

# 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

### G-Zen House Miso

### Broccoli Tahini Bisque

### Hearty Black Bean Chili

Served with house-made tortilla chips.

### Sublime Vegan Nachos 17

Our house-made corn tortilla chips with spicy black bean chili, fresh made salsa, guacomole, kalamata olives, scallions, tofu sour crème 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 crème in a romaine lettuce shell, topped with fresh scallions, red pepper, and cashew parmesan. (2 taco shells)

### Thimble Island "Crab" Cakes 12

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

### Sufi Kiss 14

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

### G-Zen Dim Sum Plate 16

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 12

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 12

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 15

Our house-made organic black bean & chipotle burger with fresh heirloom tomato, local lettuce, onion & house tofu nayo 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 23

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 17

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).

### Bella Burger 17

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

### Add-Ons To Any Menu Item

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

### 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 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 hickory smoked ketchup. Can substitute small house salad for fries (full menu price applies for any other request).

### Crabbie Patty 17

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 17

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).

## 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.

### Quinoa Tabouli & Baby Greens 12/15

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

### Spanakopita & Spinach Salad 12/15

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

### Pure Radiance Salad 13/16

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 13/16

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 16

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 smokey 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 15

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

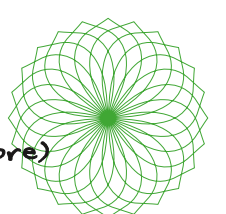
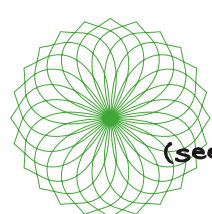
### Açai Jungle Berry Bowl 14

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

Add Tibetan goji berries or Raw Peruvian cacao nibs for an even more nutrient dense meal 2

### Sublime Avocado Toast 16

House-made guacomole, 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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## entrées

**Creole Tempeh 25** Organic seasoned tempeh with caramelized onions, fire-roasted pepper Creole sauce, mashed potatoes, sautéed local organic greens & house-made corn bread.

**Mayan Sun 22** Seasoned sweet potato enchiladas with tomato & red onion wrapped in an organic house-made corn tortilla, covered with mole rojo & your choice of vegan mozzarella or cashew parmesan. Served with beans and organic brown rice, salsa & tofu sour crème served over organic field greens.

**Portabella Tofu Napoleon 24** Organic portabella mushroom & local organic "Bridge" tofu layered with caramelized onion and prosciutto mushroom merlot sauce with mashed red potato & roasted asparagus.

**Kama Sutra 23** Sweet potato, broccoli & vegetables simmered in a creamy coconut curry with local "Bridge" tofu, diced tomatoes, fresh lemongrass & cashews served over organic brown rice.

Can be served without soy tofu.

**Raw Pasta 24** Tri-colored pasta made from organic carrots, beets & daikon noodles in our fresh heirloom and sun-dried tomato marinara with savory herbs & garlic, topped with cashew parmesan. Served over local greens with a side of our spicy house-made kale chips.

**Garden Guru 24** Choose any 4 sides from the items listed below to create your own custom Garden Guru. No other menu items can be added. If you wish to order something else to complement your entrée, the stated price would apply.

**Raw Tacos 25** Mexican spiced raw/live wanut taco "meat", fresh guacamole, cashew sour crème in a romaine lettuce shell topped with fresh scallions, red pepper and cashew parmesan. (4 taco shells)

**Rock The Casbah 23** Traditional Moroccan stew made with organic local "Bridge" tofu with chickpeas, peppers, tomatoes, sweet potato & onion. Seasoned with Moroccan spices, toasted fennel & ground cinnamon; served over organic brown rice.

Can be served without soy tofu.

**Spinach & Potato Pierogi 22** A vegan version of traditional pan-fried spinach & potato pierogies with caramelized onions & sautéed local garlic greens with organic apple butter and house-made tofu sour crème served on the side.

**Wheel of Dharma 18** Vegetable udon noodle bowl with shiitake mushroom, arame & tofu in a ginger & garlic broth with vegetable dumplings.

**Zen Macro Plate 18** A balanced macrobiotic dish with organic brown rice, beans, steamed greens, roots, sea vegetables & pickled daikon topped with Gomasio.

**Naked Burger 17** 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.

## healthy & organic sides

- Spanakopita 8
- Sautéed Veggies 8
- Sautéed Local Greens 8
- Creole Tempeh 8
- Roasted Asparagus 8
- House Side Salad 8

- Baked & Seasoned Local Tofu 8
- Mashed Potatoes & Gravy 7
- Brown Rice & Beans 7
- Black Bean Veggie Patty 6
- Gluten & Allergen-Free Bun 5

All organic sides are gluten-free with the exception of Spanakopita.

## desserts

**Raw Lemon Lavender Cheesecake 14** With an almond crust & açai berry coulis.

**Rawlicious Fudge Sundae 16** **RAW INSANITY.** Two scoops of raw cashew gelato, chocolate fudge sauce, cashew vanilla crème, chopped walnuts & raw cacao nibs with fresh mint sprig. Choice of vanilla bean Lacuma or cacao maca fudge.

**Traditional Spiced Carrot Cake 10** Award-winning spiced layered carrot cake with a fresh ginger crème frosting chopped walnuts & raisins.

**Chocolate Velvet Cake 10** Decadent dark chocolate layer cake with velvet chocolate frosting & toasted almonds.

**Raw Cacao Mousse Mousse 10** Made with fresh avocado, heirloom cacao, and a hint of maple syrup.

**Raw Cacao & Coconut Truffles Truffles 7** Two raw cacao and coconut truffles lightly sweetened with Medjool dates & sprinkled with ceylon cinnamon.

**Raw Chocolate Almond Butter Crunch Torte 14** Raw chocolate ganache filling with an almond butter crunch layer & raw cacao brownie crust.

**Coconut Love Cake 10** Triple decadent layers of vanilla & coconut infused white cake with coconut crème frosting and shredded coconut. Garnished with a raspberry coulis.

**Ray Of The Sundae 12** With organic vanilla coconut-based ice crème, chocolate fudge, coconut whip & chopped walnuts.

**House-Made Raw Cashew Gelato Ice Crème 12** Vanilla bean Lacuma and cacao maca fudge served in a half coconut shell with mint sprig. This house favorite will blow your mind and your palette.  
If you prefer just one flavor, please tell your server.

**G-Zen Root Beer Float 9** Our vegan version of a classic made with organic vanilla ice crème, natural root beer and coconut whip.

**Organic Add-ons**

One Scoop Dragon Fruit Gelato 7	Raw Cacao Nibs 2
One Scoop Raw Cashew Gelato 7	Goji Berries 2
Raw Cashew Vanilla Crème 3	Coconut Whip 3
One Scoop Coconut Ice Crème 4	

## organic super smoothies (16 oz.)

**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 crème. **Great for adrenals, mood and vitality.**

**I Am Vibrant 10** A hydrating blend of 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 the body.**

**Viva Verde 12** Organic kale, organic greens, raw almonds, vanilla bean, banana & Ceylon cinnamon. **An amazingly tasty way to get your daily greens**

**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 16** 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, raw coconut oil, carob bean, vanilla, banana & nutmilk topped with raw cacao nibs.

The Shaman is a blend of over 40 longevity herbs & delicious spices that are formulated to give your body an immunity boost, balance every level of your being & help your energy soar to new heights.

This is the "gem" of our smoothies.

Please note: we do not alter smoothies or make custom blends.

## fresh-pressed organic juices

**Zen Glow 16oz 13** Organic celery, cucumber, apple, lemon, lime, beet, ginger root

**Bunny Bliss 16oz 12** Organic carrot, apple, ginger root

**Simply Carrot 16oz 11** Organic carrot, apple, ginger root

**Dr. Greens 16oz 13** Organic celery, cucumber, kale, spinach, pear, lemon, ginger & cilantro

We do not alter our juices or make custom blends.

## tonics & longevity elixirs

**Turmeric Gold Elixir 16oz 12** Turmeric root, fresh lemon juice, ginger root, clove, cinnamon & Ormus gold sweetened with a hint of maple sugar. **Served cold only.**

**Chaga Chai Longevity Tonic 10** 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. **Served hot or iced. (may contain soy)**

**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 is known as the miracle grass of Asia & is infused with extracts of Luo han guo, Schizandra, Lycium, Astragalus & Siberian ginseng.

**Zen Warrior Immunity 2oz. shot** Fresh lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove essential oil & maple syrup.

**Tummy Love 2oz. shot 4** Turmeric root, fresh ginger root, cinnamon leaf, peppermint, essential oils & maple syrup.

## cool drinks

**Natural Sodas 4** Root Beer, Cream 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 5** (in season)

**Organic Juices 5** Assorted flavors



Culinary Team Lead By:

Executive Chef, Mark Shadle  
Raw Foods Chef, Ami Beach



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

(see other side for more)

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

**Organic Grain Café Au Lait 6** Coffee substitute made with your vegan milk of choice, cinnamon & nutmeg.

**Organic Latte 6**

**Organic Mocha Latte 6**

**Organic Hot Cocoa With Steamed Milk 6**

**Organic Espresso 4**

**Organic Kukicha Twig Tea 4**

**Organic Individual Tea Pot 4** Assorted blends

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