

Z CAFE & BAR

LUNCH MENU

Only One Check Per Table/ Party

split plate charge \$2.00

GLUTEN FREE GF • VEGAN V • CONTAINS NUTS

SALADS

our salads are tossed in their dressings

add grilled chicken or seared tofu +5

add crabcakes +9

add pan seared: prawns, salmon +10

Z House Salad GF

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

Caesar Salad (GF without croutons)

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

Apple Walnut Salad GF

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

APPETIZERS

Tarragon Crab Cakes

blue crabmeat, garlic, lemon juice and tarragon aioli 10

Bocconcini Bruschetta

roma tomatoes marinated in olive oil & balsamic vinegar, basil, mozzarella cheese, garlic 9

Z House Ribs GF

four tea-smoked St. Louis cut pork ribs served with barbecue sauce 12

Sautéed Garlic Prawns (GF without bread)

white wine, garlic, paprika (mild) or chipotle (spicy), grilled ciabatta bread 13

BURGERS FLAME GRILLED

INCLUDE CHOICE OF:

FRENCH FRIES** or Z HOUSE SALAD or FRESH FRUIT

**substitute chipotle, garlic, or sweet potato fries GF +1

add cheese or fixings:

cheddar, Swiss, jack, blue +1 each

mushrooms, jalapenos +1 each

bacon, avocado +2 each

Z Burger

flame grilled 8oz premium ground beef with side of lettuce, tomato, red onion and pickle on Semifreddi's challah bun 13

Cattle Burger

Z burger + cheddar cheese, crispy onions and barbeque sauce 14

The Robinson

Z burger + sautéed mushroom and swiss cheese 14

Bacon Cheeseburger

Z Burger + bacon and cheddar cheese 15

B.A.T. Burger

Z burger + bacon, avocado and tomato 15

Bunless Beef Burger GF

flame grilled 8oz premium ground beef with side of lettuce, tomato, red onion and pickle 12

Bunless Vegan Burger with Avocado V

our scratch made vegan patty of black beans, chickpeas, carrots, rolled oats, topped with avocado slices served with side of vegan mayo, lettuce, tomato, red onion, pickle 12

Rocky Chicken Burger

flame grilled chicken patty, lemon zest, cheddar cheese, red onion, lettuce, tomato and chipotle aioli 12

Black Bean Vegan Burger V

black beans, chickpeas, carrots, rolled oats, served on focaccia, with side of vegan mayo, lettuce, tomato, red onion and pickle 11

Soups cup / Bowl

Monday & Tuesday: Spicy Chicken Tortilla soup 6/9

Wed & Thurs: Vegetable (celery cabbage tomato) 5/8

Friday & Saturday: New England Clam chowder 5/8

our chicken is free-range, organic

ENTREES

Daily Special

fresh ingredients of the day. Ask Your Server AQ

Blackened Tilapia GF

blackened with spices, topped with avocado salsa, served with basmati rice, sautéed vegetables 18

Chicken Piccata

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

Blackened Chicken Alfredo Pasta

spice-dusted, blackened chicken breast with fettuccine pasta, white cream sauce, mushrooms, shallots, garlic and red bell peppers, parmesan cheese 16

Extra sauce +1

Mrs Z's Meatloaf

100% ground beef, carrots, milk, eggs, panko, classic ketchup glaze, sautéed vegetables, garlic mashed potatoes, gravy on the side 16

SANDWICHES

INCLUDE CHOICE OF:

FRENCH FRIES**, Z HOUSE SALAD or BOWL OF FRESH FRUIT

**substitute chipotle, garlic, or sweet potato fries GF +1

Grilled Chicken with Caramelized Onion

grilled chicken breast, cheddar cheese, almond-tomato tapenade, dijon mustard on sourdough 13

Turkey Apple Brie

fuji apple, brie, flash-pickled red onions, spinach, house lemon sauce on focaccia 13

Panini Chicken Caprese

grilled chicken breast, mozzarella, house dried tomatoes and pesto sauce on focaccia 13

Memphis-style "Honking" Pulled Pork

house "secret" braised seasoned pork, crispy onions on a challah bun, side of barbecue sauce and pickles 13

Tuna Melt on Rye

capers, celery, basil, tomato slice, lettuce, jack cheese, mayo on grilled rye recommended: add avocado +2 13

Turkey Club Sandwich

roast turkey breast slices, bacon, lettuce, tomato and mayo on focaccia 13

B.L.T with Fried Green Tomatoes

bacon, lettuce, Fried green tomatoes, chipotle aioli on focaccia 12

Crab Salad Sandwich

blue crabmeat, celery, red onions, jack cheese and avocado on grilled sourdough 15

GRILLED CHEESE SANDWICH

+ \$1 for every substitution

Grilled Cheese + Tomato Soup & House Salad 12

Grilled Cheese + Fries

sharp cheddar on sourdough 9

SIDE DISHES

French Fries Plain 5

Chipotle or Garlic 6

Garlic Mashed Potatoes 6 GF

Sweet Potato Fries 6 GF

Sautéed California Flat Leaf Spinach 6 GF V

Sautéed Vegetables 6 GF V

Bowl of Fruit 6 GF V



LUNCH MENU

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DESSERTS

Warm Blueberry-Lemon Bread Pudding

(Please allow at least 15 - 20 minutes for this order)

ciabatta bread, lemon vanilla cream sauce, blueberries, fresh whipped cream. 8

Flourless Chocolate Cake

mousse like texture, baked bain-marie style, with chocolate sauce. 7

New York Style Cheesecake

graham cracker crust, cream cheese, cottage cheese & sour cream 7

Tiramisu

lady fingers, espresso, cocoa, chocolate, mascarpone cheese, sweet marsala wine & fresh whipped cream 7

Vanilla Gelato	
Chocolate Gelato	
Blackberry Cabernet Sorbet	
1 scoop	4
2 scoops	7

BOTTLED BEER 6

Heineken	Stella Artois
Lagunitas IPA	Sierra Nevada Pale Ale
Guinness Stout	Trumer Pilsner
Anchor Steam	Pyramid Hefeweizen
Amstel Light	Red Stripe Lager
Corona	Blue Moon White Ale
Fat Tire Amber Ale	Bass Pale Ale

Kaliber (Non-Alcoholic Beer) 4

DRAFT BEER

Shock Top Belgian White	6.5
Stella Artois	6.5
Deschutes fresh squeezed IPA	7.5
Deschutes Porter	7.5

Pitcher of beer 19

BOTTLED WATER

Pellegrino Sparkling Water	Sm/Lg	3/6
Evian Still Water		3

COFFEE & ESPRESSO

Coffee / decaf	3
Cappuccino	3.5
Espresso Shot	3
Latte	3.5
Soy Latte	4
Vanilla Latte	4
Hazelnut Latte	4
Chai Latte	4
Mocha	4
Hot Chocolate	3
extra espresso shot	+1
Torani flavors	+1

NUMI ORGANIC HOT TEAS 3

Earl Gray	Black
Breakfast Blend	Black
Gunpowder	Green
Jasmine	Green
Chamomile	Herbal
Mint	Herbal

SODA/ CARBONATED

Coke, Diet Coke, 7Up, Diet 7up, Mtn Dew 2.5

Ginger Brew	3
Vanilla Cream	3
Orange Cream	3
Black Cherry Cream	3
Rootbeer	3
Italian Soda (ask for flavors)	3
Red Bull	4

COLD DRINKS

Iced Tea	caffeinated black tea	3
Fresh Squeezed Lemonade		3.5
Sunset (Lemonade & Cranberry Juice)		4
Cranberry, Apple, or Pineapple Juice		3/4

Hours of Operations

Monday	11:00AM - 2:30PM
Tuesday - Friday	11:00AM - 10:00PM
Saturday	5:00PM - 10:00PM
Sunday	Closed

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