

**zenja**  
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*An Italian Flavour*

**WEEKDAY**

**Breakfast**

**7.15 AM - 11.30AM**

**Lunch**

**11.30 AM - 3.15PM**

**Specials**

**11.30 AM - 3.15PM**

**Drinks**

**[WWW.ZENJACAFE.COM.AU](http://WWW.ZENJACAFE.COM.AU)**

## Free Range Eggs

**Scrambled Eggs** with smoked salmon **or** double-smoked ham **or** bacon on a bed of baby spinach with toasted Turkish \$13.00

**Poached Eggs** with smoked salmon **or** double-smoked ham **or** bacon on a bed of baby spinach with toasted Turkish \$13.00

**Vegetarian** poached eggs with avocado, baked beans, grilled tomato & mushrooms on a bed of baby spinach with toasted brown bread \$13.00

**Fried Chilli Eggs** with crispy bacon, grilled tomato, mushrooms & zenja's chilli sauce, with toasted sourdough \$15.00

**Chorizo Sausage Omelette** with tomato, spring onion, mozzarella & parmesan, with toasted sourdough \$15.00

**Asparagus Omelette** with mushrooms, Spanish onion, mozzarella & parmesan, with toasted sourdough \$15.00

**Bacon Omelette** with mushrooms, Spanish onion, mozzarella & parmesan, with toasted sourdough \$15.00

**Big Breakfast** sunny side up eggs, cevapi (low fat skinless sausages), grilled tomato, bacon & mushrooms, with toasted sourdough \$15.00



## Chef's Specials

**French Crepes** with Belgian chocolate sauce & strawberry **or** Lisbon lemon sauce \$11.50

**Bircher Muesli** a fresh combination of honey, low-fat yoghurt, strawberry & Bircher muesli \$10.50

**French Toast** bread immersed in an egg mixture, served with crispy bacon & grilled tomato \$11.50

## Brekkie Wraps

**Summer Wrap** scrambled eggs, baby spinach, semi-dried tomatoes, onion & artichokes \$10.00

**Ham & Mushroom Wrap** scrambled eggs, double-smoked ham, onion, tomato & mushrooms \$10.00

**Chorizo Wrap** chorizo sausage, spring onion, mozzarella, tomato & baby spinach \$10.00

## Light Snacks

**Open Melt** double-smoked ham & mozzarella on toasted sourdough **or** Turkish \$9.50

**Yoghurt Muesli** a fresh combination of blueberries & raspberries with low-fat yoghurt, honey & Bircher muesli \$9.50

**Cinnamon Toast** white toast dusted with cinnamon & served with caramelized banana & pure Canadian maple syrup \$9.50

**Avocado Toast** toasted Turkish served open with sliced tomato & avocado & drizzled with extra- virgin olive oil \$9.50

**Ricotta Raisin Toast** toasted raisin loaf served with a sweet ricotta spread & fresh strawberry \$9.50

## Toasts, Breads & Pastries

Sourdough, Turkish, Brown, Raisin, Banana bread, Banana & Walnut bread, Croissants & Chocolate Croissants from \$4.50





## Wraps

**Grilled Chicken Wrap** chicken breast, lettuce, mayo & roasted capsicum with zenja's chilli sauce \$10.00

**Chicken Schnitzel Wrap** chicken schnitzel, lettuce, mayo & avocado \$10.00

**Grilled Vegetable Wrap** baby spinach & assorted grilled vegetables marinated in aged balsamic dressing \$10.00

**Thai Beef Wrap** grain fed aged beef fillet, lettuce & mayo with zenja's satay sauce \$10.00

**Tuna Wrap** a fresh mix of tuna, carrots, onion, mayo & baby spinach with a hint of lemon \$10.00

## Salads

**Chicken Caesar Salad** tender marinated chicken breast, cos lettuce, bacon, parmesan, eggs & croutons with zenja's Caesar dressing \$13.00

**Chicken Avocado Salad** grilled chicken breast, tomato, onion, cucumber, avocado & mixed young leaf salad, dressed in a lemon vinaigrette \$13.00

**Thai Chicken Salad** warm chicken breast, lettuce, tomato, capsicum & cucumber with zenja's Thai chilli dressing \$13.00

**Roquette Salad** wild roquette served with shaved Grana Padano, Roma tomatoes, & balsamic reduction \$13.00

## Burgers

**Grilled Chicken Burger** grilled chicken breast, mozzarella, mayo, lettuce & tomato with zenja's chilli sauce on a toasted bun \$13.00

**Chicken Schnitzel Burger** chicken schnitzel, avocado, mozzarella, mayo & lettuce on a toasted bun \$13.00

**Steak Sandwich** grain fed aged beef, mozzarella, mayo, lettuce & tomato with bbq sauce on a toasted bun \$13.00

**Dory Fillet Burger** parmesan crusted Dory fillets, cheese & mixed young leaf salad with zenja's tartare sauce on a toasted bun \$13.00



**Beef Burger** 300gm of pure lean beef, lettuce, tomato, grilled onions, mayo, tomato sauce, American mustard and Mozzarella on a toasted bun, served with fries \$13.00

add **Crispy Bacon** \$2, add **Fried Egg** \$2, add **Avocado** \$2

## Sides

Garlic bread, herb bread, bruschetta or hot chips \$5.00

## Pasta

**Penne, Spaghettini, Fettucine or Tortellini** with:

**Napoletana** classic tomato with a hint of basil \$13.00

**Pesto** traditional cream-based basil & pine nuts \$13.00

**Bolognaise** rich tomato & minced beef \$13.00

**Arabiatta** classic tomato with basil & fresh chilli \$13.00

**Boscaiola** creamy bacon & mushrooms \$13.00

**Verona** creamy Napoletana (pink sauce) with olives and anchovies \$13.00

## Risotto

**Creamy Chicken** with seared chicken breast, asparagus, mushrooms & parmesan in a creamy white wine sauce \$14.50

**Vegetarian** with mushrooms, fresh corn, shallots, baby spinach & parmesan in a creamy white wine sauce \$14.50

**Tiger Prawn** with tiger prawns, mushrooms, roquette, shallots & parmesan in a tomato-based stock \$15.50

## Chef's Specials

**Salt & Pepper Squid** tender squid tossed in zenja's spices & served with sweet chilli dipping sauce \$13.00

**Crispy Fish & Chips** lightly battered Dory fillets served with fries & zenja's tartare sauce \$13.00

**Singapore Noodles** Tiger prawns & mixed vegetables with rice noodles in a Singapore-style chilli sauce \$14.00

**Chilli Chicken** stir fried chicken breast & vegetables with a touch of chilli, served with Jasmine rice \$14.00

**Pumpkin Soup** served with toasted sourdough (Winter Only) \$9.50

## Body Wise Options

**Maximum Potential** 100 day grain fed, aged Rib-Eye (320gms) served with a lightly dressed mixed young leaf salad & steamed Jasmine rice \$25.00

**Essential Nutrition** grilled Dory fillets served with a lightly dressed mixed young leaf salad & steamed Jasmine rice \$14.00

**Well Balanced** tender chicken breast fillets served with steamed seasonal vegetables & fragrant Jasmine rice \$13.00

**GRILLED CHICKEN BREAST****\$18.50**

served with roast pumpkin, roquette salad, Roma tomatoes, shaved Grano Padano & zenja's pesto dressing.

**CHICKEN PARMIGIANA****\$18.50**

with grilled eggplant, melted Mozzarella & Grana Padano, served with mixed young leaf salad & fries.

**GRILLED ATLANTIC SALMON****\$18.50**

served with lemon vinaigrette roquette salad, roast potatoes & lemon garlic butter sauce.

**GRILLED DORY FILLETS****\$18.50**

served with mixed young leaf salad, mash potatoes & Florentine sauce

**THAI SQUID SALAD****\$15.50**

served with mixed young leaf salad, Roma tomatoes, cucumber, Spanish onion, capsicum & roast potatoes

**BEEF HOKKIEN NOODLES****\$15.50**

with grain-fed aged beef fillet, stir fried vegetables & an egg.

**ROAST LAMB RISOTTO****\$15.50**

with mushrooms, baby spinach & Basilicum sauce.

**CEVAPI RISOTTO****\$15.50**

with roasted capsicum & baby spinach in a rich Napoletana sauce.

**WILD ROQUETTE RISOTTO****\$15.50**

with semi sundried tomatoes, tender chicken breast fillet & creamy pesto sauce.

**RIB-EYE STEAK (320g)****\$25.00**

100 day grain fed aged fillet, served with lemon vinaigrette mixed young leaf salad & fries & your choice of peppercorn or mushroom sauce.

**TIGER PRAWN SPAGHETTINI****\$15.50**

served in a creamy arabiatta sauce.

**SEAFOOD SPAGHETTINI****\$16.50**

with roquette in a pesto, chilli & virgin olive oil sauce.

## Smoothies

\$5.50

**Wake Up Call** - milk, banana, strawberry, honey & muesli

**Afternoon Boost** - apple, banana, strawberry & mango

**Power** - apple, watermelon, strawberry, mango & lemon

**Daily** - orange, apple, pineapple, banana, strawberry & mango

**Mixed Juice** - blended selection of mixed fruit

## Juices

\$5.50

**Rev Me Up** - orange, carrot, beetroot & basil

**Chill Me Out** - watermelon, apple, celery & mint

**Flu Fighter** - pineapple, orange, apple & ginger

**Get Over It** - carrot, orange, apple & coriander

## Cold Drinks

from \$3.50

Please see our fridges for a wide selection of mineral waters, soft drinks, energy drinks, juices & more

## Coffee

from \$3.50

**Espresso****Macchiato****Piccolo Latte****Flat White****Café Latte****Cappuccino****Long Black****Mocha****Ristretto**

**Hot Chocolate, Chai Latte, Soy, Decaf, Mugs & Syrups** – extra \$1.00

## Loose Leaf Tea

from \$ 4.00

**English Breakfast, Earl Grey, Green** & a wide selection of herbal infusions

## Milkshakes

from \$5.50

**Iced Coffee****Iced Chocolate****Mocca****Chocolate****Vanilla****Strawberry****Banana****Caramel**

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