



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

up front

HOUSE PICKLES House kimchi, caraway kraut, purple cabbage ferments ♡VⓈ	single - share 4 - 7	CAULIFLOWER WINGS rice powder, diavolo sauce, lemon tahini ♡Ⓢ	8	AVOCADO ^(C) "HALF SHELLS" zeal dressing, Redmond salt ♡V	5
MARINATED BEETS pistachio nuts, apple cider vinegar ♡Ⓢ	6	CHICKEN LETTUCE WRAPS garlic, water chestnut, mushrooms, Bragg's aminos Ⓢ	9	WOK TOSSED GREENS ♡V	6
MEATBALLS RATATOUILLE grass-fed beef, zucchini noodles, house sauce	7	PLANTAINS ^(C) coconut oil, Redmond salt, strawberry chipotle sauce, tarragon aioli Ⓢ	7	ROASTED POTATOES sweet & sour mustard glaze, Redmond salt ♡	5
				GRILLED ASPARAGUS garlic, shallot, bacon, cherry tomato, lemon tahini	7

soup and salads

HOT DAILY SOUP COLD DAILY SOUP	CUP - BOWL 4 - 8 4 - 8	CAESAR grilled romaine, wakame caesar dressing, confit garlic, Brazil nut "parmesan" Ⓢ♡V	9	SPRING GUSTO spinach, radish, cucumber, roasted cauliflower, walnuts, cherry tomato, bacon vinaigrette Ⓢ	10
SPRING K&D J grilled Napa, shaved carrots, roasted peppers, spiced pepitas, whole grain mustard vinaigrette ♡	9	AROMATICS arugula, shaved fennel, strawberry, shaved carrots, pistachios, honey mint chia dressing ♡Ⓢ	10	CONSCIOUS KALE massaged kale, roasted beets, pickled carrots & cucumbers, Brazil nuts, sprouted lentils, zeal vinaigrette Ⓢ♡V	9

add your choice to any salad or bowl

100% grass-fed beef 6	marinated pork 4	brat 5.5	Alaska cod 6	tempeh [Ⓢ] 2	avocado 1.5	extra veg 2.5
chicken 4	local pork bacon 3	salmon 8	shrimp 6	tofu [Ⓢ] 2	farm egg* 2	extra sauce 1

dressings: zeal vinaigrette, lemon shallot dressing, bacon vinaigrette, whole grain mustard vinaigrette, lemon tahini dressing, honey-mint chia vinaigrette, caesar

bowls

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

hot plates

HARRISON RIVER WILD SALMON arugula, celery, parsley, cherry tomato, golden raisins, citrus slaw	16
GRILLED EGGPLANT CAPONATA olive, capers, celery, onion, tomato, ratatouille sauce ♡	12
MARINATED FLANK STEAK - 100% grass-fed beef, sweet & sour mustard glazed fingerling potatoes, asparagus, harissa sauce	19
MOROCCAN HUMMUS PLATES choose: beef 14, chicken 13, or veggie 12 ♡V	12-14
LOCAL PORK BRATWURST caraway kraut, sautéed kale, fennel, roasted beets, sweet & sour mustard vinaigrette	12

MIGHTY BOWL beans, quinoa, steamed greens, fresh mixed greens, beet, carrot, lentil sprouts, sesame seed, choice of dressing ♡	REG. 8" - LG. 9"
VEGETABLE RAINBOW CURRY seasonal roasted vegetables, sesame seeds, lentil sprouts, toasted coconut, coconut curry, over rice ♡VⓈ	10 - 13
MISO BOWL wild mushroom medley, greens, broccoli, tomato, eggplant, chickpea miso broth, on rice ♡	12 - 15
PORK FRIED RICE brown rice, bacon, egg, diced veggies, green onion, house kimchi Ⓢ	12 - 15
LEMONGRASS PORK chilis, fire and ice pickled veggies, toasted rice powder, herbs, choice of grain or cauliflower rice Ⓢ	10 - 13
BEEF BRAISE 100% grass-fed beef, massaman curry, coconut, kale, onion, carrot, celery, cashews, on rice Ⓢ	12 - 17
MACRO BOWL steamed rice, roasted land & sea vegetables, sprouted lentils, house ferments, pick 1 or 2 sauces ♡VⓈ	16 - 19

sandwiches and wraps

***Served with side salad or roasted fingerlings (+2)**
Choose from Breadworks organic whole wheat bun, ⓈⓈ Kim and Jake's GF oat bun (+1), or our unique collard green wrap. Custom order any sandwich as a salad.

SHAVED PORK BÁNH MI pork shoulder, chicken liver, pickled cucumbers & carrots, jalapeño, cilantro Ⓢ	12
THE PESTO CHICKEN BKT grilled chicken, pastured bacon, massaged kale, tomato, pesto, tarragon aioli	14
PLANT BURGER our unique spin on the veggie burger: carrot and chickpea falafel, spinach, cucumber-tomato fresh salsa, cashew cheese ⓈV	10
CONSCIOUS GARDEN WRAP sprouted lentils, carrots, avocado, cucumber, marinated beets, hummus, pesto, collard green leaf ♡V	9
TAAAHHD BURGER 100% grass-fed beef grilled medium rare/medium*, sautéed mushrooms, red cabbage ferments, caramelized onion, grass-fed cheddar, tarragon aioli Ⓢ	13

No GMOs ever, period.

zeal makes every effort to source all organic ingredients unless noted (C) - 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
- V Vegan
- Ⓢ Chili or Spicy Pepper