

G•ZEN dessert menu



Our desserts are made in-house from scratch daily by our Award-winning culinary team.

We replace all the traditional ingredients found in most desserts like processed sugar, milk and eggs and substitute with healthy alternatives like organic whole grain pastry flour and nut milks. We use unprocessed organic maple syrup, date sugar, coconut nectar and other natural sweeteners. We also are known for our famous raw desserts, cheese-cakes and house-made gelato ice cremes that are grain-free, soy-free, gluten-free and with no processed sugars.

Raw Lemon Lavender Cheesecake 14 gf raw nut

With an almond crust & Acai berry coulis.

Raw Chocolate Almond Butter Crunch Torte 14 gf raw nut g•zen

Raw chocolate ganache filling with an almond butter crunch layer & raw cacao brownie crust.

Rawlicious Fudge Sundae 16 gf raw nut

Raw Insanity. Two scoops of of raw cashew gelato, chocolate fudge sauce, cashew vanilla creme, chopped walnuts and raw cacao nibs with fresh mint sprig. Choice of Vanilla Bean Lacuma or Cacao Maca Fudge.

Coconut Love Cake 10 gf g•zen

Triple decadent layers of vanilla & coconut infused white cake with coconut creme frosting and shredded coconut. Garnished with a raspberry coulis.

Traditional Spiced Carrot Cake 9 nut g•zen

Award-winning spiced layered carrot cake with a fresh ginger creme frosting with chopped walnuts & raisins.

Chocolate Velvet Cake 10 nut g•zen

Decadent dark chocolate layer cake with velvet chocolate frosting and toasted almonds.

Raw Cacao Mousse 9 gf raw g•zen

Add Cashew Vanilla Creme 3 nut

Raw Cacao & Coconut Truffles 7 gf raw

We make the most divinely decadent desserts without any of the guilt. Tasting is Believing!

- wf Wheat-free
- gf Gluten-free
- raw Raw/Living foods
- nut Contains Nuts
- g•zen House favorite

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

g-zen desserts (cont)

Zen Bread Pudding with Mixed Berry Compote 12

Our house-made bread pudding with almonds, raisins & Ceylon cinnamon. Served warmed with a chilled berry compote.

Ray of the Sundae 8

With organic vanilla rice based ice creme, chocolate fudge, soy whip & chopped walnuts.

House-made Raw Cashew Gelato Ice Creme 12

Vanilla Bean Lacuma and Cacao Maca Fudge served in a half of coconut shell & mint sprig. This House favorite will blow your mind and your palette.

If you prefer just one flavor and not both, tell your server.

G-Zen Root Beer Float 8

Our vegan version of a classic made with organic vanilla ice creme, natural root beer and soy whip.

Add à la mode
One Scoop
Organic Vanilla
Nice Crème 3
One Scoop of
Raw Cashew Gelato 6
Add Organic
Soy Whip 2
Add Raw Cashew
Vanilla Crème 3
Add Raw
Cacao Nibs 2



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 mushroom, reishi mushroom, Peruvian cacao & adaptogenic herbs for adrenals and stamina.

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

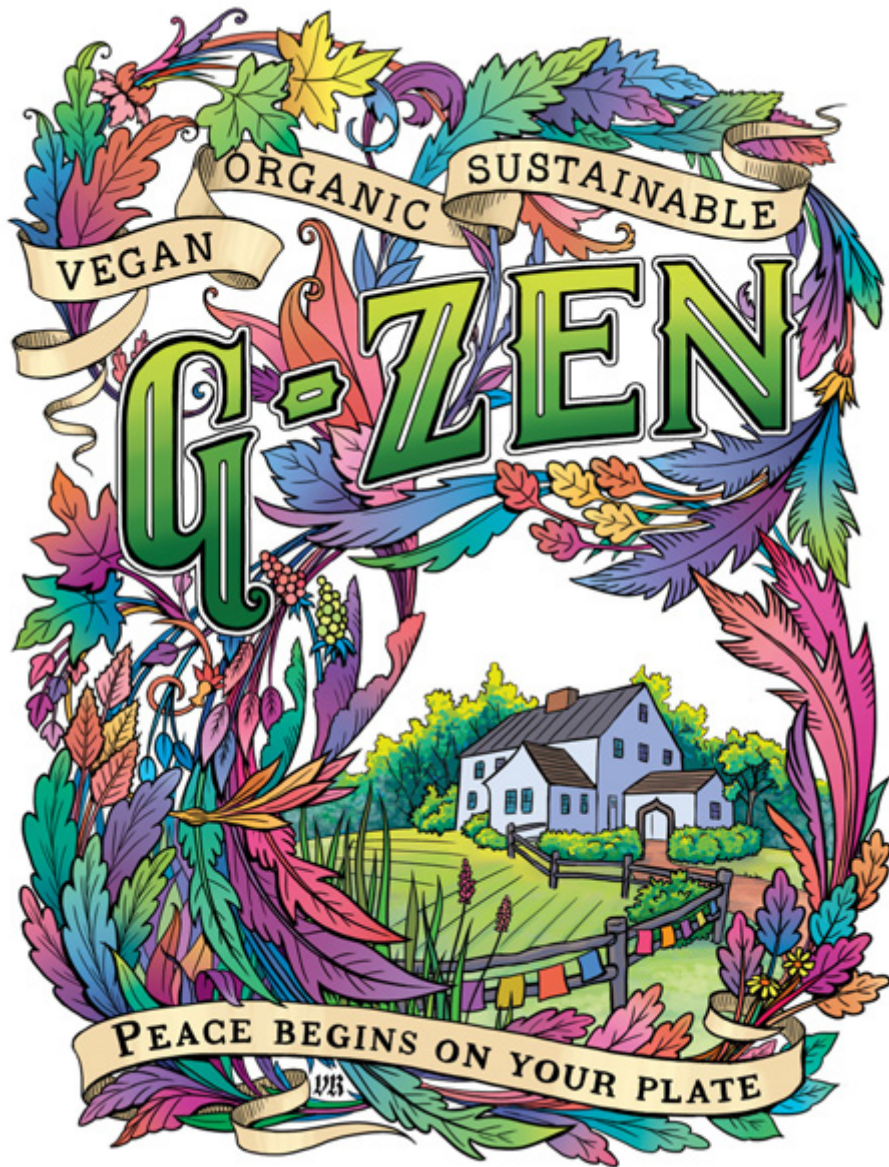
Organic Individual Tea pot 4 *Assorted blends*

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.

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

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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.

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g-zen.com