



We have lovingly created an elegant
Vegan Brunch/Lunch and full take away menu every
Saturday from 11 am to 4 pm

Buddha Brunch

@ Soulful Saturdays

Organic French toast with Vermont maple syrup, scrambled tofu & tempeh bacon, breakfast burritos, acai berry bowls with sprouted raw granola, mimosas, fresh pressed juices, just for starters along with a huge lunch menu and full beer, wine & herb-infused cocktail menu.

Check out our TO GO Refrigerator with house favorites like house-made chia puddings, raw snacks, elixirs, house-made cashew cheeses, raw chocolates and more.

Chill music, an enchanting vibe and healing food to nourish you body and soul. "Soulful Saturdays" is the perfect way to start your day.

After all, food is love.

G•ZEN

powered by
plants

Culinary team lead by:

Executive Chef Mark Shadle ~ Raw Foods Chef Ami Beach Shadle

2 EAST MAIN STREET, BRANFORD, CT 06405

203.208.0443

g-zen.com

healthy cocktails

24 Karat Turmeric Gold 14⁵⁰

Our "House Favorite" Longevity elixir with Turmeric root, fresh lemon juice, ginger root, clove, cinnamon and real Ormus gold sweetened with a hint of maple sugar and raw sake.

For a detailed description of health benefits of Ormus gold, see our Tonic Menu.

Black Magic Woman 12⁵⁰

Organic Black cherry juice, pomegranate juice infused with Wild-Crafted Elderflower Extract & Raw sake.

Fire Island Zen-tini 12⁵⁰

Organic coconut milk, coconut water, pineapple juice with Raw sake.

Apricot Tantra Zen-tini 12⁵⁰

Organic Apricot, Mango and Papaya juice with Raw sake.

Vitamin C Boost Zen-tini 12⁵⁰

Organic green teas, carrot juice, passion fruit, pear juice and raw sake

Organic Bloody Mary 10

voted the "Best Vegan Bloody Mary"

Spicy organic tomato juice, carrot, beet, parsley, lemon, jalepeno puree, horseradish, lime juice, sea salt & organic raw sake, garnished with organic celery.

Organic Mimosa 9

Organic orange juice, fresh lime juice and champagne

-  **Wheat-free**
-  **Gluten-free**
-  **Raw/Living foods**
-  **Contains Nuts**
-  **House favorite**

At G-Zen we are very conscious of our customers dietary needs, restrictions, allergies and sensitivities. We strive to make your dining experience pleasurable and well informed, therefore we have created the following Ingredients keys to help identify main categories and or common allergens. While we strive to cater to all dietary limitations, we are not a fully Gluten-free or Nut-free kitchen. We use extreme caution when preparing our foods, however we can't guarantee in the case of severe allergies or wheat or nut allergies. Please let server know of your dietary restrictions and we will do our very best to accommodate you.

We have also added our G-Zen Favorites key to let you know which menu items have become house favorites over the years!

Peace Begins On Your Plate!

buddha brunch specials

Gluten-free Pancake Special 15

Ask your server about today's organic, gluten-free pancake special.

Breakfast Burrito 15

Organic local non-GMO "Bridge" tofu scramble, home-made cilantro salsa, sautéed local greens, vegan mozzarella on a spinach whole grain wrap. Served with a side of our famous sweet potato G-Fries and house-made smoked hickory ketchup.

Scrambled Tofu platter 16

Seasoned local "Bridge" tofu scrambled with organic broccoli topped with vegan Hollandaise sauce & tempeh bacon.

Add grilled bread with Earth Balance (not gluten-free) 1

Homemade French Toast with Vermont Maple Syrup 14

Organic whole grain French toast with Vermont maple syrup & Earth Balance butter. Served with a side of tempeh bacon.

Acai Jungle Berry Bowl 12

Pure organic acai bowl with super foods fruit from Brazil, wild blueberries, Medjool dates, raw sprouted granola with hemp seeds, sunflower seeds, buckwheat groats, coconut flakes and vanilla bean with a hint of cinnamon and topped with fresh banana slices. Super delicious & highly nutritious.

Add super foods Tibetan goji berries 2

or Raw Peruvian cacao nibs for an even more nutrient dense meal 2

homemade soups/starters

Bowl of Organic Soup 7

Served with a slice of our G-Zen organic bread & spread

Homemade gluten free roll available for 3

Soup Du Jour

G-Zen House Miso  

Broccoli Tahini Bisque

Hearty Black Bean Chili 

Served with house-made tortilla chips 

Sublime Vegan Nachos 15

Our house-made corn tortilla chips with spicy black bean chili, fresh made salsa, guacamole, Kalamata olives, scallions, tofu sour crème and our melted vegan mozzarella cheese. Cashew Parmesan can be substituted instead of vegan mozzarella, please tell your server.

homemade soups/starters

Hand-crafted Artisan Cheese Plate

Our award-winning signature dish! A gorgeous variety of our house-made artisan cashew cheeses and fresh baked baguette served with fresh fruit and dates.

Inquire with your server for todays selection and pricing.

Raw Tacos 14

A house favorite. Mexican spiced raw/live walnut "taco meat", fresh guacamole, cashew sour crème in a romaine lettuce shell, topped with fresh scallions, red pepper and cashew Parmesan. (2 taco shells)

Thimble Island "Crab" Cakes 12

Seasoned tempheh cakes over shredded field greens with house-made tartar sauce & fresh lemon. **Our G-Zen version of a classic shoreline favorite.**

Sufi Kiss 12

Marinated artichoke & Kalamata olives wrapped in filo served with smoked paprika aioli over organic field greens.

G-Zen Dim Sum Plate 15

Steamed vegetable dumplings, fresh spring roll with shredded carrots, daikon & cabbage & assorted vegetable tempura with a fresh ginger tamari mirin sauce & spicy cilantro peanut sauce.

G-Fries 8

Our hand-cut sweet potato fries and house-made smoked hickory ketchup.

These are the fries that made chef mark shadle famous more than 20 years ago. Mind Boggling is the only way we can describe them.

Feisty Monkey 10

Organic whole grain pasta with fresh herbs and our house-made spicy peanut & cilantro sauce topped with cashew Parmesan. Served chilled.

Our Feisty Monkey is a crowd favorite & a best seller on our Gmonkey Food Truck.

Fresh Organic Sunflower Bread & Spread 6

Fresh baked organic whole grain bread and carrot miso spread.

Vegan Bruschetta 9

Fresh heirloom tomato, garlic, fresh basil, olive oil & topped with our vegan mozzarella toasted on our fresh baked organic bread.

 Wheat-free

 Gluten-free

 Raw/Living foods

 Contains Nuts

 House favorite

 **At G-Zen, we strive for 100% organic ingredients in every dish**

get fresh salads



Get fresh organic salads come in two sizes:
Small & Large

Classic Caesar 10 and 14 gf nut G-ZEN

Crisp organic romaine with shaved red cabbage, house-made creamy caesar dressing, topped with our house cashew Parmesan and choice of house-made whole grain croutons or corn-bread croutons gf

Quinoa Tabouli with Baby Greens 10 and 14 gf G-ZEN

Organic quinoa tabouli with fresh mint, cucumbers, onions and tomatoes served over mesclun greens with house-made carrot ginger dressing.

Spanakopita & Spinach Salad 12 and 15

Filo rolls stuffed with herbed tofu and spinach feta with grilled root vegetables served over organic spinach leaves with our house-made organic apple cider & garlic vinaigrette

Pure Radiance Salad 12 and 15 gf raw nut G-ZEN

A hearty scoop of our live, raw, sprouted nut pate over organic field greens, shredded carrots, beets, topped with raw carrot ginger dressing or our organic apple cider & garlic vinaigrette & topped with cashew Parmesan.

Our curried live/raw pate is made from sprouted organic nuts & seeds, Medjool dates, spices, fresh cilantro, raisins & a hint of exotic curry.

Add organic goji berries for added super foods nutrition for 2

Creamy Kale Salad 12 and 15 gf raw nut

Raw organic kale massaged in a creamy avocado dressing with hints of fresh lime juice & fresh cilantro, topped with banana chips, sesame seeds and house-made cashew Parmesan.



Added Jewels to any entrée or salad

Raw nut pate 5

Black bean veggie patty 5

Sea Vegetable 3

Cashew Parmesan 2

Vegan mozzarella 2

Fresh avocado 2

Caramelized onions 2

all jewels gluten-free

Substitution charges may apply per each item request, please check with server

Lunch

Zen Burger 14

Our house-made organic black bean & chipotle burger with fresh heirloom tomato, local lettuce, onion and house tofu nayo dressing on our fresh whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

The veggie patty itself is gluten-free, the whole grain bun is not. If you prefer to substitute a gluten-free roll add \$3. If you prefer no BUN, please look at our Naked Burger entree.

Additions:
Gluten-Free/
Allergen-Free Bun 3
Tempeh Bacon 2
Vegan Mozzarella 2
Fresh Avocado Slices 2
Caramelized Onions 2
Shadle Farm Pesto 3

G-Zen Mandala Gallery

Do you Love our beautiful Mandala paintings & colorful artwork throughout the restaurant? They are for sale and custom order. Please ask the hostess or servers for more info and prices.

Naked Burger 16

Large salad with mixed organic greens, shredded carrots, beets and quinoa topped with our grilled chipotle burger, homemade pesto and cashew Parmesan. Choice of our house carrot ginger dressing or raw apple cider & garlic herb vinaigrette.

Double "G" Vegan Grilled Cheese Combo 16

Our organic house-made whole grain bread, our own Shadle farm pesto, caramelized onions & vegan mozzarella grilled to perfection. Served with a side of our famous sweet potato G-fries and smoked hickory ketchup.

This Double "G" combo plate was made famous on our Gmonkey Food truck

Bella Burger 16

Marinated portabella mushroom with roasted red pepper, red onions and a spiced creamy aioli on our fresh made organic whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

Raw Radiance Collard Wrap 18

Our famous Raw Radiance curried nut pate with sprouted nuts & exotic spices, shredded veggies & our house-made peanut cilantro dressing in a collard leaf wrap. Served on a bed of organic greens, lime juice and sea salt & a side of our house-made fermented sauerkraut. Perfect if you want to enjoy a wrap with no bread and that's low in carbohydrates.

Downward Dog Bean Burrito 14

Organic brown rice, spicy black beans, local lettuce, our vegan mozzarella, and our award-winning cilantro salsa in a spinach whole grain wrap. Served with a side of our famous sweet potato G-Fries and house-made smoked hickory ketchup.

-  Wheat-free
-  Gluten-free
-  Raw/Living foods
-  Contains Nuts
-  House favorite

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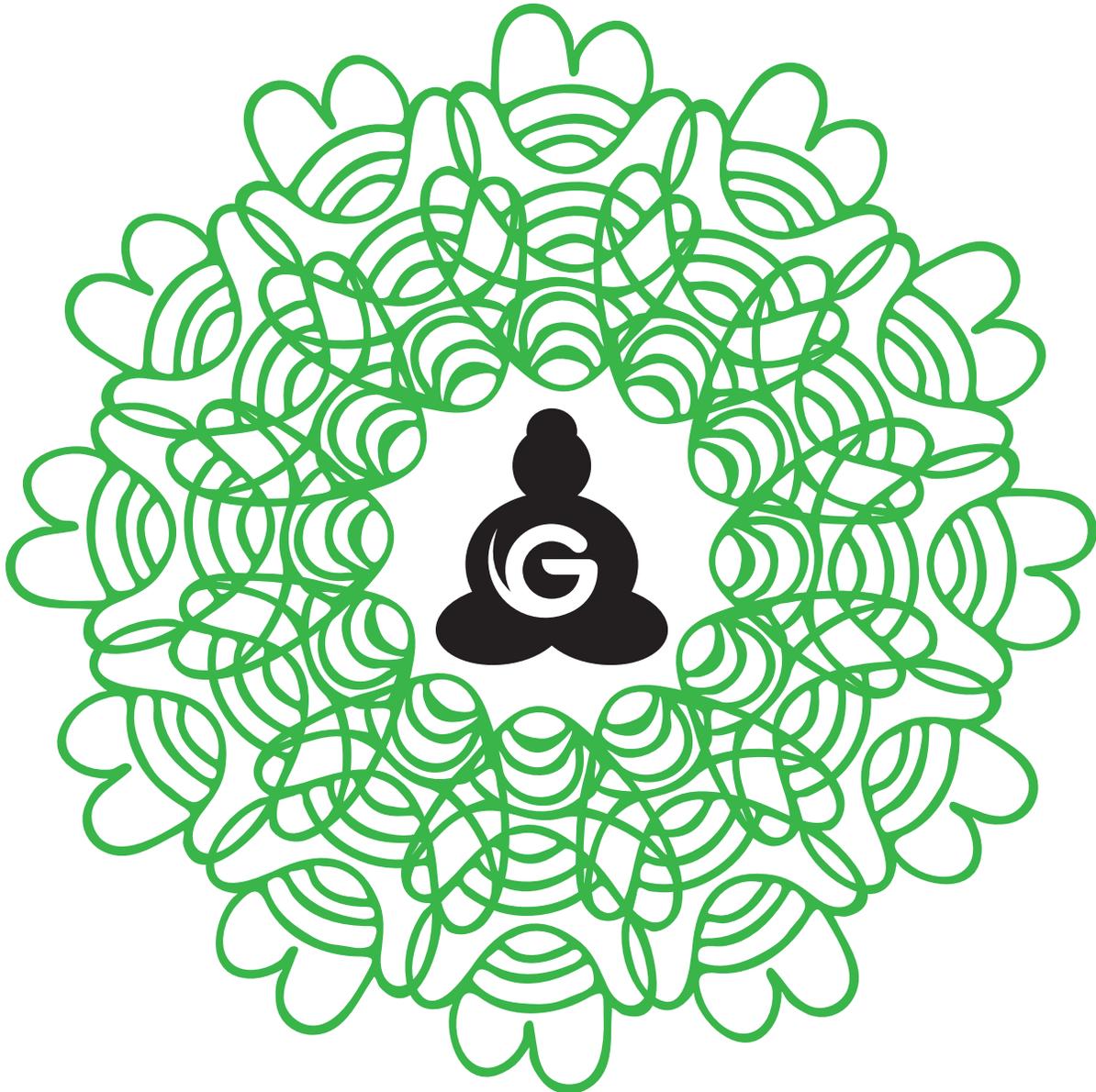
Crabbie Patty 16

Our vegan version of Thimble Island Crab Cakes with local lettuce and house-made tartar sauce on our fresh made organic whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

Gluten-free Pizza 22

Sautéed local organic garlic greens, caramelized onions, grilled portabella slices and vegan mozzarella on our delicious gluten-free, nut-free, allergen free crust.

Add Cashew Parmesan for added amazingness 2 



organic super smoothies



All 16 oz smoothies are
gluten-free and organic

Wild Jungle Peanut Butter Cup 12

Organic peanut butter, maca root, mesquite, hemp powder, cacao powder, banana, almond milk. **Great for adrenals, stamina and energy.**

Orange Mandala 12

Fresh organic oranges, coconut water, raw coconut oil, vanilla bean, maca root, banana & vanilla vegan ice creme. **Great for adrenals, mood and vitality.**

I Am Vibrant 10

Coconut water, mega greens, spirulina, raw almonds, raw coconut oil, almond milk & banana. **An alkalizing super food drink for rejuvenation and balancing the PH of body.**

We do not recommend this without the frozen banana and the consistency is light & hydrating.

Viva Verde 11

Organic kale, organic greens, raw almonds, vanilla bean, banana & Ceylon cinnamon. **A great way to get you daily greens in while tasting amazing**

Tree of Life 12

Organic Medjool dates, maca root, lacuma powder, mesquite powder, almond milk, Ceylon cinnamon, vanilla bean, banana, topped with raw cacao nibs. **Balancing for adrenals and highly nutritious.**

The Shaman 15

Raw cacao, reishi mushroom, chaga, astragalus, goji berry, ashwaganda, moringa root, lacuma, mesquite powder, Shizandra fruit, ginseng root, hawthorn berry, dandelion root, rhodiola root, ginkgo biloba leaf, gynostemma herb, Macuna, Shilajit, Yerba Mate (plus 20 other longevity herbs) raw coconut oil, carob bean, vanilla, spices, banana, nutmilk and topped with raw cacao nibs.

This is the 'gem' of our smoothies. The Shaman is a blend of over 40 longevity herbs from around the globe, raw cacao, coconut oil and delicious spices that are formulated to give your body immune boosting and balancing of every level of your being. It is delicious and will help your energy soar to new heights.

We respectfully request no alterations on our smoothie formulas and prefer to make them exactly as we intended for both taste and health benefits.



At G-Zen, we strive
for 100% organic
ingredients in every dish

fresh pressed organic juices



Please note, we don't dilute our smoothies with ice or our fresh pressed juices with water. We use only high quality organic ingredients to make them the most nutrient dense as possible.

Zen Glow 16oz 11

Organic celery, cucumber, apple, lemon, lime, beet, ginger root

Bunny Bliss 16oz 10

Organic carrot, apple, ginger root

Simply Carrot 16oz 10

Dr. Greens 16oz 12

Organic celery, cucumber, kale, spinach, lemon, ginger, cilantro, pear

Zen Warrior Immunity 2oz shot 4

Fresh lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove essential oil and maple syrup. **Boosts your entire immune system, fight viruses and clear sinuses naturally.**

Tummy Love 2oz shot 4

Turmeric root, fresh ginger juice, cinnamon leaf, peppermint essential oil and maple syrup. **stimulates digestion, anti-inflammatory, improves metabolism, soothes the stomach.**



tonic & longevity elixirs



All Gluten-free and Organic

Tonics & Elixirs are a mixture of medicinal spices, extractions and herbal formulas used to help restore, tone and invigorate systems in the body or to promote general health and well-being.

Turmeric Gold Elixir 16oz 12

Turmeric root, fresh lemon juice, ginger root, clove, cinnamon and Ormus gold sweetened with a hint of maple sugar. **served cold only.**

Ormus gold is made from 99.9% pure monoatomic gold and 30 other minerals that contain anti-aging characteristics, immune boosting functions and the ability to repair cells on a DNA level. Ormus has a healing effect on the whole body and may help in rejuvenation of the tissues and organs. Ormus Gold is considered one of the the most powerful longevity secrets.

Chaga Chai Longevity Tonic 9

Over 20 longevity herbs including chaga mushroom, reishi mushroom, astragalus, cacao, Shilajit, Moringa, dandelion root, cinnamon, ginger root, rhodiola root, coconut milk, chai spices and organic maple syrup.

May contain soy

This is an all herbal tonic. Absolutely delicious. served steamed or iced.

Intelligent Coffee 7

A synergistic blend of organic coffee with chaga mushroom, reishi mushroom, Peruvian cacao & adaptogenic herbs for adrenals and stamina.

The Shaman 15

Raw cacao, reishi mushroom, chaga, astragalus, goji berry, ashwaganda, moringa root, lacuma, mesquite powder, Shizandra fruit, ginseng root, hawthorn berry, dandelion root, rhodiola root, ginkgo biloba leaf, gynostemma herb, Macuna, Shilajit, Yerba Mate (plus 20 other longevity herbs) raw coconut oil, carob bean, vanilla, spices, banana, nutmilk and topped with raw cacao nibs.

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Spring Dragon Longevity Tea 6

With five premier tonic herbs infused with premium Gynostemma leaves, this is one of the most broad-spectrum health promoting teas in the world.

Gynostemma known as the miracle grass of Asia, infused with extracts of Luo han guo, Schizandra, Lycium, Astragalus, and Siberian ginseng. This healthy tea is extremely pleasing and intensely refreshing and caffeine free.

Green Water with 78 trace minerals

5 glass/12 in Bottle

Pure triple filtered water with concentrated chlorophyll, oxygen & 78 trace minerals. **Neutral taste/feel the difference**

Improve digestion

Alkalize the blood

Boost energy

Boost red blood cells

Boost immune system

Enhances nutrient absorption

Zen Warrior Immunity 2oz shot 4

Fresh Lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove essential oil and maple syrup. **Boost entire immune system, fight viruses and clear sinuses naturally.**

Tummy Love 2oz shot 4

Turmeric root, fresh ginger juice, cinnamon leaf, peppermint essential oil and maple syrup. **stimulates digestion, anti-inflammatory, improves metabolism, soothes stomach.**

Most Popular Super Foods

Lacuma is a superfood fruit from Peru that is great for digestion, metabolism and energy and has a natural caramel flavor.

Maca root is another super foods that is an adaptogenic herb and great for over all health, well being and immune function Maca is powerful for balancing hormones.

Mesquite powder is delicious and compliments the flavor of cacao perfectly. It is great for boosting metabolism and loaded with minerals and anti-oxidants.

Chaga and Reishi Mushrooms are considered the King and Queen of most healing foods on the planet and benefits the entire immune system.

Astragalus from China is used for colds, flus and other respiratory infections. It helps protect the body from physical and emotional stress.

Siberian Ginseng boosts stamina and strength in the body & greatly reduces fatigue.



cool drinks

Natural Sodas 4

Root Beer, Creme Soda, Natural Cola, Diet Cola (sweetened with stevia leaf), Diet Root Beer (sweetened with stevia leaf)

Izzy's 100% Fruit juice spritzer 3

Assorted flavors

Iced Herbal Hibiscus,

Goji Berry & Lemongrass Sun Tea 5

Iced Organic Coffee (in season) 5

Iced Kukicha 4

Organic Juices 5

Assorted flavors

G-Zen Root Beer Float 8

Organic vanilla ice creme, natural root beer and soy whip.

Iced Longevity Chai Chaga Latte 9

Our famous creamy Chaga Chai Latte with over 40 longevity herbs.

Turmeric Gold Elixir 12

For detailed description see Tonic/Elixirs section.

hot drinks

coffees, teas & lattes

made with triple filtered water

Organic Fair Trade Coffee 3

Intelligent Coffee 7

A synergistic blend of organic coffee with chaga, reishi mushroom, Peruvian cacao & adaptogenic herbs.

Longevity Chai Chaga Latte 9

Our famous creamy Chaga Chai Latte with over 40 longevity herbs.

Organic House-made Chai 6

Organic Chai Latte 6

Organic Latte 6

Organic Mocha Latte 6

Organic Hot Cocoa with Steamed Milk 6

Organic Espresso 4

Organic Grain Coffee Au Lait 6

Coffee substitute with almond milk, cinnamon & nutmeg.

Organic Kukicha Twig tea 4

Organic Individual Tea pot 4

Assorted blends

Spring Dragon Longevity Tea 6

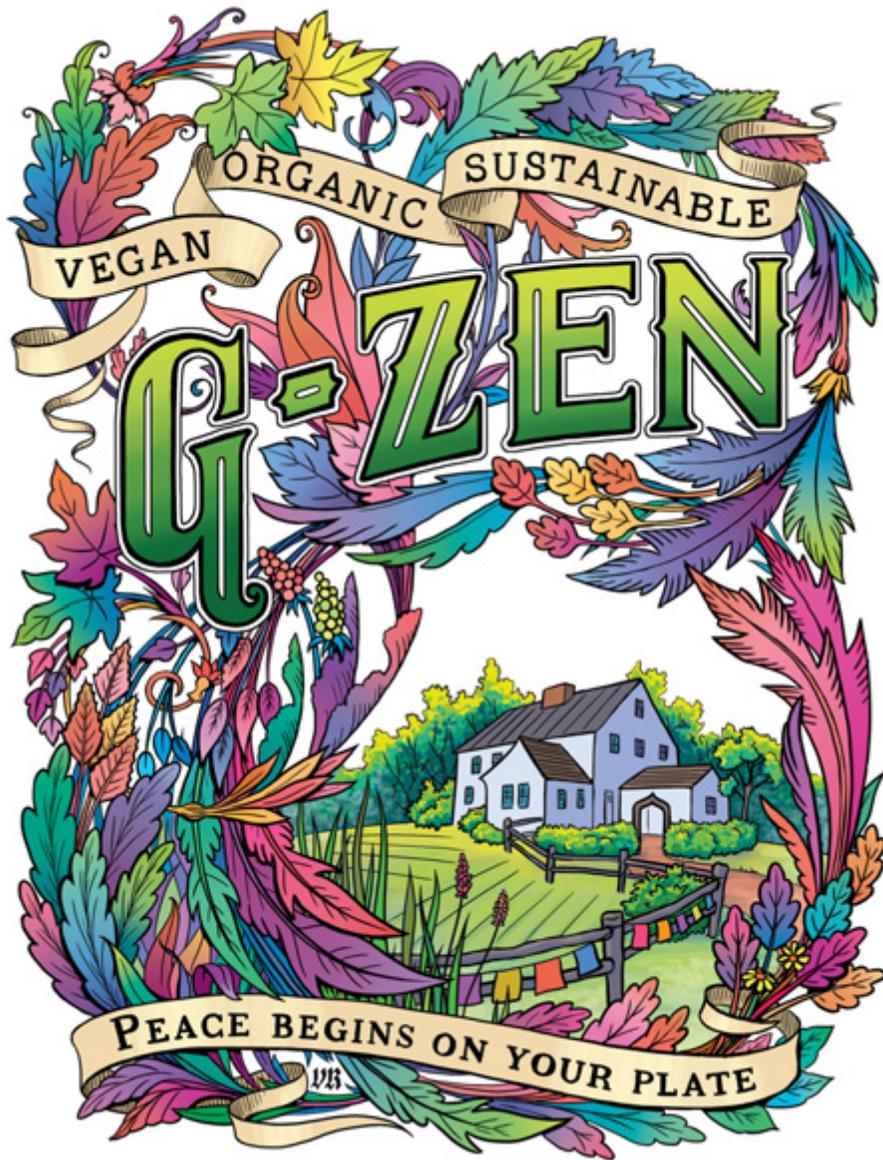
Gynostemma known as the miracle grass of Asia, infused with extracts of Luo Han Guo, Schizandra, lycium, astragalus, and Siberian ginseng.



Organic almond milk, soy milk, raw organic sugar, agave and stevia available upon request



At G-Zen, we strive
for 100% organic
ingredients in every dish



We proudly source many organic, seasonal ingredients & herbs for our menu from Shadle Farm (our solar powered farm) in Durham, CT. Shadle Farm is also the commercial base for our nationally acclaimed vegan mobile food truck called Gmonkey Mobile. Our food is healthy for humans & the planet as a whole.

Thank you for supporting our vision of a more peaceful and sustainable future.

Welcome to our G-universe:

Join our GREEN revolution!

G•ZEN

powered by
plants



gmonkey™
FARM 2 STREET



G•glo™

authentic raw lifestyle

visit: g-zen.com | gmonkeymobile.com | g-glo.com