mac n cheese bowlz

z'mac n cheese cavitappi pasta smothered in our trademark blend of melted cheeses, finished with cheddar jack cheese...6.99 sm...5.49

z'jalapeno bacon mac \hat{J} punch up the flavor with bacon and fresh jalapenos...9.99 sm...8.99

z'buffalo chicken mac \hat{J} buffalo sauce, bleu cheese crumbles, carrots and green onions, smothered in our cheese sauce, topped with crispy fried onions...9.99 sm...8.99

z'garlic mac chicken sautéed with garlic and red onion, finished with romano cheese...9.99 sm...8.99

want to swap the chicken for another protein? just ask!



substitute brown rice @ no charge

z'teriyaki broccoli, carrots, green onions and mushrooms sautéed in our teriyaki sauce, on a bed of cilantro-lime rice...**7.49** sm...**6.49**

z'fajita grilled chicken, red & green peppers and red onions sautéed in our zesty fajita sauce, on cilantro-lime rice, garnished with cheddar jack cheese and sour cream...9.99 sm...8.99

want to swap the chicken for another protein? just ask!

z'thai stir-fry forccoli, carrots, snap peas and roasted peanuts sautéed in our spicy peanut sauce over a bed of cilantro-lime rice...**7.49** sm...**6.49**

health it up! swap the rice with a bed of fresh lettuce



regular-size bowls served with fresh bread

z'beer cheese our creamy three-cheese blend with herbs & spices and simple notes of american wheat ale...5.99 sm...4.99

z'chicken noodle our creamy take on the classic, made with orzo noodles & fresh vegetables...**5.99** sm...**4.99**

z'soup & salad 2 small bowls, with fresh bread...**9.99** add **2.99** for asian or that chicken salads

noodle bowlz

z'marinara openne pasta and our classic tomato sauce topped with romano cheese...6.99 sm...5.49

add 6 italian meatballs!...2.99 sm (3)...1.99

z'veggie tuscana penne pasta sautéed with olive oil, tomatoes, red & green peppers, zucchini, red onions, spinach, fresh garlic and rosemary, accented with feta cheese...**7.49** sm...**6.49**

z'spicy peanut j rice stick noodles, broccoli, carrots, cabbage and roasted peanuts sautéed in our spicy peanut sauce, topped with cilantro...**7.49** sm...**6.49**

z'pesto bowtie pasta sautéed with pesto sauce, fresh tomatoes and a hint of cream, finished with romano cheese...**7.49** sm...**6.49**

make it a pesto pomodoro! add a splash of marinara...0.99

z'alfredo fettuccine noodles smothered in our creamy alfredo sauce, sprinkled with romano cheese...6.99 sm...5.49

z'krith-a-raki orzo noodles, broccoli and green onions sautéed in butter and fresh garlic, finished with romano cheese...**7.49** sm...**6.49**

go authentic greek with feta cheese!...add 0.99

z'udon ∮ japanese udon noodles stir-fried with broccoli, mushrooms & carrots in our spicy chili-garlic sauce, topped with cilantro...**7.49** sm...**6.49**

z'buttered penne openne pasta tossed with butter and topped with romano cheese...6.99 sm...5.49

z'lemon sauté our lemon-cream sauce with orzo noodles, zucchini and spinach, sprinkled with romano cheese. ...**7.49** sm...**6.49**

add 6 italian meatballs!...2.99 sm (3)...1.99

z'mostaccioli sautéed garlic, white wine and cream with penne pasta, tomatoes, red onions, mushrooms and spinach, finished with romano cheese...**7.49** sm...**6.49**

add protein & more

grilled chicken • shrimp • 6 meatballs tofu • gyro meat • bacon...2.99 ea

fresh bread...0.99 • pita appetizer...2.99 extra sauce • any vegoie • any cheese...0.99 ea

z'combo.

pick any small bowl and pair it with a small soup or salad...10.49

'add **2.99** for fajita, buffalo mac, garlic mac, jalapeno bacon mac, asian salad or thai chicken salad

salad bowlz

regular-size bowls served with fresh bread

z'thai chicken grilled chicken, red cabbage, carrots and tomatoes on romaine, topped with crushed peanuts and cilantro, with our signature cashew dressing...9.49 sm...8.49

want to swap the chicken for another protein? just ask!

z'greek romaine lettuce, tomatoes, cucumbers, red onions & green peppers tossed w/our trademark greek vinaigrette, feta cheese, kalamata olives and pepperoncinis...6.79 sm...5.69

Z'asian bowtie pasta, spinach, grilled chicken, green onions and dried cranberries tossed with our asian vinaigrette, topped with mandarin oranges and wonton strips...9.49 sm...8.49

z'caesar our creamy caesar dressing tossed with crisp romaine, croutons and romano cheese...**6.79** sm...**5.69**

z'house romaine lettuce, tomatoes, cucumbers, cheddar jack cheese and croutons, served with your choice of ranch, creamy cashew or balsamic vinaigrette...6.79 sm...5.69

punch up the flavor with some bacon! add...2.99



make it a pita combo! add a small soup or salad...11.99*
'add 2.99 for asian or thai chicken salads

z'gyro sliced gyro, red onion and lettuce topped with our fresh cucumber/tomato pico and tzatziki sauce...8.49

z'chicken souvlaki marinated chicken, red onion and lettuce topped with our fresh cucumber/tomato pico and tzatziki sauce...8.49

z'chicken BLT sautéed chicken and bacon with lettuce, tomato, cheddar jack cheese and house-made ranch dressing...8.49



