

BREAKFAST

Monday – Friday 7am – 11:00 am
 Saturday & Sunday 7am - 11:45 am

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 English breakfast, decaf earl grey, earl grey, peach, green, white tea, chamomile, peppermint)	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, raspberry puree)	3.95
Healthy Breakfast Drink 12 oz 4.15 / 16 oz 5.25 (orange juice, flax seed oil, bananas & tofu)	
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 menu

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
** Scrambled Egg Plate	9.25
eggs made with leeks and parsley, served with toast or bagel, salsa, and cantaloupe	
Healthy Scrambled Plate (low fat high protein) scrambled egg whites served with black beans and brown rice (whole eggs with leeks available)	9.25
** Breakfast Burrito or Burrito Bowl	8.95
scrambled eggs, vegetarian sausage, cheddar cheese, onion and tomato	

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) cream soaked oats with apples, oranges, blueberries and almonds with seasonal fruit	6.25
Oatmeal plain or with dried cherry nut topping	6.95
Oatmeal with seasonal fruit, topping or banana	6.95
Oatmeal for kids (nut topping or brown sugar)	5.25
Zinc Granola with banana with seasonal fruit	6.50
Seasonal Fruit - cup / bowl	4.25 / 5.95
Yogurt – cup / bowl low-fat vanilla or non-fat plain	1.95 / 2.95
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 un-toasted	2.10
with jam and organic nut butter toasted	4.25
with jam and butter toasted	2.95
with cream cheese and jam toasted	3.95
with cream cheese, lettuce and tomato	5.95
Toast	3.50
sourdough, whole wheat or raisin walnut	
French Toast	8.25
served with pure maple syrup and fruit	

-no substitutions allowed-

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

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

LUNCH

Monday – Friday served at 11:00 am
Saturday & Sunday served at 11:45 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 tapanade, 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 and marinara sauce

PESTO

Roasted peppers, toasted pine nuts and goat cheese

MOZZARELLA

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

SOUTHWEST

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 and balsamic vinegar

KID'S PIZZA 6.95

Mozzarella cheese (optional sauce)

SOUP.....

cup or bowl with biscuit.....4.95 / 6.95
extra biscuit or roll .95

ENTREES.....10.25

all entrees are served with mixed greens and topped with tomato and feta cheese then dressed with our Zinc vinaigrette.

A la Carte 8.95

Stuffed Peppers topped with creamed Swiss chard

Eggplant Parmesan

Spinach Lasagna

Potato Enchiladas served with sour cream and guacamole

Macaroni and Cheese

Vegetable Lasagna

Mushroom Nut Loaf served with marinara

SALADS.....

ZINC SALAD small / large6.25 / 8.25

WITH ZINC VINAIGRETTE DRESSING

Mixed greens topped with pine nuts, feta cheese, kalamata olives, croutons, roma tomatoes, and savory bagel crisps

GREENS WITH HERBED COTTAGE CHEESE6.25

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, crostini with brie

COMPOSED SALAD.....8.95

WITH LEMON OLIVE OIL DRESSING

Beet salad, kalamata olives, fennel salad and egg salad and 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

SPECIALTIES.....

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

QUICHE PLATE.....9.25

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

SOUP & SALAD PLATE.....9.25

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

TOSTADA.....7.25 / 8.95

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

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

QUESADILLA PLATE.....8.95

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

VEGETARIAN CHILI.....

Topped with green onion, tomato and sour cream

Cup with one garlic knot.....5.95

Bowl with two garlic knots.....7.95

-no substitutions allowed-

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WINE MENU

Whites

TOLOSA CHARDONNAY - EDNA RANCH '08'

9 glass / 29.95 bottle

Expressive aromatics of honeyed pear and apple on the nose. This wine is a rich Burgundian style Chardonnay with bright tropical fruit with crisp citrus notes.

HILL FAMILY - SAUVIGNON BLANC '09'

8 glass / 29.95 bottle

Bright citrus notes with crisp acidity. Pears and gala apples finish the profile.

BENTON LANE PINOT GRIS '09'

8.50 glass / 29.95 bottle

Crisp pear and apple fruit with excellent acidity. 93 points on the Wine Spectator, top 100 wines in the U.S.

Reds

HEDGES - MERLOT BLEND

10 glass / 33.95 bottle

89 points -Wine Enthusiast, 56% merlot, 30% cabernet, 8% syrah and 6% cab franc. Loaded with berries and darker notes of licorice and coffee. Vibrant fruit throughout with long refined tannins.

TOLOSA - PINOT NOIR

9 glass / 31.00 bottle

Just delicious! It's so soft and silky, so easy to sip, and so seductive in lush cherry, cola, vanilla and spice flavors. Drink now for its youthful exuberance.

J. LOHR - CABERNET

8.50 glass / 27.95 bottle

Generous aromas of black cherry fruit with soft tannins and a subtle spice finish. Light, fun and easy drinking.

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:	2.10-2.45
Ginger molasses, double chocolate walnut, coconut chocolate chip, pecan with lemon glaze, and oatmeal raisin.	