

MATAKANA MARKET KITCHEN

Gluten Free Brunch Lunch Menu

Something fruity...

- Ancient Grain-ola - with passionfruit, natural yoghurt & fruit compote. **dfo**
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

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 Menu

Something to start or to share...

- Island Style Ceviche - fresh fish cured in citrus, fresh herbs & coconut cream, with just a hint of fresh chilli. 17.5
GF Garlic Bread - with beetroot & cashew hummus. **v** 8
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 and GF toast. (Ideal for sharing.) **v** 19.9
Beetroot Cured Salmon - w crispy kale, avocado cream & pickled cucumber. 17

Something leafy...

- Raw Vegan Power Salad - shaved coconut, fennel & carrot, tossed with cranberries, pea feathers, rocket, avocado & apple, finished with a nutty ginger & mango dressing. **vgn** 26
add poached egg & parmesan wafers +4
Organic Quinoa Salad - fresh garden leaves, w roasted Summer veggies, toasted nuts & seeds, & served w a lime chilli dressing. **vgn** 24
add char-grilled halloumi +4 / add roasted lamb belly +9
Italian Chicken Salad - herb marinated & roasted free-range chicken breast, served: 27 in a parmesan basket w poached citrus garden salad with a zesty dressing. **dfo**
OR 'MMK Caesar' w GF crostini, Cos leaves, prosciutto, anchovies & creamy house-made aioli. **dfo**
Sangiovese Poached Pear & Goats Cheese - on a rocket, cranberry & caramelised walnut salad. 17.5

Something brunchy...

- Sicilian Scramble - Parmesan scrambled eggs, Italian roasted chicken breast, GF garlic toast, sundried tomatoes & basil pesto. 24.5
Portobello Mushroom & GF Kale Bruschetta - with citrus cream cheese & kale pesto. **v** 19.5
Brunch Salad - poached egg, smoked bacon, mushrooms, vine tomato, croutons & mixed leaves. **vo** 20.5
Chorizo & Spud Crush - herb roasted potatoes, chorizo with onion jam, topped with wilted spinach & Puriri Downs poached eggs. **dfo** 21.5
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 Puriri Downs fried eggs. Ask your server for the daily catch details. 26

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** 12.5

Add chargrilled Sirloin steak +8 / Add free range smoky bacon +5 / Add halloumi +4

16.5

Something hearty...

- Steak & Chips - prime NZ grass fed 300g sirloin steak, with red wine jus, agria fries & market salad. **df** 36
Nut Crusted Salmon - oven baked w butter roasted nuts, gourmet potatoes, prosciutto wrapped beans & zesty tomato salsa. 33
Gourmet Steak Sammy - char-grilled Sirloin steak with melted brie, onion jam, salad & a basket of fries. 27.5
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. 32
Vegan Tofu & Miso Broth - w buckwheat soba noodles, shitake mushrooms & hearty vegetable broth. 26
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
Steak 'n' Cheese - cheddar, chipotle & salad. 19
Smoked Salmon - avocado, sweet chilli salsa & salad. **df** 17
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
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 and recommend the suitable ingredients.

Whilst all dishes are made with no added gluten, they are produced in a kitchen that handles gluten and 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!

