



Trade up to a delicious meal that feeds **your soul** while nourishing **your body**. It's all right here at **zeal**.

## small plates

STIR-FRIED EDAMAME chiles, sesame seed and dashi 🌶️	8	MUSSELS with ROSEMARY and WHITE WINE pickled sweet peppers, anchovy, touch of butter 🥛	11
WOK CHARRED CAULIFLOWER tahini dressing, sweet peppers, raisins. ✓	8	CORN TORTILLA with ROCKFISH avocado, tomatillo sauce, vegan sour cream 🌶️🌶️	9
AVOCADO TOAST ON MULTIGRAIN BREAD w/ Aleppo pepper and rosemary oil ✓🌶️	9	CRISPY FINGERLINGS with CHIMICHURRI ✓	6
HUMMUS with GREEN OLIVES ZáAtar and whole wheat pita ✓	8	FALAFEL with CHARRED EGGPLANT tahini dressing and pickled chiles ✓	8

## soup and salad

	CUP - BOWL		
DAILY SOUP	5 - 8	FALL SALAD	10
BONE BROTH with quinoa, greens, rosemary oil	7	Napa cabbage, butternut squash, asian pears, baby bok choy, and miso dressing ✓🌶️	
CONSCIOUS KALE massaged kale, golden beet, pickled carrot, sprouted lentils, walnuts, lemon vinaigrette ✓🥜	10	HOUSE SALAD	9
		organic greens, pumpkin seed, flax seed, radish, cucumber, tomato, rosemary vinaigrette ✓	

• • • • • add ons: tofu (3), eggs (2), bacon (4), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1) • • • • •

## sandwiches

🍴 served with greens and house dressing. Sub roasted fingerlings (+2), sub G.F. bread (+1.5)

BUCKNER FARMS LAMB BURGER raita, tomato jam, greens 🥛🥙	15
GRASS FED BEEF BURGER smoked paprika aioli, pickles, lettuce (add cheddar +1) 🥙	14
CRISPY ROCKFISH SANDWICH avocado, tomato, tartar sauce 🥙	14
VEGGIE SANDWICH chickpea carrot falafel, vegan aioli, avocado, tomato, pickled onion, greens ✓🌶️🥙	13
CHICKEN SANDWICH basil-jalapeño aioli, melted peppers, greens 🌶️🥙	13

house dressings - lemon vinaigrette, miso dressing, rosemary vinaigrette, tahini, sesame dressing, diavolo sauce, coconut curry sauce

No GMOs, no compromises. We cook using organic 100% coconut oil, and for sauces and low temps organic e.v.o.o.  
zeal makes every effort to source all organic ingredients unless noted (°) - PLEASE TELL YOUR SERVER IF YOU HAVE A FOOD ALLERGY.

Zeal practices a cooking style of very low use of common allergen foods unless noted.  
ENTHUSIAST DE CUISINE - CHEF JOHN BROENING

🥛 Dairy

🌶️ Soy

✓ Vegan

🥙 Wheat

🥜 Nuts

🥙 Honey Vegan

🌶️ Chili or Spicy Pepper

# zeal – food for enthusiasts










## açai bowls [ah-sigh-EE]

BRAZILIAN granola, Brazil nuts, bananas, local honey  
KONA coconut, pineapple, banana, cashews  
INCA maca, kale, cacao nibs, hemp nuts







SMALL	LARGE
9	16

PINEKI swirl of peanut butter, with banana, almonds, honey  
GRINGO topped with zeal granola, pineapple and mixed berries

## signature bowls

MIGHTY BOWL sautéed kale, chickpeas, pickles, sprouted lentils*, quinoa, beets, tahini dressing <b>+ add ons: tofu (3), eggs (2), bacon (4), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1)</b>	11
POKE BOWL albacore, brown rice, cucumber, avocado, roasted seaweed, spicy aioli 	15
HERITAGE PORK RAMEN with greens, pickled carrot, slow poached egg  	16
VEGAN G.F. MAC & CHEESE brown rice macaroni, cashew cheese, caramelized onion and mushroom, basil pesto, and diavolo sauce   	14
MACRO BOWL land & sea vegetables, raw sprouted lentils*, house ferments, tofu, brown rice, sesame dressing   <b>+ add ons: eggs (2), bacon (4), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1)</b> house dressings - lemon vinaigrette, miso dressing, rosemary vinaigrette, tahini, sesame dressing, diavolo sauce, coconut curry sauce  substitute cauliflower "rice" for brown rice or quinoa (+1)	13

## entrée plates

STIR-FRIED TOFU with quinoa, Asian greens, and coconut curry  	14
KEY WEST PINK SHRIMP with Asian greens, coconut curry, peri-peri and brown rice 	17
WOK TOSSED GRASS FED STEAK with carrots, greens, and brown rice 	18
RAINBOW CURRY with roasted vegetables, brown rice, coconut curry sauce   <b>+ add ons: tofu (3), eggs (2), bacon (4), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1)</b>	12

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No GMOs, no compromises. We cook using organic 100% coconut oil or organic extra virgin olive oil for sauces and low temps

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\*Raw foods can be hazardous, and consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, particularly if you have certain medical conditions.

[www.zealfood.com](http://www.zealfood.com) - 5370 Greenwood Plaza Blvd, Greenwood Village CO 80111 - 720.708.6309

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 Chili or Spicy Pepper