



GLUTEN FREE



VEGAN



CONTAINS NUTS

SOUPS

CUP/ BOWL

Everyday: Tomato Soup 4/7

Mon & Tues: Spicy Chicken Tortilla 6/9

Wed & Thurs: Vegetable Soup 5/8

Fri & Sat: Clam Chowder 6/9

SALADS

OUR SALADS ARE TOSSED IN THEIR DRESSINGS
ADD GRILLED CHICKEN OR SEARED TOFU +\$5.00
ADD CRAB CAKES +\$10.00
ADD PAN SEARED SALMON OR PRAWNS +\$10.00

Z HOUSE SALAD

organic field greens, cherry tomatoes, pumpkin seeds, parmesan cheese tossed in a scratch made dijon-balsamic vinaigrette 9

CAESAR SALAD

romaine hearts, parmesan cheese, anchovy fillets, ciabatta garlic croutons 10

APPLE WALNUT SALAD

romaine hearts, Fuji apple slices, blue cheese crumbles, glazed walnuts, raspberry vinaigrette 10

APPETIZERS

TARRAGON CRAB CAKES

lightly seared blue crab meat, garlic, lemon juice and tarragon aioli 13

BOCCONCINI BRUSCHETTA

Roma tomatoes marinated in olive oil & balsamic vinegar, topped with basil, mozzarella cheese and garlic 9

Z HOUSE RIBS

Four tea-smoked, dry-rubbed, St Louis cut pork ribs with barbecue sauce 13

GARLIC PRAWNS

Six prawns sauteed in garlic white wine sauce, paprika (mild) or chipotle (spicy), grilled ciabatta bread 14
extra chipotle sauce +\$1.00

HOT WINGS

breaded wings tossed in hot sauce mix served with blue cheese sauce and celery sticks. 11

ONION RINGS

beer battered Vidalia rings, fried crispy and served with ranch dressing 7

BURGERS FLAME GRILLED

INCLUDE A CHOICE OF:
FRENCH FRIES** OR HOUSE SALAD OR FRESH FRUITS
**substitute chipotle, garlic or sweet potato fries +\$1.00
substitute gluten free sandwich bread +\$2.00

ADD CHEESE & FIXINGS

CHEDDAR, SWISS, JACK, BLUE +\$1.50 each
JALAPENOS, MUSHROOMS +\$1.50
BACON +\$2.00
AVOCADO +\$3.00

Z BURGER

flame grilled 8 oz premium ground beef on Semifreddi's challah bun with sides of lettuce, tomato, red onion and pickle 14

CATTLE BURGER

Z burger + cheddar cheese, crispy onions, & barbecue sauce 16

THE ROBINSON

Z burger + sauteed mushroom and swiss cheese 16

BACON CHEESEBURGER

Z burger + bacon and cheddar cheese 16.5

BUNLESS BEEF BURGER

flame grilled 8 oz premium ground beef with sides of lettuce, tomato, red onion and pickle 13

BUNLESS VEGAN BURGER & AVOCADO

Scratch-made vegan patty made with black beans, chickpea, carrots & rolled oats, topped with avocado slices served with side of vegan mayo, lettuce, tomato, red onion, pickle 14
add mushrooms or grilled onions +\$1.50

BLACK BEAN VEGAN BURGER

Scratch-made vegan patty made with black beans, chickpea, carrots & rolled oats served on foccacia bread with a side of vegan mayo, lettuce, tomato, red onion, pickle 13



LOCALLY BAKED BREAD
Delivered daily



FREE RANGE ORGANIC
Delivered daily



ALWAYS FRESH
Delivered daily

18% recommended gratuity will be added to parties of 8 or more
for parties, office celebrations and other events call Mehdi at 510.451.2905
2735 Broadway Oakland CA 94612 510.451.2905 zcafeandbar.com
our menu is subject to change without notice



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ENTREES

DAILY SPECIAL

Fresh ingredients of the day. Ask your server **AQ**

BLACKENED TILAPIA

white fish blackened with spices, topped with avocado salsa, served with basmati rice, sauteed vegetables **18**

CHICKEN PICCATA

battered chicken breast, panko, italian seasoning, lemon sauce, capers, garlic mashed potatoes **16**

BLACKENED CHICKEN ALFREDO PASTA

spice-dusted, blackened chicken breast with fettuccine pasta, white cream sauce, mushrooms, garlic and a mix of shallots and red bell peppers, parmesan cheese **18**
extra sauce +\$3.00

MISSISSIPPI POT ROAST

beef braised at low temperature with dried house spices and pepperoncini served with garlic mashed potatoes **18**

GRILLED GLAZED SALMON

honey-dijon glaze served with basmati rice and sauteed vegetables **22**

CHARBROILED NEW YORK STEAK

10 oz USDA prime cut, served with grilled yukon potatoes, sauteed seasonal vegeables and a side of dijon-horse radish sauce **26**

GRILLED PORKCHOP

grilled bone-in pork chop, spinach, shallots, bacon and garlic mashed potatoes **19**

LOBSTER RAVIOLI

white wine cream sauce, red bell peppers, mushrooms and shallots **18**

WHITE MAC & CHEESE

penne rigste pasta, aged sharp white cheddar, parmesan, milk, cream, house seasoned roux, toasted panko **11**
add bacon or crumbled blue cheese +\$2.00

EGGPLANT PARMIGIANA STACKS

VEGETARIAN
panko-parmesan coated eggplant slices baked to a crisp, fresh mozzarella, house-made tomato sauce **15**

TUNA MELT SANDWICH ON RYE

capers, celery, basil, tomato slice, lettuce, jack cheese, mayo on grilled rye **14**
recommended add avocado +\$3.00

ROCKY CHICKEN BURGER

flame grilled chicken patty, lemon zest, cheddar cheese, red onion, lettuce, tomato and chipotle aioli on Semifreddi's challah bun **14**

FRIES & SIDES

FRENCH FRIES

Fried crisp and lightly salted **5**
Chipotle Fries **6**
Garlic Fries **6**

SWEET POTATO FRIES

Fried crisp & lightly salted **6**

GARLIC MASHED POTATOES

Idaho potatoes, boiled and whipped with garlic, milk and butter **6**

BOWL OF RICE

Steamed basmati rice **3**

SAUTEED FLAT LEAF SPINACH

Sauteed with garlic **6**

SAUTEED VEGETABLES

Sauteed with garlic **6**

FRUIT BOWL

Chopped seasonal fruits **6**

SIDE GRILLED BREAD

Lightly buttered and grilled Semifreddi's ciabatta bread **3**



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