



# BREAKFAST

Monday - Friday 7am - 12:00 pm  
Saturday & Sunday 7am - 1:00 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, raspberry puree)	3.75
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		1.85 – 3.50

## 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/mango salsa, black bean chili, smoked gouda and marinara	8.95
Frittata with cucumber salsa- a la carte	5.95
Quiche- a la carte served with fire roasted salsa	5.95
Quiche Plate served with a bagel, muffin or toast & fruit	9.25
**Breakfast Burrito or Burrito Bowl	8.95
scrambled whole eggs, vegetarian sausage, cheddar cheese, onion and tomato	
** Scrambled Egg Plate	9.25
whole eggs, served with toast or bagel, salsa and oranges	
Healthy Scrambled Plate (low fat high protein)	9.25
scrambled egg whites served with black beans and brown rice (plain whole eggs available)	

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Only one extra egg per dish	.75
*Egg whites optional - single egg / two egg dish	.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	

## 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	3.95
with cream cheese, lettuce and tomato	5.95
Toast: sourdough, whole wheat or raisin walnut	3.50
French Toast (weekends only)	8.25
served with pure maple syrup and fruit	

## SIDES & CONDIMENTS..... 50 cents -2.95

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 or tarts	4.95 - 5.95
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	

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)

**LUNCH**  
 Lunch service begins at 10:00 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, horseradish mayonnaise, brown mustard and black pepper

**BUFFALO MOZZARELLA – served hot or cold 7.95**

French baguette with buffalo mozzarella, basil, tomato, and mayonnaise

**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

**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 and balsamic vinegar

**KID'S PIZZA 6.95**

Mozzarella cheese (optional sauce)

**ENTREES..... 10.25**

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

*A la Carte 8.95*

- Eggplant Parmesan
- Spinach Lasagna with Toasted Bread Crumbs and Marinara
- Macaroni and Cheese
- Mushroom Nut Loaf served with Marinara
- Potato Enchiladas served with sour cream and guacamole
- Vegetable Lasagna
- Stuffed Peppers with Creamed Swiss Chard

**SALADS**

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

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

**GREENS WITH HERBED COTTAGE CHEESE .....6.25**  
 WITH A ZINC VINAIGRETTE DRESSING

**HEARTS OF ROMAINE SALAD.....8.95**  
 WITH POINT REYES BLUE DRESSING

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

**COMPOSED SALAD.....8.95**

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

**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, with mixed greens topped with feta cheese, tomato, vinaigrette and a sourdough roll served with smoked gouda cheese

**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

**LUNCH BURRITO OR BURRITO BOWL.....8.95**

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

**VEGETARIAN CHILI**

Topped with green onion, tomato and sour cream

Cup a la carte..... 5.95

Bowl with rosemary biscuit..... 7.95

**SOUP- cup a la carte or bowl with biscuit.....4.95 / 6.50**

extra biscuit or roll 9.5

-no substitutions allowed-

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