled tofu steak in a mushroom, miso and a vegetable broth with bok choy, noodles and crispy shallots. 29.5

Sri Lankan Prawn Curry - deep in flavour and aromatic served with egg plant pickle, basmati rice and crispy pappadam. **df** 34

Wagyu Beef Short Rib - marinated, char grilled Korean Beef short ribs, with black rice, house kimchi, bok choy with a chilli soy. **df** 36

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!

