

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 bakery.

Something fruity...

- Raspberry, Maple Nut No Grain Ola - with coconut boysenberry yoghurt, coconut milk & berry compote. **vgn** 15
- Blueberry Buckwheat Porridge - cooked in coconut milk with cinnamon, grated apple topped with boysenberry coconut yoghurt and mixed nuts & seeds. **vgn df** 15
- Probiotic Real Fruit Smoothies - dairy free, all fruit. **vgn df**
- Very Berry / Mango Mania / Simply Strawberry / Blueberry Breeze 10
- Green Goddess Smoothie - avocado, kiwi, cucumber celery, kale with lemon & ginger. **vgn** 10
- Kombucha Iced Tea - from Matakana Daily Organics, served over iced berries. **vgn** 10
- 100% Pure Juice - fresh oranges squeezed to order. **vgn** 11

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 cream cheese, 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**
- Banana & Walnut Bread - served warm with honey butter & almonds.
- Baked Date & Honey Loaf - with butter & orange marmalade.

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

- Bloody Mary, Espresso Martini, Winter Billini, Magic Orchard, 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. 23
- GF Parmesan Garlic Bread - Parmesan, garlic baked artisan bread served with a house made hummus. 15
- Herby house Felafels - on a bed of leaves with a zesty tahini dressing. 18
- Soup D'Jour - lovingly prepared inhouse & served with GF toast. Ask your server for details. 13
- Sautéed Chicken Livers - in a Port, bacon & mushroom sauce served with garlic GF toast. 20
- Scallops Baked in their half shell - with garlic butter, white wine & parmesan. 24
- Half a Dozen Local Oysters - with a champagne, shallot mignonette sauce or grilled kilpatrick. When available. MP
- Baked Double Cream Brie - with garlic & rosemary, topped with rocket and served with herb crostini. **v** 21
- Charred Garlic Tiger Prawns - with a harissa spiced buckwheat salad. 24

Something leafy...

- House smoked Salmon and Prawn Caesar salad - a crunchy Caesar salad with capers, herb crostini, parmesan wafers and a MMK ceaser dressing. 34
- Italian Chicken Salad - herb marinated & roasted free-range chicken breast, served in a parmesan basket w citrus garden salad with a zesty dressing. 29
- Warm Buckwheat Salad- roasted winter vegetables, spinach & kale, with a balsamic dressing topped with nuts & seeds. 27

Add: slow roast lamb shoulder 35, Charred Halloumi 32, Roasted free range chicken & parmesan wafers 34

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**)

Something brunchy...

- Sicilian Scramble - parmesan scrambled eggs, chargrilled chicken tenders, house gremolata, roasted tomato & GF garlic toast. 28
- Breakfast Catch of the Day - oven baked & served with sauteed spinach, roast potatoes, a couple of poached eggs & hollandaise. MP
- Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato, croutons & mixed leaves. **vo** 25
- Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam, topped with wilted spinach & free range poached eggs. **dfo** 26
- Baked Avocado - stuffed with welsh rarebit, topped with roasted tomatoes & bacon. **vo** 23
- Steak & Eggs - grilled sirloin steak, two fried eggs, herby potatoes & roasted tomato. **df** 27
- Brunch Moana - King Salmon fillet baked & served with a rustic winter slaw with avocado & a herby lemon dressing. 34

Something classic...

- The Market Grill - bacon, sausage, mushrooms, tomato, herb potatoes & your choice of eggs, w capsicum relish & GF toast. 29
- The Vegetarian - poached eggs, mushrooms, tomatoes, char-grilled halloumi, rocket & GF avocado toast with chutney. 29
- Wagyu Beef Short Rib Benedict - with sautéed spinach, roasted mushrooms, creamy hollandaise, poached eggs on GF toast. 34
- Double Egg & Bacon Toasted GF Sandwich **dfo** 18
- Eggs Benedict - with sautéed spinach, creamy hollandaise & a choice of either roasted mushrooms, smoked salmon or smoky bacon. **dfo** 25
- 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
- Baked King Salmon - Salmon fillet on warm roasted gremolata potatoes with winter greens and a herb butter sauce. 38
- Gourmet Steak Sammy - char-grilled sirloin steak with melted brie, onion jam, salad & a basket of fries. 30
- 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 spinach & parmesan. 34
- Maple Glazed Squash - slow roasted butternut squash with a buckwheat salad, house made hummus, roasted vegetables & a balsamic dressing. 29
- Sri Lankan Prawn Curry - deep in flavour and aromatic served with egg plant pickle, basmati rice and crispy pappadam. **df** 36
- Wagyu Sticky Short Rib - Texan style beef short rib, smokey BBQ sauce, kumara fries & a winter slaw. 38

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** 18.5
- Smoked Salmon - avocado, sweet chilli & fresh leaves. **df** 19.5
- B.L.A.B. - smoky bacon, leaves, aioli, avocado & brie. 18.5
- Vegan Falafel & Hummus -roasted vegetables & leaves **vgn** 18.5

Something on the side...

- Agria chips & dips. **df** 9
- Funky chips with garlic butter, parsley & sea salt. **v** 10
- Polenta fries with pancetta aioli. **df/vo** 12
- Kumara fries, with Harrisia mayo. **df** 10
- Balsamic glazed carrot & beetroot with toasted nuts & seeds. **vgn** 9.5
- Grilled garlic sourdough with rustic dipping hummus. **v** 8.5
- Garlic sauteed broccoli and almonds. **vgn** 12
- Fresh market salad, with vivacious dressing. **vgn** 6

Put "eat pudding" at the top of your list of things to do today, that way at least you'll get one thing done!

