

# Z CAFE & BAR

AN OAKLAND FAVORITE SINCE 2005

**GF** GLUTEN FREE

**V** VEGAN

**CONTAINS NUTS**

MONDAY - SATURDAY

11AM TO 9PM

HAPPY HOUR

3PM TO 9PM

PLACE YOUR ORDER IN PERSON OR

**CALL 510.451.2905**

**CURBSIDE PICK-UP IS AVAILABLE**

## SOUPS

CUP/ BOWL

Everyday: **GF**

Tomato Soup **4/7**

Spicy Chicken Tortilla **6/9**

## SALADS

**OUR SALADS ARE TOSSED IN THEIR DRESSINGS**

ADD GRILLED CHICKEN OR SEARED TOFU **+\$5.00**

ADD CRAB CAKES **+\$10.00**

ADD PAN SEARED SALMON OR PRAWNS **+\$10.00**

### Z HOUSE SALAD **GF**

organic field greens, cherry tomatoes, pumpkin seeds, parmesan cheese tossed in a scratch made dijon-balsamic vinaigrette **9**

### CAESAR SALAD

romaine hearts, parmesan cheese, anchovy fillets, ciabatta garlic croutons **10**

### APPLE WALNUT SALAD **GF**

romaine hearts, Fuji apple slices, blue cheese crumbles, glazed walnuts, raspberry vinaigrette **10**

## APPETIZERS

### TARRAGON CRAB CAKES

lightly seared blue crab meat, garlic, lemon juice and tarragon aioli **13**

### Z HOUSE RIBS **GF**

Four tea-smoked, dry-rubbed, St Louis cut pork ribs with barbecue sauce **13**

### HOT WINGS

breaded wings tossed in hot sauce mix served with blue cheese sauce and celery sticks. **11**

### GARLIC PRAWNS

Six prawns sauteed in garlic white wine sauce, paprika (mild) or chipotle (spicy), grilled ciabatta bread **14**  
**extra chipotle sauce +\$1.00**

### ONION RINGS

beer battered Vidalia rings, fried crispy and served with ranch dressing **7**

## 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 **+\$1.50 each**

JALAPENOS, MUSHROOMS **+\$1.50**

BACON **+\$2.00**

AVOCADO **+\$3.00**

### Z BURGER

**flame grilled** 8 oz premium ground beef on Semifreddi's challah bun with sides of lettuce, tomato, red onion and pickle **14**

### CATTLE BURGER

Z burger + cheddar cheese, crispy onions, & barbecue sauce **16**

### THE ROBINSON

Z burger + sauteed mushroom and swiss cheese **16**

### BACON CHEESEBURGER

Z burger + bacon and cheddar cheese **16.5**

### BUNLESS BEEF BURGER **GF**

**flame grilled** 8 oz premium ground beef with sides of lettuce, tomato, red onion and pickle **13**

### BUNLESS VEGAN BURGER & AVOCADO **V**

Scratch-made vegan patty made with black beans, chickpea, carrots & rolled oats, topped with avocado slices served with side of vegan mayo, lettuce, tomato, red onion, pickle **15**  
**add mushrooms or grilled onions +\$1.50**

### BLACK BEAN VEGAN BURGER **V**

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 **14**



**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**

### BLACKENED TILAPIA

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

### CHICKEN PICCATA

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

### 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 **19**  
**extra sauce +\$3.00**

### GRILLED GLAZED SALMON

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

### LOBSTER RAVIOLI

white wine cream sauce, red bell peppers, mushrooms and shallots **19**

### WHITE MAC & CHEESE

penne rigste pasta, aged sharp white cheddar, parmesan, milk, cream, house seasoned roux, toasted panko **11**  
**add bacon or crumbled blue cheese +\$2.00**

### BLACKPEPPER TOFU

stir fried tofu mixed with shallots, ginger, chiles, garlic, fresh ground black pepper and soy sauce served with steamed basmati rice **15**

## 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**

### GRILLED CHICKEN WITH CARAMELIZED ONIONS

grilled chicken breast, cheddar cheese, almond-tomato tapenade, dijon mustard on Semifreddi's sourdough bread **14**

### PANINI CHICKEN CAPRESE

grilled chicken breast, mozzarella, house dried tomatoes and pesto sauce of Semifreddi's rosemary focaccia **14**

### ROCKY CHICKEN BURGER

flame grilled chicken patty, lemon zest, cheddar cheese, red onion, lettuce, tomato and chipotle aioli on Semifreddi's challah bun **14**

### TUNA MELT SANDWICH ON RYE

capers, celery, basil, tomato slice, lettuce, jack cheese, mayo on grilled rye **15**  
**recommended add avocado +\$3.00**

### TURKEY CLUB

roast turkey breast slices, bacon, lettuce, tomato and mayo on Semifreddi's rosemary focaccia **14**

### CRAB SALAD SANDWICH

blue crab meat, celery, red onions, jack cheese, avocado on grilled Semifreddi's sourdough bread **18**

### GRILLED CHEESE SANDWICH

Sharp cheddar on Semifreddi's sourdough bread

Grilled Cheese + Tomato Soup + House Salad **13**  
**+\$1.00 for every substitution**

Grilled Cheese + French Fries **9**

## FRIES & SIDES

### FRENCH FRIES

Fried crisp and lightly salted **5**  
 Chipotle Fries **6**  
 Garlic Fries **6**

### SWEET POTATO FRIES

Fried crisp & lightly salted **6**

### GARLIC MASHED POTATOES

Idaho potatoes, boiled and whipped with garlic, milk and butter **6**

### BOWL OF RICE

Steamed basmati rice **3**

### SAUTEED VEGETABLES

Sauteed with garlic **6**

### SAUTEED SPINACH

Sauteed with garlic **6**

### FRUIT BOWL

Chopped seasonal fruits **6**

### SIDE GRILLED BREAD

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