

## mac n cheese bowlz

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

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

**z'buffalo chicken mac** 🌶️ 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!**

## rice bowlz

substitute brown rice @ no charge

**z'teriyaki** broccoli, carrots, green onions & mushrooms sautéed in our teriyaki, 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 cilantro-lime rice, garnished with cheddar jack cheese and sour cream...**9.99** sm...**8.99**

**want to swap the chicken in your fajita or burrito bowl? just ask!**

**z'burrito bowl** sautéed chicken and red onion over cilantro lime rice and black beans, topped with our fresh salsa, cheddar jack cheese & your choice of sour cream or guacamole...**9.99** sm...**8.99**

**z'thai stir-fry** 🌶️ 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**

## soup bowlz

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 **2.79** for asian or thai chicken salads

## noodle bowlz

**z'marinara** 🍷 penne pasta and our classic tomato sauce topped with romano cheese...**6.99** sm...**5.49**

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

**z'veggie tuscana** penne pasta sautéed w/olive oil, tomatoes, red & green peppers, zucchini, red onions, spinach, fresh garlic & rosemary, accented with feta...**7.49** sm...**6.49**

**z'spicy peanut** 🌶️ rice stick noodles, broccoli, carrots, cabbage and roasted peanuts sautéed in our spicy peanut sauce, topped with cilantro...**7.49** sm...**6.49**

**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'alfredo** 🍷 fettuccine noodles smothered in our creamy alfredo, sprinkled w/romano...**6.99** sm...**5.49**

**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**

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

**z'udon** 🌶️ 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** 🍷 penne pasta 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

pita appetizer...**2.99** • fresh bread...**0.99** • fresh guac...**1.99**

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

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## z'combo

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

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

## salad bowlz

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*, *creamy cashew* or *balsamic vinaigrette*...**6.79** sm...**5.69**

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

## pita sandwiches

**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 dressing...**8.49**

🌶️ spicy 🍷 kidz favorite

allergies? vegetarian?  
please let us know!