



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	AVOCADO on the HALF SHELL zeal beet vinaigrette, pepitas, sea salt 🌱	4
WOK CHARRED CAULIFLOWER tahini dressing, pickled peppers, raisins 🌱	9	ZOODLES and CHICKEN marinated, zucchini, garlic, pesto	10
AVOCADO TOAST ON MULTIGRAIN BREAD w/ Aleppo pepper and rosemary oil 🌱🌶️	9	CRISPY FINGERLINGS with CHIMICHURRI 🌱	6
POTATO CHIP PORK NACHOS fresh coconut oil chips, pork shoulder, cheese, salsa avocado 🍷	9	FALAFEL with CHARRED EGGPLANT tahini dressing and pickled peppers 🌱	8
TOSTONES style PLANTAINS with black bean sauce, tomatillo salsa verde, and lacto-fermented hot sauce 🌱🌶️	8	KABOCHA SQUASH with MISO BROTH Japanese home style with chickpea miso and soy 🌱🍴	6

soup and salad

DAILY SOUP cup or bowl	5 - 8	WARM BRUSSELS SALAD crispy Brussels sprouts, sweet potato, quinoa, cranberry with mixed greens, lemon vinaigrette 🌱	10
BONE BROTH with quinoa, greens, rosemary oil	7	DELICATA SQUASH SALAD roasted squash, granny smith apple, candied walnuts, cotija cheese mixed greens and zeal beet vinaigrette 🌱	10
CONSCIOUS KALE massaged kale, golden beet, pickled carrot, sprouted lentils, walnuts, lemon vinaigrette 🌱🥜	10		
GRILLED CAESAR romaine, vegan caesar dressing, brazil nut "parm"	9		

• • • add ons: tofu (3), egg (2), bacon (4), lamb meatballs (6), falafel (3), salmon (7), chicken (4), shrimp (6), steak (6), avocado (2) • • •

sandwiches

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

JALO-PORK SAMMY bacon wrapped roasted and cheddar stuffed jalapeño atop slow roasted pork, orange-sambal oelek reduction, ciabatta 🍞	15
THE BURGER choose local lamb or grass-fed beef, with smoked paprika aioli, house pickles (add cheddar +1) 🍞	15
CRISPY ROCKFISH SANDWICH avocado, tomato, tartar sauce 🍞	14
VEGGIE SANDWICH chickpea-carrot falafel, vegan aioli, avocado, tomato, pickled onion, ciabatta 🌱🍴🍞	13
CHICKEN SANDWICH basil-jalapeño aioli, melted peppers 🌶️🍞	13
VEGGIE WRAP gf wrap, hummus, kale, beets, pickled carrots, avocado, tahini dressing, sprouted lentils* 🌱	12

house dressings - lemon vinaigrette, rosemary vinaigrette, tahini, citrus vinaigrette, chili vinaigrette, sesame dressing, diavolo sauce, 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 FERNANDO ESPINO DE LA CRUZ

🍷 Dairy

🍴 Soy

🌱 Vegan

🍞 Wheat

🥜 Nuts

🍯 Honey Vegan

🌶️ Chili or Spicy Pepper

🌱🌱 Vegan Option

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 

13

POKE BOWL

albacore, brown rice, cucumber, avocado, roasted seaweed, spicy aioli 

15

FALL TACO BOWL

black and garbanzo bean succotash, grains, sweet potato, cotija cheese, fresh avocado, pico de gallo, and ranchero salsa  

15

RAMEN BOWL

with greens, pickled carrot, slow poached egg, choice of Gulf Shrimp or Slow Roasted Pork  

16

MISO BOWL

mushrooms, greens, broccoli, tomato, eggplant, chickpea miso broth, brown rice

15

MACRO BOWL

house ferments, nori, raw sprouted lentils*, tofu, brown rice, sesame dressing  

14



Bowl add-ons: tofu(3), egg(2), bacon(4), lamb meatballs(6), falafel(3), salmon (7), chicken(4), shrimp(6), steak(6), avocado(2)

Substitute cauliflower rice for brown rice or quinoa (1)

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

main plates

RAINBOW CURRY with roasted vegetables, coconut curry sauce with side grain. add fried tofu (+3)  

14

VEGAN GF NOT-SO-MAC N' CHEESE cashew cheese, caramelized onion and mushroom, basil pesto, and diavolo sauce   

15

LAMB MEATBALLS ragout of white bean, summer squash, roasted eggplant, with chimichurri   

16

BLACKENED ROCKFISH TACOS three soft corn tacos with cabbage, mango, corn, avocado, cilantro, lime

17

GRASS FED BEEF BRAISE locally raised grass fed beef, massaman curry, cashews, carrots, potatoes, greens  

20

WALNUT CRUSTED WILD SALMON with mashed sweet potatoes and hearty garlic roasted vegetables 

22

GARLIC MASHED POTATOES AND ROAST CHICKEN DRUMS & THIGHS with roasted vegetables

19

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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  Vegan Option