mac n cheese bowlz

z'mac n cheese of cavitappi pasta smothered in our trademark blend of melted cheeses, finished with cheddar jack cheese...6.99 sm...5.49

z'jalapeno bacon mac *j* punch up the flavor with bacon and fresh jalapenos...9.99 sm...8.99

z'buffalo chicken mac *j* buffalo sauce, bleu cheese crumbles, carrots and green onions, smothered in our cheese sauce, topped with crispy fried onions...9.99 sm...8.99

z'garlic mac chicken sautéed with garlic and red onion, finished with romano cheese...9.99 sm...8.99

want to swap the chicken for another protein? just ask!



substitute brown rice @ no charge

z'teriyaki broccoli, carrots, green onions & mushrooms sautéed in our terivaki, on cilantro-lime rice...7.49 sm...6.49

z'fajita chicken grilled chicken, red & green peppers and red onions sautéed in our zesty fajita sauce, on cilantrolime rice, garnished with cheddar jack cheese and sour cream...9.99 sm...8.99

want to swap the chicken for another protein? just ask!

z'thai stir-fry *j* broccoli, carrots, snap peas and roasted peanuts sautéed in our spicy peanut sauce over a bed of cilantro-lime rice...7.49 sm...6.49

health it up! swap the rice with a bed of fresh lettuce



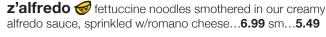
regular-size bowls served with fresh bread

z'beer cheese our creamy three-cheese blend with herbs & spices and simple notes of american wheat ale...5.99 sm...4.99

z'chicken noodle our creamy take on the classic, with orzo noodles & fresh vegetables...5.99 sm...4.99

z'soup & salad 2 small bowls, w/fresh bread...9.99*

*add 2.99 for asian or thai chicken salads



sauce, topped with cilantro...7.49 sm...6.49

z'krith-a-raki orzo noodles, broccoli and green onions sautéed in butter and fresh garlic, finished with romano cheese...7.49 sm...6.49

noodle bowlz

add 6 italian meatballs!...2.99 sm (3)...1.99

tomatoes, red & green peppers, zucchini, red onions, spinach,

fresh garlic & rosemary, accented with feta...7.49 sm...6.49

z'spicy peanut *i* rice stick noodles, broccoli, carrots,

cabbage and roasted peanuts sautéed in our spicy peanut

z'pesto bowtie pasta sautéed with pesto sauce, fresh

tomatoes & a hint of cream, finished w/romano...7.49 sm...6.49

make it a pesto pomodoro! add marinara...0.99

z'marinara for penne pasta and our classic tomato

z'veggie tuscana penne pasta sautéed w/olive oil,

sauce topped with romano cheese...6.99 sm...5.49

go authentic greek with feta cheese!...add 0.99

z'udon *j* japanese udon noodles stir-fried with broccoli, mushrooms & carrots in our spicy chili-garlic sauce, topped with cilantro...7.49 sm...6.49

z'buttered penne *sta tossed with* butter and topped with romano cheese...6.99 sm...5.49

z'lemon sauté our lemon-cream sauce w/orzo noodles, zucchini & spinach, sprinkled with romano...7.49 sm...6.49

add 6 italian meatballs!...2.99 sm (3)...1.99

z'mostaccioli sautéed garlic, white wine and cream with penne pasta, tomatoes, red onions, mushrooms & spinach, finished with romano cheese...7.49 sm...6.49

add protein & more

grilled chicken • shrimp • 6 meatballs tofu • gyro meat • bacon...2.99 ea

fresh bread...0.99 • pita appetizer...2.99

extra sauce • any veggie • any cheese...0.99 ea



combo

pick any small bowl and pair it with a small soup or salad ... 10.49*

*add 2.99 for fajita chicken, buffalo mac, garlic mac, jalapeno bacon mac, asian salad or thai chicken salad



regular-size bowls served with fresh bread

z'thai chicken grilled chicken, red cabbage, carrots and tomatoes on mixed greens, topped w/crushed peanuts & cilantro, with our signature cashew dressing...9.49 sm...8.49

want to swap the chicken for another protein? just ask!

z'greek mixed greens, tomatoes, cucumbers, red onions & green peppers tossed with our trademark greek vinaigrette, feta cheese, kalamata olives and pepperoncinis...6.79 sm...5.69

z'asian bowtie pasta, spinach, grilled chicken, green onions and dried cranberries tossed with our asian vinaigrette, topped with mandarin oranges and wonton strips...9.49 sm...8.49

z'caesar our creamy caesar dressing tossed with mixed greens, croutons and romano...6.79 sm...5.69

z'house mixed greens, tomatoes, cucumbers, cheddar jack cheese and croutons, served with your choice of ranch. balsamic vinaigrette or creamy cashew...6.79 sm...5.69

punch up the flavor with some bacon! add...2.99



make it a combo! add a small soup or salad...11.99* *add 2.99 for asian or thai chicken salads

Z'gyro sliced gyro, red onion and lettuce topped with our fresh cucumber/tomato pico and tzatziki sauce...8.49

z'chicken souvlaki marinated chicken, red onion and lettuce topped with our fresh cucumber/tomato pico and tzatziki sauce...8.49

z'chicken BLT sautéed chicken and bacon with lettuce. tomato, cheddar jack cheese and house-made ranch dressina...8.49

mason city 2105 4th st sw 641.450.1199



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allergies? vegetarian? please let us know!