

zenja
cafe



WEEKEND

An Italian Flavour

WEEKDAY

Breakfast

7.15 AM - 11.30AM

Lunch

11.30 AM - 3.15PM

Specials

11.30 AM - 3.15PM

Drinks

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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

Bolognese 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 \$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

An Italian Flavour

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