

# BREAKFAST

Full Menu served until 12:00 pm  
First seven egg items served until 2:00 pm

## HOT DRINKS.....tall / regular / small

House Coffee		2.05 / 1.85
Americano	(hot water and espresso)	1.95
Hammerhead	(hot coffee and espresso)	2.35
Hot Tea	(English breakfast, decaf earl grey, earl grey, peach, green, white tea, chamomile, spearmint)	1.95
Espresso		1.95
Macchiato	(espresso with a drop of steamed milk)	2.05
Café Latte		3.30 / 2.65
White Chocolate Latte		3.95 / 3.50
Chai Latte		3.30 / 2.65
Café au Lait		3.30 / 2.65
Cappuccino	(8 oz.)	2.50
Mocha		3.75 / 3.10
Hot Chocolate		3.10 / 2.65 / 2.00
Extra Espresso shot		.65
Soy Milk		.65
Flavors	(hazelnut, vanilla, sugar free vanilla, almond)	.65

## COLD DRINKS.....tall / regular / small

Iced Tea	(house black and green)	2.50
Iced Chai		3.30
Fresh Lemonade with mint		2.50
Arnold Palmer	(iced tea and lemonade)	2.50
Iced Coffee		2.50
Iced Latte	(16 oz. glass)	3.30
Iced Cappuccino	(12 oz. glass)	2.95
Iced Mocha		3.75
Iced White Latte		3.95
Zinc Sunrise	(orange juice, peach juice and raspberry puree)	3.25
Healthy Breakfast Drink	12 oz. (orange juice, flax seed oil, bananas & tofu)	4.15/16 oz. 5.25
Peach juice		3.10 / 2.90 / 2.05
Fresh Orange Juice		5.25 / 3.95 / 2.50
Milk		2.95 / 2.05 / 1.30
Bottled Drinks		1.00 - 3.50
Beer and Wine		see wine list

## EGGS.....

Bread selection: sourdough, whole wheat or raisin walnut		
*Poached Eggs on toast single/double		5.95 / 6.95
Boiled Egg with buttered toast and fruit		7.95
*Huevos Rancheros with a poached egg, papaya salsa, black bean chili, smoked gouda and marinara		8.95
Frittata with cucumber salsa		5.95
Quiche- a la carte served with fire roasted salsa		5.95
Quiche Plate served with a bagel, muffin or toast and fruit		9.25
Open faced frittata- choose one		9.25
	asparagus, mushroom or squash, each served with 1/2 an avocado or toast & melon	
**Scrambled Egg Plate-eggs made with leeks and parsley, served with toast or bagel, salsa, and cantaloupe		9.25
Healthy Scrambled Plate (low fat high protein)		9.25
	scrambled egg whites served with black beans and brown rice (whole eggs with leek available)	
**Breakfast Burrito or Burrito Bowl		8.95
	scrambled eggs, vegetarian sausage, cheddar cheese, onion and tomato	

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Only one extra egg per dish .75  
\*Egg Whites Optional – single egg / two egg dishes .75 / 1.50  
\*\*Plain scrambled egg whites available 1.50

## CEREALS & FRUIT.....

Muesli (Swiss cold cereal)		6.25
	cream soaked oats with apples, oranges, blueberries and almonds with seasonal fruit	6.95
Oatmeal plain or with dried cherry nut topping		6.25
Oatmeal with seasonal fruit, topping or banana		6.95
Oatmeal for Kids (with nut topping or brown sugar)		5.25
Zinc Granola with banana		6.50
	with seasonal fruit	7.50
Seasonal Fruit - cup / bowl		4.25 / 5.95
Yogurt – cup / bowl		1.95 / 2.95
	low-fat vanilla or non-fat plain	
Quinoa with ricotta cheese and seasonal fruit		6.25

## BAKED GOODS & SPECIALTIES.....

we do not heat our fresh baked goods		
side of organic nut butter (2oz serving)		1.25
Bagel untoasted		2.10
	with jam and organic nut butter toasted	4.25
	with jam and butter	2.95
	with cream cheese and jam	3.95
	with cream cheese, lettuce and tomato	5.95
Toast: sourdough, whole wheat or raisin walnut		3.50
French Toast served with pure maple syrup and fruit		8.25
Waffle with orange butter and pure maple syrup		7.25
	with seasonal fruit	8.50

## SIDES & CONDIMENTS.....50 cents - 2.50

There will be a charge for all sides that are in addition to what the menu states or for additional requests.

All side orders must be ordered and paid for at the counter.

## DESSERTS

Please visit our selection of today's desserts. All desserts are made daily and are available within 48 hours for special orders.

## DAILY DESSERT ITEMS.....

Cakes and Tarts		4.95 - 7.95
Brownies		3.50
Pecan Chewy Bars		3.50
Lemon Squares		3.50
Cookies		1.95 - 2.45
	ginger molasses, double chocolate walnut, coconut chocolate chip, pecan with lemon glaze, and oatmeal raisin	

Our entire menu is available to see online as well as being able to order some of our distinct Zinc products and gift cards. Please visit our online store at:

[www.zinccafe.com](http://www.zinccafe.com)

-no substitutions allowed-

-a \$2.00 charge is added for any split dishes & .50 cents-\$2.95 for additions-

# LUNCH

Lunch service begins at 11:30 am

## SANDWICHES.....8.95

### HALF SANDWICH PLATE

Served with a cup of soup or chili and greens topped with feta cheese, tomato and vinaigrette

### GRILLED CHEESE – whole only

Gruyere cheese grilled on sourdough with pickles, marinated onions, tomato and served with whole grain mustard

### ZINC BURGER – served hot - whole only

Prepared on ciabatta style bread served with our homemade vegetarian patty and all the traditional burger trimmings  
Extras of guacamole or cheese - \$1.00 each

### MIXED VEGETABLE

Pain rustique bread filled with thinly sliced fennel, celery, radish, red and green bell peppers, aioli (homemade basil mayonnaise), olive tapenade, arugula, hard boiled egg and vinaigrette

### EGGPLANT- served hot or cold

French baguette filled with baked eggplant, bell pepper, red onion, feta cheese and cilantro

### EGG SALAD

La Brea whole wheat bread filled with egg salad, lettuce, tomato, tabasco, mustard and mayonnaise

### BRIE- served hot or cold

7.95

French baguette with brie, arugula, roasted peppers, Dijon mustard, salt and pepper

### BUFFALO MOZZARELLA – served hot or cold

7.95

French baguette with buffalo mozzarella, basil, tomato, olive oil, balsamic vinegar dressing, salt and pepper

## PIZZETTE.....8.25

personal size pizzas

### EGGPLANT

Seasoned tomato spread, lightly breaded and fried eggplant, mozzarella cheese, marinara sauce

### PESTO

Roasted peppers, toasted pine nuts and goat cheese

### MOZZARELLA

Sun dried tomatoes, goat cheese, mozzarella, parsley and pepper

### SOUTHWESTERN

Chipotle sauce, smoked gouda and mozzarella cheese, black beans, red onion, tomato, roasted corn and cilantro

### POTATO & ARUGULA

Baked slices of potato, white cheddar cheese, chili flakes, arugula, balsamic vinegar

### KID'S PIZZA

6.95

Mozzarella cheese (optional sauce)

## SOUP OR CHILI.....

SOUP- cup or bowl with biscuit.....4.95 / 6.95

### VEGETARIAN CHILI

Topped with green onion, tomato, sour cream

Cup with one garlic knot.....5.95

Bowl with two garlic knots.....7.95

## ENTREES.....10.25

all entrees are served with mixed greens, tomato and feta cheese then dressed with our Zinc vinaigrette or substitute for one of our daily deli salads for an extra \$1.95

### A la Carte

8.95

Stuffed Peppers served with Creamed Swiss Chard

Eggplant Parmesan

Spinach Lasagna

Potato Enchiladas served with sour cream and guacamole

Mushroom Nut Loaf served with Marinara

Macaroni and Cheese

Vegetable Lasagna

## SALADS.....

ZINC SALAD – small / large .....6.25 / 8.25

WITH ZINC VINAIGRETTE DRESSING

Mixed greens topped with pine nuts, feta cheese, kalamata olives, croutons, roma tomatoes, and a crostini

GREENS WITH HERBED COTTAGE CHEESE .....6.25

WITH ZINC VINAIGRETTE DRESSING

HEARTS OF ROMAINE SALAD.....8.95

WITH POINT REYES BLUE CHEESE DRESSING

Served with fresh ruby red grapefruit, red onion, avocado and crostini with brie

COMPOSED SALAD.....8.95

WITH LEMON OLIVE OIL DRESSING

Beet salad, fennel salad and egg salad served on a bed of greens with crostini and parmesan

THAI SALAD .....12.95

WITH GINGER PEANUT DRESSING

Shredded carrots, bean sprouts, shredded cabbage, fresh basil, mint, chopped peanuts, sliced persian cucumbers, brown rice and braised tofu with soy sauce

VEGETARIAN NISCOISE SALAD.....12.95

WITH FRENCH VINAIGRETTE DRESSING

Steamed green beans, fingerling potatoes, hard boiled egg, herbed cottage cheese, sliced heirloom tomato, goat cheese and black pepper

## SPECIALTIES.....

Please read the specials board at the register for today's soup

LUNCH BURRITO OR BURRITO BOWL.....8.95

Black beans, brown rice, cheddar cheese, pico de gallo and sides of guacamole, sour cream and fire roasted salsa

QUICHE PLATE.....9.25

Served with mixed greens topped with tomatoes, feta cheese, vinaigrette, crostini and choice of soup or chili

TOSTADA.....7.25 / 8.95

One or two crisp corn tortillas layered with black bean chili, sharp cheddar, lettuce, sour cream, guacamole and pico de gallo salsa

ASPARAGUS SANDWICH.....9.25

An open faced sandwich on toasted sourdough with pureed cauliflower, braised asparagus, white cheddar cheese, a soft poached egg and toasted bread crumbs

SOUP & SALAD PLATE.....9.25

Includes a cup of soup or chili, deli salad and a french roll with smoked gouda cheese

QUESADILLA PLATE.....8.95

A quesadilla filled with black bean chili and cheese with sides of guacamole, sour cream, salsa and a choice of soup or chili