



# LUNCH & DINNER MENU

## small • share plates

### FRIED CHICKEN TENDERS 12

Harissa and Pomegranate Drizzle (gf-🌶️)

### CAULI-WINGS 12

Crispy Cauliflower Florets with Hot Wing Sauce or Jamaican Jerk Rub. Served with Vegan Garlic Cashew Dipping Sauce (gf-v-🌶️)

### CHICKPEA FLATBREAD (gf-v) 10

### FLATBREAD with HUMMUS, CRUDITE and SALAD 17

### FALAFEL 10

House Chickpea-Carrot-Herb Falafel with Harissa (v-gf)

### ZEAL SPIN DIP 12

Vegan Spinach-Artichoke Dip with House Corn Chips (v-gf-n) Add Roasted Veggies (+5)

### GRASS FED MEATBALLS 16

Local Buckner Beef, Zesty Sofrito Sauce, Topped with Cotija Cheese (gf-d-🌶️)

## handhelds

### VEGGIE SANDWICH 16

House Falafel Patty, Cashew-Artichoke-Spinach Spread, Harissa, Pesto, Arugula Pickled Toppings, on Sourdough, Side of Crispy Fries or Mixed Green Salad (wh-v,n) add Avocado (+4) Hävenly GF Keto Bun (+2)

### PESTO CHICKEN SANDWICH 18

Red Bird Chicken Breast, Tomato, Arugula, Pickles, Pesto Aioli with Side of Crispy Fries or Mixed Green Salad (wh) Hävenly GF Keto Bun (+2)

### ZEAL BURGER\* 19

Buckner Grass Fed Beef/Lamb Blend, Sambal Aioli, Pickled Zukes & Onion, Greens, Tomato, Golden Dome Bun, w/ Crispy Fries or Mixed Green Salad (wh,🌶️) cheese (+2) add Bacon (+4) Hävenly GF Keto Bun (+2)

### TACOS LA HABANA 19

Slow Braised Wild Boar, Avocado, Red Cabbage, Cotija Cheese, Creamy Mojo, Lime, on two Crispy Corn Tostadas (gf-d)

#### Add To Your Dish:

Avocado 4	Crispy Tofu 4	Tempeh 4	Grass Fed Meatballs 15
Niman Ranch Bacon 4	Chicken Breast 6	Wild Boar 9	
Norwegian ASC Salmon 11	Mahi-Mahi 9		
‡Sub Cauliflower Rice for Zeal Grains +2			

Our Kitchen is SEED OIL FREE, please note the following allergy labels:

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

## salads and soup

### MIGHTY SALAD 18

Kale, Mixed Greens, Crispy Tofu, Black Beans, Garbanzos, Quinoa, Carrots, Poblano, Celery, Cucumber, Tomato, Red Onion, Pepitas, Dried Cherries, Brazil Nut Parm, Dressed with Creamy Mojo Dressing (gf-n-v🌶️)

### MOROCCAN SALAD with HARISSA CHICKEN 19

Arugula, Quinoa, Mango, Purple Cabbage, Goat Cheese, Pickled Onion, Spiced Cashews, Apple Cider Vinaigrette, Harissa Sauced Chicken Breast (gf-n-d🌶️)

### KALE CAESAR 15

Curly and Flat leaf Kale, Vegan Caesar Dressing, Lemon, Brazil Nut Parm, Toasted Sourdough (gf Toast +2)(wh-n-v)

### TOM KHA THAI COCONUT SOUP 10

Ginger and Lemongrass, Onion and Tomato, Chili Pepper. \*Choose: Chicken or Mushroom (gf-vo-🌶️)

### THYME LENTIL & VEGETABLE SOUP 10

Sourdough Toast (vo-n-wh) 10 Hävenly GF Bread +2

## signature dishes

### RAINBOW COCONUT CURRY 18

Roasted Vegetables, Cauli Greens, Onion, Lemongrass, Ginger, Turmeric, with Zeal Grains^ and Toasted Coconut (gf-v-🌶️) - sub Cauli Rice for Grains +2

### VEGAN 'MAC & CHEESE 17

GF Quinoa Penne, Local Mushrooms, Cashew Cheese, Zeal Pesto, Fresno Red Pepper Sauce (gf-v-🌶️) add tofu or bacon (+4) chicken (+6) wild boar (+9)

### FRIED CHICKEN AND HUMMUS 25

Chickpea Flatbread, Crudite, Salad, Harissa, Pesto (gf)

### SALMON BOWL\* 25

Sustainably Sourced ASC Certified Norwegian Salmon, Kale, Zeal Grains^, Mushrooms, Pickled Vegetables, Mojo Sauce (gf,🌶️) 25

### ZEAL BEEF BRAISE 27

Buckner Ranch Grass Fed Beef, Massaman Curry, Roasted Carrots, Colorado Potatoes, Kale, Zeal Grains^, Chili Lime Cashews (gf-🌶️) - sub Cauli Rice for Grains +2

^ Zeal Grains - quinoa, golden prairie millet, basmati rice

\*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk for food borne illness.