

## small • share plates

### MED PLATE

Falafel, Hummus, Israeli Salad, Tzatziki, GF Pita (gf-d-vo) 13

### ZUCCHINI CHIPS

Hummus, Tzatziki (or sub Cashew Cheese) (gf-d-vo) 9

### CHICKPEA ROSEMARY FLATBREAD

Fermented in House, with Pesto, Harissa and Extra Virgin Olive Dipping Oil (gf-v) 10

### CAULI-WINGS

Crispy Cauliflower Florets Tossed in a Cayenne Pepper Sauce OR Mediterranean Spiced Rub. Served with our Vegan Cashew Garlic Dipping Sauce (gf-v-c) 11

### ZEAL SPIN DIP

A Vegan Spinach-Artichoke Dip That Will Love You Back with House Corn Chips(v-gf-n) 11 Add Roasted Veggies (+4)

## handhelds

**AVOCADO SOURDOUGH TOAST** with Hand Cut fries or Salad Creamy Mojo Sauce, Tomato, Onion, Cucumber, Parsley (wh-v) 12 Egg on Top (+2) Hävenly Rustic Bread (+2)

### GF GYRO choose BUCKNER LAMB or CHICKEN

Red Onion, Cucumber, Tomato, Tzatziki, Pickled Peppers, Harissa, Hand Cut Fries or Salad (gf-d-c) 19.

### TACOS LA HABANA

Slow Braised Pork Sofrito, Crispy Corn Tortilla, Avocado, Red Cabbage, Cotija Cheese, Creamy Mojo, Lime (gf-c-d) 16

### VEGGIE SANDWICH

House Falafel Patty, Avocado, Harissa, Pesto, Pickled Toppings, Sourdough, w/ Hand Cut Fries or Salad (wh-v) 14 add Cashew Cheese or Tzatziki (+2) Hävenly GF Love Bun (+2)

### ZEAL BURGER

Buckner Grass Fed Beef and Lamb Blend, Sambal Aioli, Zucchini Pickles, Onion, Greens, Tomato, Golden Dome Bun (wh) 17 add cheese (+2) add Bacon (+3) Hävenly GF Love Bun (+2) Served with Hand Cut Fried or Side Salad

#### Add To Your Meal:



Avocado 2 Crispy Tofu 3 Project Umami Tempeh 4  
Niman Ranch Bacon 3 Falafel 4 Chicken Breast 6  
ASC Salmon 11 Mahi-Mahi 9 Sofrito Pork 5  
‡Sub Cauliflower Rice for Zeal Grains +2

#### Food Labeling Key:

(v) Vegan (vo) Vegan Option (gf) Gluten Free (wh) Contains Wheat  
(n) Nuts (c) Capsaicin (d) Dairy

\*Zeal Grains - quinoa, golden prairie millet, basmati rice

## salads and soup

### MIGHTY SALAD

Kale, Mixed Greens, Avocado, Roasted Veggies, Crispy Tofu, Garbanzos, Quinoa, Carrots, Poblano, Celery, Cucumber, Tomato, Red Onion, Pepitas, Dried Cherries, Brazil Nut Parm, Dressed with Creamy Mojo (gf-n-c-v) 15

### SPICY GODDESS SALAD

Curly and Flat Leaf Kale, Avocado, Black Beans, Crispy Tofu, Garbanzos, Purple Cabbage, Butternut Squash, Cucumber, Walnut Meat, Cotija Cheese, Chipotle Dressing (gf-n-c-d-vo) 16

### MOROCCAN SALAD with GRILLED CHICKEN

Arugula, Quinoa, Mango, Purple Cabbage, Goat Cheese, Pickled Onion, Spiced Almonds, Apple Cider Vinaigrette, Harissa (gf-n-c-d-vo) 17

### KALE CAESAR

Curly and Flat Leaf Kale, Vegan Caesar Dressing, Lemon, Brazil Nut Parm, Grilled Garlic Sourdough (wh-n-v) 12

### HOMEMADE SOUPS

**Tom Kha Thai Coconut Soup**, with Ginger and Lemongrass, Onion and Tomato, Chili Pepper. Choose: Chicken or Mushroom (gf-vo-) 9

**Thyme Lentil and Vegetable Soup** with Fire Roasted Tomato, Kale, Cashew Cream. Choose Chicken or Mushroom, Served with Grilled Sourdough Toast (vo-n-wh) 10 sub Hävenly GF Rustic Bread +2

## signature dishes

- sub Cauli Rice for Grains +2

### RAINBOW COCONUT CURRY

Roasted Vegetables, Cauli Greens, Onion, Lemongrass, Ginger, Turmeric, with Zeal Grains\* and Toasted Coconut (gf-v-c) 16

### VEGAN 'MAC & CHEESE

GF Quinoa Penne, Local Mushrooms, Cashew Cheese, Zeal Pesto, Fresno Red Pepper Sauce (gf-v-c) 16/9 add tofu or bacon (+3) chicken or braised pork (+5)

### MIGHTY BOWL

Diced Carrot, Poblano, Celery, Onion, Avocado, Crispy Garbanzos, Kale, Cauli Greens, Sprouted Lentils & Mungbeans, Pepitas, Mojo Sauce & Fresno Hot Sauce with Zeal Grains\* (gf-v-c) 15

### SALMON BOWL

Sustainably Sourced ASC Certified Norwegian Salmon, Kale, Zeal Grains, Mushrooms, Pickled Vegetables, Mojo Sauce(gf) 22

### ZEAL BEEF BRAISE

Buckner Ranch Grass Fed Beef, House Massaman Curry, Roasted Carrots, Colorado Potatoes, Kale, Zeal Grains\*, Chili Lime Cashews (gf-c) 24

### acai bowls sm. 10 lg. 17

All Acai Bowls come lovingly finished with Hemp Hearts, Spirulina and Bee Pollen

**BRAZIL** Granola, Banana, Local Honey

**PINEKI** Swirl of Peanut Butter, Banana, Honey

**KONA** Coconut, Pineapple, Banana

**ZEAL** Topped with Zeal Granola, Pineapple and Berries

**INCA** Maca, Kale, Cacao Nibs, Hemp Hearts, Spirulina, Bee Pollen

### entrees

#### GF BANANA BREAD FRENCH TOAST

Coconut Whip, House Granola & Maple Syrup 12 (gf-d)

#### CHILAQUILES

Egg, Corn Chips, Pork Jus, Fresno, Black Beans, Cheese, Avocado, Mojo 14

#### BACON FRIED RICE

Roasted vegetables, Zeal Grains, House Kimchi, Fried or Scrambled Egg 14

#### BIBIMBAP BREAKFAST BOWL

Sunny Up Eggs, Pickled Vegetables, Kale, Mushrooms, Zeal Grains, Red Chili sauce 14 (vo-sub tofu for egg)

#### COLORADO MILLET GRITS

Golden Prairie Millet, Two Eggs, Bacon, Onion, Gouda, Fresno Hot Sauce (gf-d-c) 12

#### BREAKFAST BURRITO

Choose Eggs or Tofu - Bacon, Sausage or Avocado Includes veggies, zeal slaw, grains, beans, mojo 12

### brunch sides

**TWO EGGS** 5

**AVOCADO TOAST** 6

House Sourdough or GF Hävenly Rustic Bread (+2)

**HAND CUT FRIED POTATOES** 4

**BACON OR BREAKFAST SAUSAGE** 4

**GF BANANA BREAD** 3

### lunch leaning

#### ZEAL BURGER

Buckner Grass Fed Beef and Lamb Blend, Sambal Aioli, Zucchini Pickles, Onion, Tomato, Golden Dome Bun, with Hand Cut Crispy Potatoes or Side Salad (wh) 17  
add cheese (+2) add Bacon (+3) Hävenly GF Love Bun (+2)

#### VEGGIE SANDWICH

House Falafel Patty, Avocado, Harissa, Pesto, Pickled Toppings, Sourdough, w/ Hand Cut Fries or Salad (wh-v) 14  
add Cashew Cheese or Tzatziki (+2) Hävenly GF Love Bun (+2)

#### MIGHTY SALAD

Kale, Mixed Greens, Avocado, Roasted Veggies, Crispy Tofu, Garbanzos, Quinoa, Carrots, Poblano, Celery, Cucumber, Tomato, Red Onion, Pepitas, Dried Cherries, Brazil Nut Parm, Creamy Mojo Dressing (gf-n-c-v) 15

#### TACO SALAD

Curly and Flat Leaf Kale, Avocado, Cucumber, Tomato, Black Beans, Corn Chips, Purple Cabbage, Walnut Meat, Cotija Cheese, Chipotle Dressing (gf-n-c-d-vo) 16

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follow us on FB IG zealfood

www.zealfood.com

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No GMO's, no compromises. Zeal and our purveyors make every effort to source organic ingredients. We are a gluten sensitive house and will make it our mission to help you along the way if you have any dietary restrictions. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk for food borne illness.

## thirst quenchers

LAVENDER LEMONADE 4  
house lavender simple and fresh lemon

ICED TEA 4  
organic green or black

ZEAL KOMBUCHA. 4 gls / 6 btl  
colorado honey and organic green tea

TOPO CHICO 4

## boba tea 8 with Organic Coconut Milk

MANGO  
MATCHA  
CHAI

➤ choose: lite sweet, med sweet, full sweet

## organic cold pressed juice

10 oz. 9 16 oz. 11

GREEN: kale, cucumber, celery, lemon, ginger

Lite GREEN: spinach, green apple, celery, mint, lime

RED: beet, green apple, lime, ginger

NOT-SO ORANGE: carrot, pineapple, green apple, cucumber, lemon & basil

SUNKISSED: pineapple, cucumber, lemon, jalapeño

JUICE FLIGHT try a short pour of them all 8

## coffee and tea

SILVER CANYON SUMATRA COFFEE 4

KICKSTARTER COFFEE 5  
sweet cream butter and virgin coconut oil

COLD BREW COFFEE 5

CHAI with Cardamom Coconut Cream 6

SIPPING CHOCOLATE 6

GOLDEN MYLK 5  
turmeric, cinnamon, clove, ginger, coconut, maple, black pepper

## organic smoothies 11

➤ add chocolate or vanilla Epic protein powder 1.5

BERRY GOOD Mixed Berries, Banana, Pineapple & Zeal NSO Juice

CARROT CAKE Carrot, Banana, Ginger, Date, Cashew, Cinnamon, Vanilla Protein, Coconut Milk

GREEN MACHINE Spinach, Kale, Avocado, Ginger, Chia, Cinnamon, Date, Almond, Hemp or Coconut Milk

MOTHER EARTH Blueberries, Acai, Banana, Peanut Butter, Coconut Oil, Hemp Hearts, Chia, Cacao Nibs & Almond Milk

PSL Pumpkin Spice, Banana, Walnuts, Sweet Potato, Almond Milk, Vanilla Protein Powder, Cold Brew Coffee

BRASS MONKEY Banana, Almonds, Peanut Butter, Maca & Almond Milk

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**Happy Hour**

**DAILY 3-6pm**  
Spring 2024

**w/SKINNY COCKTAILS**

## HH skinny cocktails 7

reg. price 10

### APEROL SPRITZ

prosecco, soda, orange slice

### BEACH BOD

coconut rum, coconut milk, pineapple (140cal)

### SKINNY MARG

lime, silver tequila, Zeal Sunkissed juice (130cal)

### GYM?... NO, GIN

with Zeal NsO juice and basil cube (140cal)

### DONKEY KICK

vodka, ginger. lavender, soda, lime (140cal)

### MOJITO SECO

rum, mint, lime, Zeal L.G. juice, soda (120cal)

## HH beer and wine

### LOCAL BEER 5

Avery IPA, White Rascal, Stampede  
Tommyknocker Blood Orange IPA  
Local Rotating Pilsner  
Modelo Mexican Lager

### LING ELIXIRS 7

hard kombucha meets meade. two flavors:  
aphrodisiac, 6th sun

## HH Bites

only avail. 3-6

### SINGLE TACO 3

Cauliflower, Purple Slaw, Mojo, Fresno (v,gf-c)  
Pulled Pork, Purple Slaw and Mojo (gf-c)  
Mahi-Mahi, Cabbage, Lime, Fresno (gf-c)

### GF FALAFEL GYRO 5

Tzatziki, Pickles (gf-vo)

### NACHOS FOR TWO 9

Corn Chips, Cheese, Purple Slaw, Mojo (gf)  
Add Chicken +5, Avocado +3

### CHICKPEA FLATBREAD 7

with Olive Oil and House Sauces (gf-v-c)

### RED WINE 6

Malbec, Cabernet Sauvignon, Pinot Noir,  
Organic Spanish Jumilla

### WHITE WINE 5

Chardonnay, Sauv Blanc, Pinot Grigio, Organic  
Austrian Grüner Veltliner

### ROSÉ 5

### SPARKLING 5

Prosecco

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