

Z CAFE & BAR

AN OAKLAND FAVORITE SINCE 2005



SOUPS

CUP/ BOWL

Tomato Soup 5/7

Spicy Chicken Tortilla 7/9
topped with avocado & sour cream

SALADS

OUR SALADS ARE TOSSED IN THEIR DRESSINGS

ADD GRILLED CHICKEN OR SEARED TOFU +\$7.00

ADD CRAB CAKES +\$12.00

ADD PAN SEARED SALMON OR PRAWNS +\$12.00

Z HOUSE SALAD

organic field greens, cherry tomatoes, pumpkin seeds, parmesan cheese tossed in a scratch made dijon-balsamic vinaigrette 11

CAESAR SALAD

romaine hearts, parmesan cheese, anchovy fillets, ciabatta garlic croutons 12

APPLE WALNUT SALAD

romaine hearts, Fuji apple slices, blue cheese crumbles, glazed walnuts, raspberry vinaigrette 13

KALE, AVOCADO & BEET SALAD

kale, red beets, farro, glazed walnuts tossed in balsamic vinaigrette topped with crumbled goat cheese and avocado 16

APPETIZERS

TARRAGON CRAB CAKES

lightly seared blue crab meat--crispy on the outside and soft on the inside, garlic, scallions, lemon juice and tarragon aioli 15

*** real crab meat, may contain shells*

Z HOUSE RIBS

Four tea-smoked, dry-rubbed, St Louis cut pork ribs with barbecue sauce 15

ONION RINGS

fried crispy and served with ranch dressing 7

BURRATA BRUSCHETTA

burrata cheese drizzled with honey, topped with glazed walnuts served on grilled ciabatta bread 12

GARLIC PRAWNS

Six prawns sauteed in garlic white wine sauce, paprika (mild) or chipotle (spicy), grilled ciabatta bread 16

HOT WINGS

breaded wings tossed in hot sauce mix served with blue cheese dressing and celery sticks. 12

BURGERS FLAME GRILLED

Substitute Impossible Burger +\$3.00

INCLUDE A CHOICE OF:

FRENCH FRIES** OR HOUSE SALAD OR FRESH FRUITS

**substitute chipotle, garlic or sweet potato fries +\$1.00

substitute gluten free sandwich bread +\$2.00

ADD CHEESE & FIXINGS

CHEDDAR, SWISS, JACK, BLUE +\$2.00 each

JALAPENOS, MUSHROOMS +\$2.00

BACON +\$3.00

AVOCADO +\$3.00

OUR BURGERS ARE SERVED ON SEMIFREDDI'S CHALLAH BUN WITH SIDES OF LETTUCE, TOMATO, RED ONION & PICKLE

Z BURGER

flame grilled 8 oz premium ground beef grilled to your preferred temperature 17

CATTLE BURGER

Z burger + cheddar cheese, crispy onions, & barbecue sauce 18

THE ROBINSON

Z burger + sauteed mushroom and swiss cheese 19

Substitute chicken burgers for any beef burger

BACON CHEESEBURGER

Z burger + bacon and cheddar cheese 19

BUNLESS BEEF BURGER

flame grilled 8 oz premium ground beef with sides of lettuce, tomato, red onion and pickle 16

BUNLESS VEGAN BURGER & AVOCADO

Scratch-made vegan patty made with black beans, chickpea, carrots, cilantro, cumin & rolled oats, topped with avocado slices served with side of vegan mayo, lettuce, tomato, red onion, pickle 17
add mushrooms or grilled onions +\$1.50

BLACK BEAN VEGAN BURGER

Scratch-made vegan patty made with black beans, chickpea, carrots & rolled oats served on foccacia bread with a side of vegan mayo, lettuce, tomato, red onion, pickle 16

MONDAY
11AM TO 2:30PM
TUESDAY- FRIDAY
11AM TO 9PM
SATURDAY
5PM TO 9PM
HAPPY HOUR
3PM TO 9PM

FOR TO GO ORDERS
CALL 510.451.2905
CURBSIDE PICK-UP IS AVAILABLE



LOCALLY BAKED BREAD
Delivered daily



FREE RANGE ORGANIC
Delivered daily



ALWAYS FRESH
Delivered daily

ENTREES

DAILY SPECIAL

Fresh ingredients of the day. Ask your server **AQ**

MISSISSIPPI POT ROAST

beef braised in low temperature with dried house spices, butter and pepperoncini, served with garlic mashed potatoes **22**

BLACKENED TILAPIA

white fish blackened with spices, topped with avocado salsa, served with basmati rice, sauteed vegetables **19**

BLACKENED CHICKEN ALFREDO PASTA

spice-dusted, blackened chicken breast with fettuccine pasta, white cream sauce, mushrooms, garlic and a mix of shallots and red bell peppers, parmesan cheese **20**
extra sauce +\$3.00

LOBSTER RAVIOLI

white wine cream sauce, a mix of shallots, red bell peppers, mushrooms and parmesan cheese **19**

*** real lobster meat, may contain shells*

GRILLED GLAZED SALMON

honey-dijon-soy glaze served with basmati rice and sauteed vegetables **24**

CHICKEN PICCATA

battered chicken breast, panko, italian seasoning, lemon sauce, capers, garlic mashed potatoes **18**

WHITE MAC & CHEESE

penne rigate pasta, aged sharp white cheddar, parmesan, milk, cream, house seasoned roux, toasted panko **13**
add bacon +\$3.00 or crumbled blue cheese +\$2.00

BLACKPEPPER TOFU

stir fried tofu mixed with shallots, ginger, chiles, scallions, garlic, fresh ground black pepper and soy sauce served with steamed basmati rice **16**

SPICY PASTA CAPELLINI

angel hair pasta tossed in our scratch made marinara sauce, parmesan and a hint of hot pepper flakes **12**

add grilled chicken breasts or tofu +\$7.00

add prawns or salmon +\$12.00

SANDWICHES

INCLUDE A CHOICE OF:

FRENCH FRIES** OR HOUSE SALAD OR FRESH FRUITS

****substitute chipotle, garlic or sweet potato fries +\$1.00**

substitute gluten free sandwich bread +\$2.00

Substitute Tindle for chicken +\$3.00

ridiculously good chicken made from plants

GRILLED CHICKEN WITH CARAMELIZED ONIONS

grilled chicken breast, cheddar cheese, almond-tomato tapenade, dijon mustard on Semifreddi's sourdough bread **16**

PANINI CHICKEN CAPRESE

grilled chicken breast, mozzarella, house dried tomatoes and pesto sauce of Semifreddi's rosemary focaccia **16**

ROCKY CHICKEN BURGER

flame grilled, house-made chicken patty with lemon zest, cheddar cheese, red onion, lettuce, tomato and chipotle aioli on Semifreddi's challah bun **16**

TUNA MELT SANDWICH ON RYE

capers, celery, red onions, basil, tomato slice, lettuce, jack cheese, mayo on grilled rye **16**

recommended add avocado +\$3.00

TURKEY CLUB

roast turkey breast slices, bacon, lettuce, tomato and mayo on Semifreddi's rosemary focaccia **16**

CRAB SALAD SANDWICH

blue crab meat, celery, red onions, jack cheese, avocado on grilled Semifreddi's sourdough bread **19**

*** real crab meat, may contain shells*

GRILLED CHEESE SANDWICH

Sharp cheddar on Semifreddi's sourdough bread

Grilled Cheese + Tomato Soup + House Salad **15**

+\$1.00 for every substitution

Grilled Cheese + French Fries **11**

FRIES & SIDES

FRENCH FRIES

Fried crisp and lightly salted **6**

Chipotle Fries **7**

Garlic Fries **7**

SWEET POTATO FRIES

Fried crisp & lightly salted **7**

GARLIC MASHED POTATOES

Idaho potatoes, boiled and whipped with garlic, milk and butter **7**

BOWL OF RICE

Steamed basmati rice **3**

SAUTEED VEGETABLES

Sauteed with garlic **7**

SAUTEED SPINACH

Sauteed with garlic **7**

FRUIT BOWL

Fresh seasonal fruits **7**

SIDE GRILLED BREAD

Lightly buttered and grilled Semifreddi's ciabatta bread **3**

BREAD & BUTTER

Semifreddi's ciabatta bread & butter **2**