

small • share plates

ZUCCHINI FRITTERS

Garlic, Paprika, Tzatziki (gf-vo) 8

MED PLATE

Falafel, Hummus, Israeli Salad, Tzatziki, GF Pita (gf-vo) 10

CAULI-WINGS

Crispy Cauliflower Tossed in Cayenne Pepper Sauce and served w/ Vegan Cashew Garlic Dipping Sauce (gf-v-c) 10

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)

DOSA

South Indian Crepe of Rice and Lentils with Three Chutneys - tomato, cilantro, coconut (gf-v-c) 10 add Masala Filling (+2)

handhelds

SOURDOUGH TOAST with Hand Cut fries or Salad

Avocado - Creamy Mojo Sauce, Tomato, Onion, Cucumber, Parsley

Mediterranean - Hummus, Sofrito, Carrot, Poblano, Celery, Harissa (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, Tomato, Golden Dome Bun (wh) 17 add cheese (+2) add Bacon (+3) Hävenly GF Love Bun (+2) Served with Hand Cut Crispy Potatoes or Side Salad

Add To Your Meal:

Avocado 2 Colorado Sun Tofu 3 Project Umami Tempeh 4 Niman Ranch Bacon 3 Falafel 4 Chicken 5 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, 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

MOROCCAN CHICKEN SALAD

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

HARVEST SALAD

Mixed Greens, Roasted Beets, Butternut Squash, Pear, Sprouted Lentils, Coconut-Lime Spiced Cashews, Apple Cider Vinaigrette, Goat Cheese, Balsamic Reduction (gf-n-vo) 14

KALE CAESAR

Curly and Flat Leaf Kale, Vegan Caesar Dressing, Lemon, Brazil Nut Parm, Grilled Garlic Sourdough (wh-n-v) 11

HOUSE SOUPS

Tom Kha Thai Soup choose: Chicken or Vegetable (gf-vo) 9

Butternut Squash Bisque Grilled Sourdough Toast (wh-v) 9

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



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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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.



acai bowls sm. 10 lg. 17

All Acai Bowls now 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)

COLORADO MILLET GRITS

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

QUICHE

Onions, Peppers, Mushrooms, Cheese, Egg, GF Crust, Side Salad 14 (gf-d)

BACON FRIED RICE

Roasted vegetables, Zeal Grains, House Kimchi, Pork Sofrito Sauce, Egg 14

BIBIMBAP BREAKFAST BOWL

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

CHILAQUILES

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

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
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your way

OMELET

Served with Mixed Greens, Sourdough Toast (wh) 12
Fixins: choose 3 - Sautéed Kale, Gouda, Sofrito, Mushrooms, Sausage, Bacon, Avocado, Tomato

TWO EGGS

Served with Mixed Greens & Sourdough Toast (wh) 12
choose Avocado or Bacon or Sausage(wh) add 3rd egg +2

AVOCADO TOAST w/ Egg

On Sourdough or GF Rustic Bread, Fried Potatoes or Salad 13
Choose Egg Style, Sauce, Topping (Pick one each)
-Toppings: bacon, sausage, tofu, tempeh, cheese
-Sauce: Mojo, Harissa, Pesto, Cashew Garlic

BREAKFAST SANDWICH

Choose Egg Style, Bread, Toppings Sauce, Side 14
-Toppings: bacon, sausage, tofu, tempeh, cheese (pick one)
-Sauce: Mojo, Harissa, Pesto, Cashew Garlic (pick one)

BREAKFAST BURRITO

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

Sides (4) bacon - breakfast sausage - hand cut potatoes - two eggs - sourdough toast & jam - sourdough toast & avocado - Hävenly gf toast

MIGHTY SALAD

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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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FALL 2023

Kids Menu \$8

Kids Tomato-Pesto Bowl - g.f.

zeal grains, with roasted chicken or organic tofu

Kids Mac or Butter Noodles g.f., vegan option.

g.f. penne pasta with cashew cheese sauce or real butter

Kids Nachos - vegetarian and g.f.

corn chips, cheese, avocado, tomato, onion. Add chicken (+4)

Grilled Cheese - vegetarian

house bread with gouda, hand cut fried potatoes. GF Bread (+2)

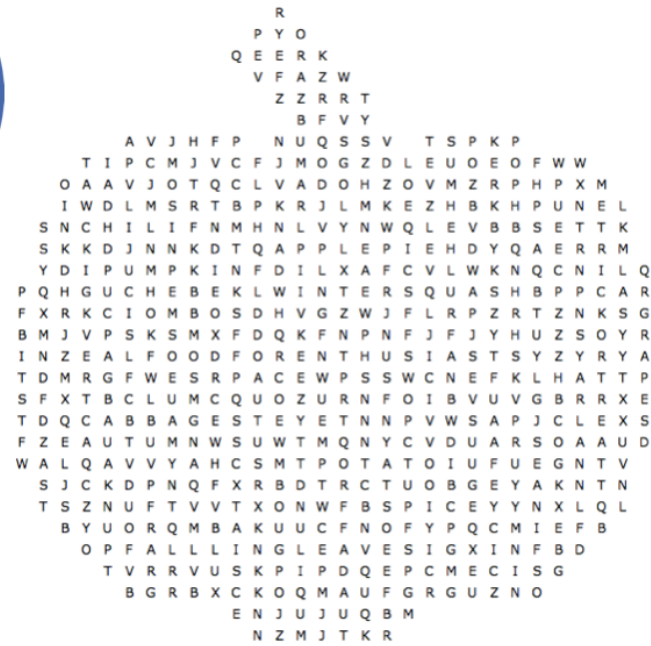
Kids Burger

with hand cut fried potatoes. GF Bun (+2)

Chocolate Monkey Smoothie (10 oz) \$6

peanut butter, banana, cacao powder, almond milk

Mango Coconut Boba Tea (12 oz) \$7



Please notify your server of any food allergies.

Can you find the Autumn-themed words?

ACORN
APPLE PIE
AUTUMN
CABBAGE
CHILI
FALLING LEAVES
GRAPES
PEAR
PEPPER
POTATO
PUMPKIN
SPICE
TRICK OR TREAT
WINTER SQUASH
ZEAL FOOD FOR ENTHUSIASTS

