



## BRUNCH MENU

Served Saturday & Sunday Open-3:00pm

### acai bowls sm. 10 lg. 18

Just Ask Your Server You'd Like It Topped With Hemp Hearts, Bee Pollen and Spirulina

**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 16

Bruléed Banana, Coconut Whip, Cherry Coulis, House Granola & Maple Syrup (gf-d-n)

#### CHIA CINNAMON BUN PANCAKES 17

Gluten Free and Vegan, with a Snickerdoodle Crumble, Coconut Whip and Maple syrup (gf-v-n)

#### CHILAQUILES 17

Egg, Corn Chips, Pork Jus, Fresno, Black Beans, Cheese, Avocado, Mojo (gf-d)

#### BACON FRIED RICE 16

Roasted vegetables, Zeal Grains, House Kimchi, Scrambled Egg

#### TWO EGGS YOUR WAY 17

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

#### THE MORNING MONK 16

Our Breakfast Sandwich with Egg, Bacon, Sofrito, Arugula, Goat Cheese, Honey Balsamic Glaze, Served with fries or side salad 15 (wh-d) sub Havenly GF +2

#### BIBIMBAP BREAKFAST BOWL 18

Sunny Up Eggs, Pickled Vegetables, Kale, Mushrooms, Zeal Grains, Red Chili sauce 16 (vo-sub tofu for egg)

#### BREAKFAST BURRITO 14

Choose Eggs or Tofu - Bacon, Sausage or Avocado Includes veggies, purple slaw, grains, beans, mojo sauce

#### OMELET 18

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

#### VEGAN SCRAMBLE 17

Sautéed Veggies, Mushrooms, Tofu, Colorado Millet, Fresh Roasted Salsa, with Side Salad and Sourdough Toast 16 (v-wh) Sub Gluten Free Bread +2

### brunch sides

#### TWO EGGS 5

#### AVOCADO TOAST 6

On house Sourdough or GF Hävenly Rustic Bread (+2)

#### PROTEIN MUFFIN 6 (grain free, no refined sugar)

20g Protein per muffin, in Blueberry Lemon or Chocolate Chip Cardamom (gf-n-d)

#### CRISPY SWEET POTATOES 5

#### PEPPERED BACON OR SAUSAGE PATTYS 5

#### GF BANANA BREAD 5

#### SOURDOUGH TOAST & JAM 4

#### Food Labeling Key:

(v) Vegan (vo) Vegan Option

(gf) Gluten Free (wh) Contains Wheat

(n) Nuts (c) Capsaicin (d) Dairy

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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.

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www.zealfood.com