



Menu Examples – changes according to the season

- Pulled Pork Nourish Bowl – Zen signature pulled pork, brown rice, roasted kale, Moroccan chickpeas, avocado with an apple cider and honey dressing
- Japanese Style Chicken Curry Burger with pickled carrots, cucumber and Japanese mayonnaise on brioche
- Soft shell tacos with pulled pork OR lemon and thyme chicken with a zesty bean & tomato salsa, relish, spinach, parmesan cheese and guacamole
- Broad bean and chorizo nachos with sour cream and guacamole
- Poached chicken, brie and cranberry brioche sandwich
- Teriyaki chicken rice bowls with nori flakes
- Soy glazed salmon with soba noodles
- Thai style vermicelli noodle salad with poached chicken and roasted cashews
- Pork San Choy Bau – marinated minced pork with pickled carrots, roasted peanuts and herbs on lettuce cups
- Soy braised pork belly with brown rice and broccoli
- Chicken curry with Roti (flaky pastry bread)

Salads

- Sweet potato, chickpea and cous cous salad
- Pumpkin, beetroot and fetta salad
- Sundried tomato pesto pasta salad with bacon, chorizo and cranberry
- Pumpkin, chickpea, cashews and spinach salad with raisins