



Gluten Free Evening Menu

We are committed to encourage people with food allergies to enjoy eating with us at MMK .
Our team of experienced chefs are happy to work with you to create sumptuous delicious and healthy dishes for everyone.

If you have food sensitivities, tell us what you can't have and we will create something for you that you can .

For best results Prior warning is preferred 😊

Get in touch at.....

contact@matakanamarketkitchen.co.nz



MATAKANA MARKET KITCHEN

Evening Menu

Using Gluten Free Friendly Ingredients

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

Scallops Baked in their Half Shell -

With garlic butter, white wine, parmesan & GF toast.

Soup D'Jour -

Lovingly prepared inhouse & served with GF toast.

Ask your server for details.

Sticky Pork Ribs -

Marinated & slow-roasted in our barbecue sauce.

Half a Dozen Fresh Oysters -

With a champagne, shallot mignonette sauce or grilled kilpatrick. When available. MP

Sautéed Chicken Livers -

In a Port, bacon & mushroom sauce on garlic GF toast.

Charred Whole Tiger Prawns -

Marinated in Greek herbs served with summer slaw & a lemon yoghurt dressing.

Torched Burrata -

With grilled apricots, pistachio, balsamic, romesco sauce and grilled garlic pide.

MMK Crisp Crunchy Lettuce Cups

Five-spice Duck Lettuce Cups -

Loaded lettuce cups loaded with an Asian slaw, spiced duck & hoi sin sauce, sprinkled with black sesames.

Wagyu Beef Short Rib -

Texan dry rub short rib, Smokey BBQ, crisp slaw.

Herby house Falafels -

With crunchy salad & citrus Tahini dressing.

GF Baked Parmesan Garlic Bread -

Parmesan, garlic baked artisan bread served with a house made hummus. 15

Something to follow...

From the grill...

MMK Eye – our seasonal signature -

With romesco sauce, grilled spring onions & artichoke with marinated grilled tiger prawn skewers and red wine thyme jus..

200g Eye Fillet (soft & lean) -

With creamy kumara puree, garlic kale, mushrooms & a red wine reduction.

300g Sirloin (firm & flavoursome) -

Green peppercorn sauce, chips & a house salad. dfo

350g Scotch (rich & marbled) -

Roasted herby potatoes, garlic greens, creamy bourbon, bacon & mushroom sauce. dfo

MMK Mixed Grill -

Mixed grill of sirloin steak, pork belly, chorizo, marinated chicken tenders, chicken tenders, with a smokey BBQ sauce, chips & salad.

Surf your turf w scallops & prawns +10

From the land...

Slow Cooked Pulled Lamb Shoulder -

In a rich ragu with spinach & mushrooms on roast potatoes & finished with Parmesan.

Wagyu Sticky Short Rib -

Texan style beef short rib, smokey house BBQ sauce, agria fries & a summer slaw.

Seared Vegan Tofu -

Black rice, cucumber, kimchi, sesame seeds, teriyaki sauce & pickled ginger.

From the sea...

Scallop & Snapper Risotto -

A creamy seafood risotto finished with spinach & parmesan.

Pan Fried Fish 'n' Chips -

Line caught & pan fried served with agria fries, sauces & a market side salad.

Teriyaki King Salmon Fillet -

Teriyaki bowl with warm black rice, edamame, pickle ginger, cucumber kimchi & sesame seeds.

Market Catch of the Day -

Pan seared with cauliflower puree & bites, prawns, lemon garlic butter, green beans & roasted capsicum sauce. MP

Sri Lankan Prawn Curry -

Deep in flavour and aromatic served with egg plant pickle, basmati rice and crispy pappadam.

MMK Seafood Platter -

Tiger prawns, oyster, smoked salmon, ceviche, pan fried fish, baked scallops served with garlic GF toast, lemon mayo & a herb chilli dressing. for 1 person 44 for 2 people 68

From the garden...

House Smoked Salmon Caesar Salad - a crunchy Caesar salad with capers, gf 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. 32

Summer Black Rice Salad-

With artichoke, olives, sundried tomato, romesco dressing, nuts & seeds. 29

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

Something on the side...

Agria chips & dips. df

Polenta fries with pancetta aioli. df/vo

Funky chips with garlic butter, parsley & sea salt. v

Garlic & herb roast gourmet potatoes. v

10 Fresh market salad, with vivacious dressing. vgn

13 Kumara fries & dips. df

11 Garlic sauteed broccoli and almonds. vgn

10

7

10

13

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.”

