

## small plates

WOK CHARRED CAULIFLOWER GF/V  
Tahini, Amaro Raisins, Toasted Pepitas &  
Pickled Peppers 8

FRIED GUACAMOLE GF/V Ancho Beans,  
Vegan Crema, Arbol Salsa, Tortilla Chips,  
Toasted Pepitas & Pico de Gallo 10 add bacon  
(+3)

FALAFEL GF/V Hummus & Pickles 7

TOSTONES GF/V Fried Plantains, House  
Salsas & Lime 7 add guac (+3)

CRISPY FINGERLINGS GF/V Zeal Pesto &  
Sea Salt 6

MUSHROOM CRUDO GF/V Pear, Carrot,  
Date, Lentil, Fried Leeks & Arbol Crema 11

GNOCCHI AL CACIO E PEPE  
Sweet Potato, Brussel Sprout Leaves, Roasted  
Tomato, Lemon, Cracked Pepper & Pecorino 13  
add chx (+5)

## salads

CONSCIOUS KALE GF/V Pickled Carrots,  
Lentils, Mungbeans, Beets, Candied Walnuts &  
Apricot Tahini Vinaigrette 11 add falafel (+3)  
add avo (+3)

WARM BRUSSELS SALAD GF/V Sweet  
Potato, Quinoa, Pear, Mixed Greens & Lemon  
Vinaigrette 11 add Sockeye Salmon (+7)

ROASTED BUTTERNUT SQUASH SOUP GF/V  
Chimmichuri, Goat Cheese, Pepitas 8

## seasonal plates

ROASTED CHICKEN BREAST GF  
Grilled Summer Squash, Toasted Almond  
Gremolata, Black Beans & Salsa Verde 20

ROASTED WHOLE RAINBOW TROUT GF  
Chimichurri, Mung Bean Risotto, Grilled Pear,  
Watermelon Radish & Fried Onion 24

VEGAN CHILI RELLENO V/GF  
Roasted Red Pepper, Tri-Colored Quinoa,  
Roasted Winter Vegetables, Tomato Fondue &  
Cashew "Ricotta" 17

## handhelds

ZEAL BURGER Smoked Paprika Aioli,  
House Zucchini Pickles & a Brioche Bun  
Fingerlings or Salad 16  
add cheese (+2) add Bacon (+2) (GF Bun  
Option+1.50)

VEGGIE SANDWICH V Lemon Aioli, Tomato,  
Avocado, Pickled Red Onion, Vegan Brioche Bun  
Fingerlings or Salad 13 add cashew cheese (+2) add  
bacon (+2) (GF Bun Option+1.50)

AVOCADO TOAST V Cashew "Ricotta", Lentils,  
Mungbean, Sliced Tomato, Toasted Pepitas & House  
Herb Oil 12 add pickles (+2) add bacon (+2)

TACOS de POLLO GF Braised Chipotle Chicken  
Thighs, Chopped Olives, Kimchi Slaw & Romesco 12  
add guac (+3) add house salsas (+3)

PORK REUBEN Braised Pork Shoulder, Drea's Spicy  
Mustard, Zucchini Pickle, Charred Brussel Leaves &  
Toasted House Bread. Fingerlings or Salad 13

## bowls

RAINBOW CURRY GF/V Roasted Vegetables,  
Brown Rice, Green Onion, Lemongrass, Coconut &  
Ginger 15 add tofu (+3) add chx (+5) Sockeye  
Salmon (+7)

VEGAN 'MAC & CHEESE GF/V Penne Pasta,  
Roasted Mushrooms, Cashew Cheese, Herb Pesto &  
Walnut Parmesan 16 add tofu (+3) add chx (+5)

ZEAL BEEF BRAISE GF  
House Massaman Curry, Roasted Carrots,  
Fingerling Potatoes, Chili Lime Cashews & Herbs  
22

TOFU BOWL GF/V Lemongrass Marinated Tofu,  
House Ferments Basil, Watermelon Radish,  
Pineapple & Cashew Fried Rice 15

POZOLE Roasted Chicken, Avocado, Oaxacan Blue  
Corn, Pepitas, Lime 15



## brunch

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**BREAKFAST BURRITO** Ancho Beans, Spinach, Quinoa, Scrambled Eggs, Greens & Salsa Verde 9

**BUTTERMILK BISCUIT SAMMY** Scrambled Eggs, Sausage, Aged Cheddar, Sliced Tomato & Smoked Paprika Aioli, Greens 8

**BYO OMELET GF** Add three items of your choosing , plus 1.50 for additional items 10  
Add Ons: ancho beans, spinach, quinoa, tofu scramble, aged cheddar, sausage, bacon, avocado, tomato

**HASH EGGS BENEDICT GF** Fingerling Potato, Sautéed Spinach, Maple Pepper Bacon, Pickled Red Onion & Jalapeno Hollandaise 12

**TOFU BOWL SCRAMBLE GF/V** Roasted Sweet Potato, Cashew "Ricotta," Kale & Black Bean Pico De Gallo 13 add avo (+3)

**TOASTED OAT & CINNAMON PANCAKES GF** Pear Jam, Coconut Whip, House Granola & Maple Syrup 11

**BANANA BREAD FRENCH TOAST-GF** Candied Walnuts, Coconut Whip, House Granola & Maple Syrup 11

### Sides:

bacon 4 sausage 4 breakfast potatoes 4  
two eggs any style 4 toast & housemade jam 4

## organic smoothies

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**BERRY GOOD** Mixed Berries, Banana, Pineapple & Zeal Orange Juice 10

**CARROT CAKE** Carrot, Banana, Ginger, Date, Cashew, Cinnamon & Coconut Milk 10

**GREEN MACHINE** Spinach, Kale, Avocado, Ginger, Chia, Cinnamon, Date, Almond, Hemp or Coconut Milk 10

**MOTHER EARTH** Blueberries, Acai, Banana, Peanut Butter, Coconut Oil, Hemp Hearts, Chia, Cacao Nibs & Almond Milk 11

**BRASS MONKEY** Banana, Almonds, Peanut Butter, Maca & Almond Milk 11

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**FRIED GUACAMOLE GF/V** Ancho Beans, Vegan Crema, Arbol Salsa, Tortilla Chips, Toasted Pepitas & Pico de Gallo 10 add bacon (+3)

**CONSCIOUS KALE GF/V** Pickled Carrots, Lentils, Mungbeans, Beets, Candied Walnuts & Apricot Tahini Vinaigrette 11 add falafel (+3) add avo (+3)

**WARM BRUSSELS SALAD GF/V** Sweet Potato, Quinoa, Pear, Mixed Greens & Lemon Vinaigrette 11

**ZEAL BURGER** Smoked Paprika Aioli, House Zucchini Pickles & a Brioche Bun, Fingerlings or Salad (GF Bun Option) 16 add cheese (+2) add Bacon (+2)

**VEGGIE SANDWICH GF/V** Lemon Aioli, Tomato, Avocado, Pickled Red Onion, Vegan Brioche Bun Fingerlings or Salad 13 add cashew cheese (+2) add bacon (+2)

**AVOCADO TOAST V** Cashew "Ricotta", Lentils, Mungbean, Sliced Tomato, Toasted Pepitas & House Herb Oil 12 add pickles (+2) add bacon (+2)

**VEGAN 'MAC & CHEESE GF/V** Penne Pasta, Roasted Mushrooms, Cashew Cheese, Herb Pesto & Walnut Parmesan 16 add tofu (+3) add chx (+5)

**RAINBOW CURRY GF/V** Roasted Vegetables, Brown Rice, Green Onion, Lemongrass, Coconut & Ginger 15 add tofu (+3) add chx (+5)

## acai bowls sm. 9 lg. 16

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**BRAZIL** Granola, Walnut, Banana, Local Honey

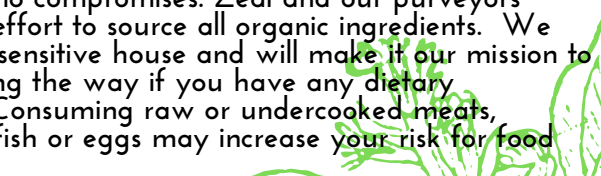
**KONA** Coconut, Pineapple, Banana, Cashews

**INCA** Maca, Kale, Cacao Nibs, Hemp Hearts

**PINEKI** Swirl of Peanut Butter, Banana, Almonds, Honey

**ZEAL** Topped with Zeal Granola, Pineapple, and Seasonal Fruit

No GMO's, no compromises. Zeal and our purveyors make every effort to source all 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.



## sweets

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### CHIA PARFAIT GF/V

Organic Blueberries, Almond Butter,  
Seasonal Fruit Jam, House Granola &  
Maple 6

### CASHEW CHEESECAKE GF/V

House Granola, Spiced Pineapple Jam 8

### CHILLED CHOCOLATE TORTE

GF/V

Toasted Oat & Almond Crust, Coconut  
Whip & Toasted Coconut 8

### BLUEBERRY ORANGE BUNDT CAKE

GF

Lavender Lemon Glaze & Garden  
Nasturtium 8

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### IT'S PEAR THYME 9

Cap Rock Gin, Ginger Liqueur, Pear  
Puree, Agave, Lemon, Thyme

### COVID 5 DOLLAR MARGARITA 5

Sauza Blue, Triple Sec, Lime, Lemon,  
Pineapple, Salt

### LEMONDER LOVE 9

Cap Rock Vodka, Lavender Simple,  
Lemon, Soda

### CULTURED OLD FASHIONED 10

Templeton Rye, Muddled Orange,  
Cherry, Kombucha

### JUST PEACHY 9

Cap Rock Vodka, Peach, Basil, Lemon,  
Lime, Soda, Lavender Simple

### NEGRONI 9

Cap Rock Gin, Campari, Sweet  
Vermouth

## beverages and booze

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### COLD PRESSED JUICE 9

**not so orange:** pineapple, green apple, cucumber,  
carrot, lemon & basil

**red:** beet, green apple, lime, ginger

**green:** kale, cucumber, celery, lemon, ginger

**sunkissed:** pineapple, cucumber, lemon

**sweet green**

### FRESH SQUEEZED OJ 6

### LAVENDER LEMONADE 4

### ICED TEA 4

### ZEAL KOMBUCHA 4

### ORGANIC COFFEE 4

### KICKSTARTER COFFEE 5

### COLD BREW COFFEE 5

### GOLDEN MYLK 5

### TOPO CHICO 3

### MIMOSA 8

### LOCAL BEER 7

avery, o'dell, breckenridge, tommyknocker, hollidaily-gf

### WILD BASIN 7

lime, lemon agave, cucumber, peach, melon basil

### MEXICAN LAGER 5

### HOUSE WINE 9

pinot noir, cabernet, malbec, red blend, rioja

pinot grigio, sauvignon blanc, chardonnay, prosecco

### LING ELIXIRS 8

aphrodisiac, ecstasy

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## Kids Menu \$8

### Kids Chicken - g.f.

Grilled Chicken Thigh, Brown Rice, Broccoli, Organic Ketchup

### Kids Mac & Cheese - vegan and g.f.

G.F. Pasta with Cashew Cheese Sauce

### Grilled Cheese - vegetarian

House Bread with White Cheddar, Crispy Fingerlings, Organic Ketchup

### Corn Chip Nachos - vegetarian and g.f.

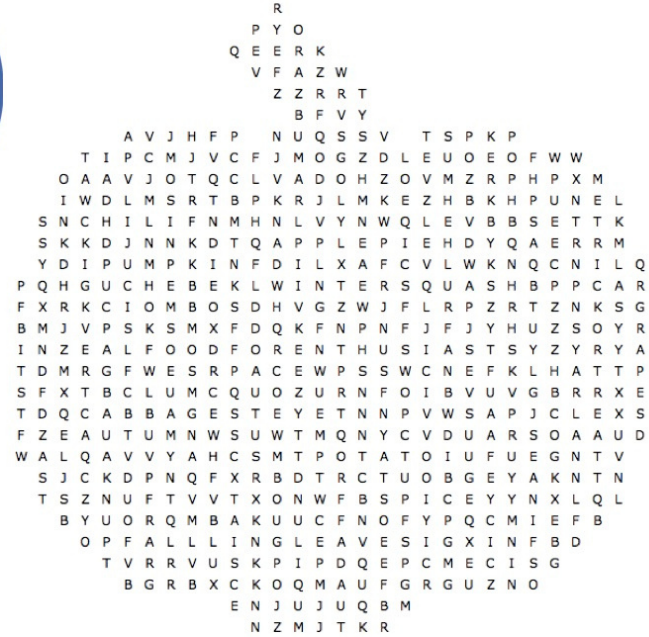
Cheese, Mild Salsas, Avocado. Add Chicken (+4)

### Tofu Plate

Marinated Tofu, Brown Rice, Broccoli, Organic Ketchup

### Chocolate Monkey Smoothie (10 oz) \$6

Peanut Butter, Banana, Cacao Powder, Almond Milk



Please notify your server of any food allergies.

### Can you find the Autumn-themed words?

- ACORN
- APPLE PIE
- AUTUMN
- CABBAGE
- CHILI
- FALLING LEAVES
- GRAPES
- PEAR
- PEPPER
- POTATO
- PUMPKIN
- SPICE
- TRICK OR TREAT
- WINTER SQUASH
- ZEAL FOOD FOR ENTHUSIASTS

