



# Winter Lunch & Dinner

## 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

### CHIMICHURRI BEEF BITES

Tender Grass Fed Beef from Buckner Ranch, Jus, and Chimichurri (gf) 16

### CHICKPEA ROSEMARY FLATBREAD

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

### CAULI-WINGS

Crispy Cauliflower Florets Tossed in Hot Wing Pepper Sauce OR Harissa Spice Rub. Served with Vegan Garlic Cashew Dipping Sauce (gf-v-c) 11

### ZEAL SPIN DIP

Vegan Spinach-Artichoke Dip with House Corn Chips (v-gf-n) 12 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 GF Rustic Bread (+2)

### GF GYRO choose BUCKNER LAMB or CHICKEN

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

### TACOS LA HABANA

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

### VEGGIE SANDWICH

House Falafel Patty, Cashew-Artichoke-Spinach Spread, Harissa, Pesto, Arugula Pickled Toppings, on Sourdough, w/ Hand Cut Fries or Salad (wh-v,n) 15 add Tzatziki (+2) Hävenly GF Keto Bun (+2)

### ZEAL BURGER\*

Buckner Grass Fed Beef and Lamb Blend, Sambal Aioli, Zucchini Pickles, Onion, Greens, Tomato, Golden Dome Bun (wh) 18 add cheese (+2) add Bacon (+3) Hävenly GF Keto Bun (+2) Served with Hand Cut Fried or Side Salad

#### Add To Your Meal:

Avocado 4 Crispy Tofu 4 Tempeh 4 Buckner Grass Fed Beef 15  
Niman Ranch Bacon 4 Chicken Breast 6 Buckner Lamb 10  
Norwegian ASC Salmon 11 Mahi-Mahi 9 Roasted Pulled Pork 6  
‡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) 17

### 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) 17

### 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) 18

### KALE CAESAR

Curly and Flat Leaf Kale, Vegan Caesar Dressing, Lemon, Brazil Nut Parm, Grilled Sourdough (wh-n-v) 14

### 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** Choose Chicken or Mushroom. 10 Sourdough Toast (vo-n-wh) 10 sub Havenly GF Rustic Bread +2

**Butternut Squash Soup** White Beans. Onion, Garlic, Tomato, Sage Sourdough Toast (v-wh) sub Havenly 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) 17

### 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, Black Beans, Crispy Garbanzos, Kale, 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) 24

### ZEAL BEEF BRAISE

Buckner Ranch Grass Fed Beef, Massaman Curry, Roasted Carrots, Colorado Potatoes, Kale, Zeal Grains^, Chili Lime Cashews (gf-c) 25





## Winter Highlights!

### **Chimichurri Beef Bites 16**

Buckner Ranch Tender Grass Fed Beef,  
with Jus and Chimichurri (v, gf)

### **Quarter or Half Chicken 18/30**

The Juiciest Roasted Free Range  
Organic Chicken you've ever had! with  
Roasted Vegetables, Grains, Harissa (gf)

### **Butternut Squash Soup 9**

with White Beans. Onion, Garlic,  
Tomato and Sage (v, gf)  
Served with Sourdough Toast (wh)

### **Protein Hot Chocolate 12**

Our traditional Sipping Chocolate with  
20g Chocolate Bone Broth Protein

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### **Hot Toddy 9**

lemon, whiskey, house spiced  
simple: clove, allspice, anise,  
cinnamon, ginger

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### **Pumpkin Cheesecake 9**

with graham cracker crumble and coconut  
whip topping (v, gf, contains nuts)

### **Apple Cobbler 9**

Served hot with plant based  
vanilla ice cream (v, gf, nut free)