

Wraps

Grilled Chicken Wrap chicken breast, lettuce, mayo & roasted capsicum with zenja's chilli sauce \$9.00

Chicken Schnitzel Wrap chicken schnitzel, lettuce, mayo & avocado \$9.00

Grilled Vegetable Wrap baby spinach & assorted grilled vegetables marinated in aged balsamic dressing \$9.00

Thai Beef Wrap grain fed aged beef fillet, lettuce & mayo with zenja's satay sauce \$9.00

Tuna Wrap a fresh mix of tuna, carrots, onion, mayo & baby spinach with a hint of lemon \$9.00

Sandwiches

Grilled Chicken Turkish tender grilled chicken breast with mozzarella, lettuce, tomato & mayo \$8.00

Cajun Turkish tender Louisiana style seasoned grilled chicken breast with mozzarella, lettuce, tomato & mayo \$8.00

Tandoori Turkish tender Indian-subcontinent style marinated grilled chicken breast with lettuce, tomato & Tzatziki \$8.00

Ham Turkish double smoked leg ham, bocconcini, semi-dried tomatoes & Italian Basil \$8.00

BLT Turkish a classic combination of crispy skinless bacon, lettuce, tomato & mayo \$8.00



Burgers

Grilled Chicken Burger grilled chicken breast, mozzarella, mayo, lettuce & tomato with zenja's chilli sauce on a toasted bun \$10.00

Chicken Schnitzel Burger chicken schnitzel, avocado, mozzarella, mayo & lettuce on a toasted bun \$10.00

Steak Sandwich grain fed aged beef fillet, mozzarella, mayo, lettuce & tomato with bbq sauce on a toasted bun \$10.00

Dory Fillet Burger parmesan crusted Dory fillets, cheese & mixed young leaf salad with zenja's tartare sauce on a toasted bun \$10.00

Beef Burger 300gm of pure lean beef, lettuce, tomato, grilled onions, mayo, tomato sauce, American mustard and Mozzarella on a toasted bun \$10.00

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

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Salads



Chicken Caesar Salad

Tender marinated chicken breast, cos lettuce, bacon, parmesan, eggs & croutons with zenja's Caesar dressing \$9.00

Chicken Avocado Salad

Grilled chicken breast, tomato, onion, cucumber, avocado & mixed young leaf salad dressed in a lemon vinaigrette \$9.00

Thai Chicken Salad

Warm chicken breast, lettuce, tomato, capsicum & cucumber with zenja's Thai dressing \$9.00

Roquette Salad

Wild roquette served with shaved Grana Padano, Roma tomatoes & balsamic reduction \$9.00

Sides

Hot chips, garlic bread, herb bread or bruschetta

\$5.00ea

Pasta & Risotto



Penne, Spaghettini, Fettucine, or Tortellini

Napoletana classic tomato with a hint of basil \$10.00

Pesto traditional cream-based basil & pine nuts \$10.00

Bolognaise rich tomato & minced beef \$10.00

Arabiatta classic tomato with basil & fresh chilli \$10.00

Boscaiola creamy bacon & mushrooms \$10.00

Verona creamy Napoletana (pink sauce) with olives and anchovies \$10.00

Risotto

Tiger Prawn with tiger prawns, mushrooms, roquette, shallots & parmesan in a tomato-based stock \$12.50

Vegetarian with mushrooms, fresh corn, shallots, baby spinach & parmesan in a white wine sauce \$11.50

Creamy Chicken with chicken breast, asparagus, mushrooms & parmesan in a creamy white wine sauce \$11.50

Chef's Specials



Salt & Pepper Squid tender squid tossed in zenja's spices, served with sweet chilli dipping sauce \$10.00

Crispy Fish & Chips lightly battered Dory fillets served with fries & zenja's tartare sauce \$10.00

Singapore Noodles Tiger prawns & mixed veggies with rice noodles in a Singapore-style chilli sauce \$11.00

Chilli Chicken stir fried chicken breast & vegetables with chilli, served with Jasmine rice \$11.00

Body Wise Options

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

Essential Nutrition grilled Dory fillets served with lightly dressed mixed young leaf salad & Jasmine rice \$11.00

Well Balanced tender chicken breast fillets served with steamed seasonal vegetables & Jasmine rice \$10.00