



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

up front

CARAMELIZED BRUSSELS 7 bacon, apricots, Moroccan chimichurri	CAULIFLOWER WINGS 8 rice powder, diavolo sauce, lemon tahini	AVOCADO "HALF SHELLS" 5 zeal dressing, Himalayan salt
HUMMUS 6 harissa sauce, veggie stix, olives, GF crackers	CHICKEN LETTUCE WRAPS 9 garlic, water chestnut, Bragg's aminos	CARROT FALAFEL 7 chickpeas, lemon tahini sauce
HOUSE PICKLES 7 kimchi, caraway kraut, pickled carrots and Fermentista's choice	PLANTAINS 7 coconut oil, Himalayan salt, tarragon aioli, pesto, diavolo sauce	WOK TOSSED GREENS 6 coconut oil, garlic, Himalayan salt
		ROASTED POTATOES 4

soup and salads

SOUP OF THE DAY 4 - 8 CUP - BOWL	CAESAR 9 grilled romaine, wakame caesar dressing, confit garlic, Brazil nut "parmesan"	WINTER GUSTO 10 shaved Brussels sprouts, spinach, dried cherries, bacon, almonds, sweet potato, bacon-cherry vinaigrette, add: haystack mountain goat cheese
LOCAL 3 BEAN CHILI 6 - 10 Colorado sourced beans, winter squash, tomato, avocado, over choice of grain	WINTER K&EJ 10 grilled romaine, gilled red onion, cherry tomatoes, cashews, lemon tahini dressing	CONSCIOUS KALE 9 massaged kale, pickled carrot, Brazil nuts, sprouted lentils, roasted beets, zeal vinaigrette
CHOCOLATE CHILI 5 - 8 100% grass-fed beef, onion, zucchini, cacao powder, *grass-fed cheddar cheese *optional	QUINOA SALAD 9 spinach, roasted fingerling potatoes, winter squash, pepitas, beets, quinoa, sherry vinaigrette	

add your choice to any salad or bowl

beef 6	pork 4	fish 6	tempeh 2	avocado 1.5	extra veg 2.5
chicken 4	bacon 3	shrimp 6	tofu 2	farm egg* 2	extra sauce 1

bowls

BUILD YOUR OWN	brown rice REG. 8" - LG. 9"
1) youpick a base	rice noodles 10+ - 13+
	quinoa
	cauliflower "rice"
2) youpick a protein < priced as marked above >	optional—choose from above
	basil pesto
	spicy diavolo
	bone broth
3) you.....pick a sauce	thai peanut
	coconut curry
	chickpea miso
4) we finish your bowl with seasonal vegetables, roasted with a little coconut oil, salt, and pepper	

MIGHTY BOWL 10 - 13 beans, quinoa, steamed greens, fresh mixed greens, beet, carrot, lentil sprouts, sesame seed, choice of dressing	REG. 8" - LG. 9"
VEGETABLE RAINBOW CURRY 12 - 15 seasonal roasted vegetables, sesame seeds, lentil sprouts, coconut curry, rice	
MISO BOWL 12 - 15 wild mushroom medley, greens, Brussels sprouts, tomato, eggplant, chickpea miso broth, on rice	
LEMONGRASS PORK 12 - 17 chilis, fire and ice pickled veggies, toasted rice powder, herbs, choice of grain or cauliflower rice	
BEEF BRAISE 15 - 18 massaman curry, coconut, kale, onion, carrot, celery, cashews, on rice	
LAMB BRAISE 16 - 19 leeks, winter squash, apricots, celery, brown rice	
MACRO BOWL 12 - 15 steamed rice, roasted land & sea vegetables, sprouted lentils, house ferments, pick 1 or 2 sauces	

hot plates

COLORADO STRIPED BASS 21 Brussels sprouts, garlic fingerlings, roasted red pepper coulis, chimichurri
WILD MUSHROOM WRAPS 12 ginger, kimchi, lentil sprouts, garlic, choice of grains, on romaine
MARINATED FLANK STEAK - 100% grass-fed beef, wild mushrooms, leeks, Brussels sprouts, sherry vinaigrette 19
MOROCCAN HUMMUS PLATES - Choose ONE from below 13 BEEF: chimichurri, kale, tomato chutney, Brazil nuts, leeks CHICKEN: chimichurri, caramelized onions, roasted pepper, spinach, cabbage VEGGIE: grilled squash, roasted beets, roasted garlic, shaved Brussels sprouts, fried chickpeas, garnished with a house harissa sauce

sandwiches and wraps

*Served with side salad or roasted fingerlings (+2)

Served on Kim and Jake's gluten-free oat bread, house made 100% spelt flour bread.) rice wrap or collard green. Custom order any sandwich as a salad.
SHAVED PORK BÁNH MI 12 pork shoulder, chicken liver, pickled cucumbers & carrots, jalapeño, cilantro
THE PESTO CHICKEN BKT 14 grilled chicken, pastured bacon, massaged kale, tomato, pesto, tarragon aioli
PLANT BURGER 10 our unique spin on the veggie burger: Zeal falafel, spinach, tomato chutney, cashew cheese
CONSCIOUS GARDEN WRAP 9 sprouted lentils, carrots, avocado, cucumber, beets, hummus, pesto, collard green leaf
GRILLED FISH SANDWICH 12 sustainably farmed tilapia, spinach, curtido kraut, olive & sun dried tomato tapenade, lemon tahini dressing
TAAAHHD BURGER 13 100% grass-fed beef grilled medium rare/medium*, sautéed mushrooms, red cabbage ferments, caramelized onion, grass-fed cheddar, tarragon aioli

No GMOs ever, period.

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.

*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 - 1710 Pearl St, Boulder - 720.708.6309

- ☞ Dairy
- ☞ Soy
- ☞ Conscious Cleanse
- ☞ Wheat
- ☞ Nuts
- ☞ Vegan
- ☞ Chili or Spicy Pepper