

SALADS (v)

Small (5-10 orders) • \$15 **Med** (11-20 orders) • \$14 **Large** (20+ orders) • \$13

Conscious Kale Salad - Pickled Carrots, Golden Beets, Candied Walnuts & Apricot Tahini Vinaigrette (gf,v)

Brussels Salad - Sweet Potato, Quinoa, Pears, Mixed Greens & Lemon Vinaigrette (gf,v)

Vegan Caesar - Romaine, House Sourdough Croutons, Brazil Nut "parmesan" Vegan Caesar Dressing (v)

SIGNATURE VEGAN BOWLS

Small (5-10 orders) • \$15 **Med** (11-20 orders) • \$14 **Large** (20+ orders) • \$13

Mighty Bowl - Quinoa, Sautéed Kale & Chickpeas, Kimchi, Mungbean & Lentils, Mixed Greens, Lemon Vinaigrette (gf,v)

Tofu Bowl - Lemongrass Marinated Tofu, House Ferments, Pineapple Cashew Fried Rice & Sesame Dressing (gf,v)

Rainbow Curry - Roasted Vegetables, Brown Rice, Green Onion, Lemongrass, Coconut & Ginger (gf,v)

BUILD YOUR OWN BOWL

1. Pick A Grain : Brown & Red Rice or Tri Color Quinoa
2. Pick A Veggie: Hearty Roasted Seasonal Vegetables or Savory Braised Beans with Kale
3. Pick A Sauce: Coconut Curry, Apricot Lemon Tahini, Green Goddess, Pesto, Lemon Aioli (all vegan)
4. Pick A Protein Below

+ Marinated Tofu or Chickpea & Carrot Falafel	+ Grilled Chicken or Pulled Pork	+ Braised Grass Fed Beef, Salmon or Shrimp
Small (5-10 orders) • \$13	Small (5-10 orders) • \$17	Small (5-10 orders) • \$20
Med (11-20 orders) • \$12	Med (12-15 orders) • \$16	Med (12-15 orders) • \$19
Large (20+ orders) • \$11	Large (16-20 orders) • \$15	Large (16-20 orders) • \$18

HANDHELDS

Small (5-10 orders) • \$13 **Med** (11-20 orders) • \$12 **Large** (20+ orders) • \$11

Chicken & Mushroom with Pesto - Marinated Chicken with Grilled Crimini Mushrooms, Pesto, Baguette* (df)

Veggie Sandwich - Chickpea & Carrot Falafel, Tomato, Avocado, Vegan Aioli, Golden Dome Bun* (v)

Grass Fed Beef Burger - House Pickles, Smoked Paprika Aioli, Golden Dome Bun* (df)

Tacos de Pollo - Braised Chipotle Chicken Thighs, Chopped Olives, Kimchi Slaw & Romesco, Corn Tortilla (df, gf)

Vegan Tacos - Ancho Beans, Rice, Chopped Olives, Kimchi Slaw, Salsa Verde, Corn Tortilla (gf, v)

*gluten free bread available for additional \$2 charge

TASTY SIDES (v)

Small (5-10 orders) • \$9 **Med** (11-20 orders) • \$8 **Large** (20+ orders) • \$7

Fingerling Potatoes - Golden Brown with Pesto and Sea Salt (gf,v)

Roasted Cauliflower - Apricot Tahini, Pickled Peppers, Amaro Raisins (gf,v)

Vegan GF Mac 'n Cheez - with Pesto and Aleppo pepper (gf,v,n)

Hummus with Flatbread - Vegetable Dippers, Olives, EVOO (v)

Chips & Guacamole - House Coco Oil Corn Chips with Fresh Guacamole (gf,v)

RIGHTEOUS SMOOTHIES (v)

16 oz - \$10 each

Berry Good - Mixed berries, Banana, Pineapple, Carrot, Green Apple, Lemon

Brass Monkey - Banana, Peanut Butter, Maca, Raw Almonds, Almond milk

Carrot Cake - Carrot, Banana, Ginger, Date, Cashew, Cinnamon, Coconut Milk

Green Alkalizer - Spinach, Kale, Avocado, Ginger, Chia, Cinnamon, Date, Coconut Milk

Mother Earth - Blueberries, Açai, Banana, Peanut Butter, Coconut Oil, Hemp Hearts, Chia, Cacao Nibs, Almond Milk

The PSL - Banana, Walnut, Sweet Potato, Vanilla Protein Powder, Cinnamon, Pumpkin Pie Spice

Pro T Shake - Sweet Potato, Banana, Peanut Butter, Cherries, Green Apple, Chocolate Protein Powder, Almond Milk

MORNING FARE

Small (5-10 orders) • \$11 **Med** (11-20 orders) • \$10 **Large** (20+ orders) • \$9

Breakfast Burrito - Ancho Beans, Spinach, Quinoa, Scrambled Eggs, Greens & Salsa Verde

Buttermilk Biscuit Sammy - Scrambled Eggs, Sausage, Aged Cheddar, Sliced Tomato & Smoked Paprika Aioli (gf available)

BYO Omelet (gf)

* Choose 3 Omelet Items: Ancho Beans, Spinach, Quinoa, White Cheddar, Sausage, Bacon, Avocado, Tomato

Tofu Breakfast Scramble - Roasted Sweet Potato, Cashew "Ricotta," Kale & Black Bean Pico De Gallo (v)

Toasts Oat & Cinnamon Pancakes (gf) - Seasonal Jam, Coconut Whip, House Granola, Maple Syrup

Banana Break French Toast (gf) - Candied Walnuts, Coconut Whip, House Granola & Maple Syrup

BREAKFAST SIDES

\$4 per serving

Nitrate Free Pastured Bacon (gf) Sage Breakfast Sausage (gf)

Breakfast Potatoes (gf,v) Two Eggs any Style (gf)

House Bread & Jam (v)

AÇAÍ BOWLS (ALL DAY)

\$13 per serving

Brazil - Granola, 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



zeal



Z BEST CATERING

ALWAYS FRESH

COMPROMISE-FREE FOOD

DELIVERED TO YOU



What does Zeal do for YOU?

- Small group? No problem! We will deliver for as few as 5 people.
- Last minute? We can usually accommodate same-day requests (but 24 hours notice is appreciated)
- Dial in your audience with Vegan, Gluten Free, Paleo and other foodie options. We can talk the talk and walk it, too.
- Food that loves you back – we are in a pandemic, treat your team to some food to help support healthy immune function.

FRESH AND ORGANIC

ALWAYS PLENTIFUL GLUTEN FREE
OPTIONS

ALLERGY FRIENDLY

NON Ø GMO - SUPPORTING LOCAL
AGRICULTURE



MOBILE FOOD OPERATIONS WITH
THE ZEAL FOOD TRUCK

EVENTS, FESTIVALS,
MARKETS, AND PARTIES

RENT OUT OUR RESTAURANT OR OUTDOOR PATIO
FOR YOUR NEXT PARTY, OR REACH OUT TO US ABOUT
CREATING A CUSTOM MENU FOR YOUR SPECIAL
OCCASION



BOULDER

3101 Pearl • Boulder CO 80301

catering@zealfood.com • 720-940-3640

WWW.ZEALFOOD.COM



Our Mission at Zeal:

- ⌘ To inspire a community of passionate eaters who seek healthy options that also deliver amazing flavors and compositions.
- ⌘ To inspire a team of proud representatives of the Zeal culture through a practice of mutual respect, support, love, learning, and achievement.
- ⌘ To develop long term relationships with our family of employees, vendors, and our valued customers.
- ⌘ To work with our local farmers and ranchers to bring sustainable and seasonal products into our kitchen and create unique and interesting food.
- ⌘ To connect with our community through food, education, and hospitality.
- ⌘ To lead by example for our customers, suppliers and competitors, by demonstrating an unwavering commitment to our clean food practices

How is Zeal creating positive change?

Eating wholesome food should excite the senses and enhance our good feelings, making us productive and energetic, increasing our overall health and immune system, which is more important now than almost any time in our history. What we're doing for you at Zeal is offering fine casual dining in a total experience that includes delicious food, genuine service, and a hip, attractive setting. Your safety and the safety of our team our our priorities.

We aspire to create positive change by leading the movement toward food that is grown responsibly, priced moderately and enjoyable by all. If we can inspire our community, people will begin to see that choosing to eat better quality food is good for their bodies, good for the farmer, and good for the environment, and therefore good for our future generations.

zeal

food for enthusiasts

OUR NEW LOCATION

3101 PEARL

BOULDER CO 80301

720-940-3640

COME CHECK OUT OUR
COVERED PATIO AND
COMFY DINING ROOM

CATERING MENU

FOOD THAT LOVES YOU BACK