



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	BRUSSELS SALAD	10
BONE BROTH with quinoa, greens, rosemary oil	7	shaved Brussels sprouts, kale, walnut, bacon, hard boiled egg, rosemary vinaigrette 🥜	
CONSCIOUS KALE	10	HOUSE SALAD	9
massaged kale, golden beet, pickled carrot, sprouted lentils, walnuts, lemon vinaigrette ✓🥜		organic greens, pumpkin seed, flax seed, radish, cucumber, tomato, rosemary vinaigrette ✓	

••••• add ons: tofu (3), eggs (2), bacon (4), lamb meatballs (6), 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 9
LARGE 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  11
+ add ons: tofu (3), eggs (2), bacon (4), lamb meatballs (6), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1)

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

gluten free 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  13
+ add ons: eggs (2), bacon (4), lamb meatballs (6), salmon (5), chicken (4), shrimp (5), steak (6), avocado (1)

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)

entrée plates

BUCKNER RANCH LAMB MEATBALLS roasted eggplant, tahini, diavolo sauce  16

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   12

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

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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

zeal and our purveyors make every effort to source all organic ingredients PLEASE TELL YOUR SERVER IF YOU HAVE A FOOD ALLERGY.

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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.

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 Dairy

 Soy

 Vegan

 Wheat

 Nuts

 Honey Vegan

 Chili or Spicy Pepper