

# G•ZEN restaurant

ORGANIC SUSTAINABLE VEGAN CUISINE

media recognition  
and awards:



## homemade soups/starters

**Bowl of Organic Soup 8**   
Served with a slice of our G-Zen organic bread & spread.

**Homemade gluten-free roll** available for 3

**Soup Du Jour**

**Hearty Black Bean Chili**   
Served with house-made tortilla chips.

**Sublime Vegan Nachos 20**   
Our house-made corn tortilla chips with spicy black bean chili, fresh made salsa, guacamole, kalamata olives, scallions, tofu sour creme and our melted vegan mozzarella cheese. Cashew parmesan can be substituted for the vegan mozzarella. Please ask your server.

*So big, we recommend sharing them!*

### Hand-Crafted

**Artisan Cheese Plate**   
Our award-winning signature dish! A gorgeous variety of our house-made artisan cashew cheeses and fresh-baked baguette slices served with fresh fruits and dates.

*Ask your server for today's special selection and pricing.*

**Raw Tacos 15**   
Mexican spiced raw/live walnut taco "meat", fresh guacamole and cashew sour creme in a romaine lettuce shell, topped with fresh scallions, red pepper, and cashew parmesan. (2 taco shells)

**Thimble Island "Crab" Cakes 14**

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

**G-Zen Dim Sum Plate 18**   
Steamed vegetable dumplings with fresh spring roll filled with shredded carrots, daikon, cabbage & assorted vegetable tempura with a fresh ginger tamari-mirin sauce & spicy cilantro-peanut sauce.

**G-Fries 9**   
Our hand-cut sweet potato fries with house-made hickory smoked ketchup.  
*These are the fries that made chef Mark famous more than 20 years ago. Mind boggling is the best way we can describe them!*

**Feisty Monkey 14**   
Organic whole-grain pasta with fresh herbs and our house-made spicy peanut & cilantro sauce topped with cashew parmesan. Served chilled.  
*This is a crowd favorite and a best seller on our GMonkey® Food Truck.*

**Fresh Organic Sunflower Bread & Spread 7**   
Fresh baked organic whole-grain bread & carrot-miso spread.

**Vegan Bruschetta 14**   
Fresh heirloom tomato, garlic, fresh basil & olive oil with our vegan mozzarella on our toasted, fresh-baked organic bread.

**Raw Radiance Collard Wrap 12**   
Our famous raw radiance curried nut paté with sprouted nuts & exotic spices, shredded veggies & our house-made spicy peanut-cilantro dressing in a collard leaf wrap. Served on a bed of organic greens with lime juice and sea salt & a side of our house-made fermented sauerkraut.

## handhelds

**Zen Burger 17**   
Our house-made organic black bean & chipotle burger with fresh heirloom tomato, local lettuce, onion & house tofu mayo dressing on our fresh, whole-grain bun. Served with our famous sweet potato G-fries and house-made hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).

*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 check out our Naked Burger entrée.*

**Gluten-Free Pizza 24**   
Sautéed local organic garlic greens, caramelized onions, grilled portabella slices & vegan mozzarella on our delicious gluten, nut and allergen-free crust.  
**Add cashew parmesan for added amazingness 2**

**Double "G" Vegan Grilled Cheese Combo 18**   
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 hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).

**Raw Radiance Collard Wrap 18**   
Our famous Raw Radiance curried nut paté 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 with lime juice and sea salt & a side of our house-made fermented sauerkraut. Perfect if you want to enjoy a grain-free, low-carb wrap.

**Downward Dog Bean Burrito 17**   
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 hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).

**Crabbie Patty 18**   
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 hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).  
**Substitute a GF roll (add 3).**

**Grilled Tempeh Rueben 18**   
Marinated organic tempeh with our house-made fermented sauerkraut, spicy mustard & Russian dressing on our grilled organic whole-grain sunflower bread. Served with a side of our famous G-fries and house-made hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).

### Add-Ons To Any Menu Item

Smoked Coconut Bacon	2	Vegan Mozzarella	2	Tempeh Bacon	2
Fresh Avocado Slices	3	Caramelized Onions	2	Basil Pesto	3
Raw Nut Paté	6	Cashew Parmesan	2		

## get fresh salads



Our fresh organic salads come in two sizes: small & large

**Classic Caesar 12/15**   
Crisp organic romaine with shaved red cabbage, house-made creamy caesar dressing, and topped with our house-made cashew parmesan; choice of house-made, whole-grain croutons or gluten-free corn bread croutons.

**Pure Radiance Salad 14/17**   
A hearty scoop of our live, raw, sprouted nut paté served over organic field greens, shredded carrots and beets and topped with either our raw carrot ginger dressing or organic apple cider and garlic vinaigrette & sprinkled with cashew parmesan.

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

**Add organic goji berries 2**

**Creamy Kale Salad 14/17**   
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.

Enjoy Our Buddha Brunch Specials From 12-4 PM  
On soulful Saturdays Only



## buddha brunch specials

**Gluten-Free Pancake Special 15**   
Ask your server about today's organic, fresh, gluten-free pancake special.

**Breakfast Burrito 18**   
Organic local non-GMO "Bridge" tofu scramble, home-made cilantro salsa, sautéed local greens, and vegan mozzarella, on a spinach whole-grain wrap. Served with a side of our famous sweet potato G-Fries and house-made hickory smokef ketchup.

**Scrambled Tofu Platter 17**   
Seasoned local "Bridge" tofu scramble with organic broccoli topped with vegan Hollandaise sauce & tempeh bacon.  
**Add grilled bread with Earth Balance® 1** (not gluten-free)

**Homemade French Toast With Vermont Maple Syrup 16**   
Organic whole grain French toast with Vermont maple syrup and Earth Balance® butter. Served with a side of tempeh bacon.

**Sublime Avocado Toast 16**   
House-made guacamole, fresh tomato, G-Zen smoked coconut-maple bacon & local microgreens on our house-made sunflower bread served over organic field greens with apple cider vinaigrette & a pinch of sea salt.



(see other side for more)



No substitutions to any menu items other than those listed. If you'd like something omitted, please let your server know. Thank you for your understanding.

Wheat Free Gluten-Free Contains Nuts Raw/Living Foods GMonkey® Item Buddha Brunch Item House Favorite Organic

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Prices are subject to change at any time.

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## entrées

**Creole Tempeh 25**