

# MATAKANA MARKET KITCHEN

## Evening Menu

### Using Gluten Free Friendly Ingredients

Proudly using organic, gluten and dairy free paleo bread from our friends at OMG Matakana bakery.

## 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	Baked North Island Scampi - With roasted black garlic, parsley & lemon butter, with garlic ciabatta.	22
Duck liver Parfait- Topped with port jelly & served with pickled cauliflower & cornichons with gf toast.	16	Whole Baked Camembert - Topped with relish & GF toast. (Ideal for sharing). v	19.9
Scallops Baked in their Half Shell - With garlic butter, white wine, parmesan & GF toast.	22	Frozen Caprese Salad - Homemade roast tomato sorbetto with whipped feta, basil oil & toasted pine nuts.	18
Soup D'Jour - Lovingly prepared inhouse & served with GF toast. Ask your server for details.	12.5	Herb Falafels - Served with a zesty tahini dressing on a bed of leaves. vgn	17
Pork Belly Fingers - With a chilli pineapple salsa & Asian slaw	16	Heron's Flight Sangiovese Poached Pear & Smoked Yoghurt - On a rocket, cranberry & caramelised walnut salad.	18
Sautéed Chicken Livers - In a port, bacon & mushroom sauce on garlic GF toast.	16.5	Steamed Edamame - seasoned with sea salt & fresh citrus. vgn	11
		Pumpkin & Beetroot Salad Cup - tossed with toasted nuts & seeds. vgn	9.5
		GF Garlic Bread - Freshly baked with beetroot horopito relish. vgn	8.5

## Something to follow...

### From the grill...

MMK Eye – our seasonal signature - Chargrilled eye fillet, topped with a garlic baked scampi & scallops on a roasted herby potatoes, sauteed greens & jus.	43.5
200g Eye Fillet (soft & lean) - Horseradish mash, sauteed green beans & kale, crispy pancetta red wine jus.	39
300g Sirloin (firm & flavoursome) - Green peppercorn sauce, chips & a choice of salad or veggies. dfo	37
350g Scotch (rich & marbled) - Served with chips & accompanied with roast tomato, garlic mushrooms, & merlot jus. df	35.5

Surf your turf w scallops & prawns +8

### From the land...

Baked Te Mana Lamb Shank - With tomato & balsamic on creamy herb mash with roasted pumpkin & beetroot.	34
Miso Glazed Pork Belly - Roasted, glazed Pork belly with grilled Pineapple, charred onion, crispy crackling & a mustard Jus.	33
Organic Tofu Steak - Miso, nori & honey glaze, house-made kimchi, minted flash cooked vegetables, umami sauce.	26.5

### From the sea...

Scallop & Snapper Risotto - A creamy seafood risotto finished with rocket & parmesan.	34
Fish 'n' Chips - line caught catch of the day pan fried & served with agria fries, sauces & a market side salad. df	29.9
Nori Sesame Crusted Salmon - Baked fillet of NZ King Salmon, creamy mash, sauteed greens & a ginger ponzu drizzle.	34
Catch of the Day - Served with seared prawns, a rich buttermilk dressing, grilled fennel, lemon gel & cucumber dressing	36
Thai Red Prawn Curry - Butterfly prawns in a richly spiced coconut curry, w basmati rice & eggplant pickle. df	29
Whole Baked Flounder - Kaipara flounder stuffed with garlic prawns, on herb roasted potatoes, greens & a lemon butter sauce.	32

### From the garden...

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 chargrilled 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

## Something on the side...

Agria chips & dips. df	8	Flash cooked veggies with garlic. dfo	8
Kumara chips & dips. df	9	Charred Broccoli, toasted almonds & garlic. dfo	8
Polenta fries with pancetta aioli. df/vo	10	Pumpkin & beetroot, tossed with toasted nuts & seeds. vgn	9.5
Funky chips with garlic, parsley & sea salt. v	9	Fresh Market salad, with vivacious dressing. vgn	6
Herby Gourmet Potatoes, crispy kale. dfo	8		

Please ensure that our wait staff are aware that you are ordering from the Gluten Free Friendly Menu

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)

“All's well with the world when you're gathered with your friends to share a meal, the room is snug & cosy & it's time for pudding.”