

## No Meat, No Problem

Baked **Kale Chips** hand-picked, hand-cut **kale**, nutritional yeast 3

Big Kid Grilled “Cheese” gluten-free **brown rice - chia** bread, **coconut butter**, dairy-free, soy-free **cheese alternative**, thick sliced **tomato**, **parsnip** “bacon” 5

Watermelon-Tomato **Gazpacho** roasted multi-color **tomatoes**, cold-pressed **watermelon juice**, **cilantro**, **parsley**, extra virgin olive oil, raw **apple cider vinegar**, roasted **garlic**, **hemp seeds** 5

Fresh Vegetable **Summer Rolls** (2) **chia sprouts**, **carrot**, **cucumber**, steamed **Shitake**, rice paper, tangy-chili **tamari dip** sweetened with unsulphured blackstrap molasses 4 Add wild US **shrimp** (2) 2

Nuts About You Burger ½-pound **almond-black bean-veggie patty**, **cracked wheat bun**, **peach ketchup**, vegan soy-free **jalapeno** “cheddar,” **chia sprouts**, **kale chips**, **vegetable pickles** 8  
With gluten-free **brown rice - chia** bread 8.50

Grilled **Corn** on the cob, **coconut butter**, sea salt 3

Multi-Color Salad pomegranate, **chia sprouts**, roasted **beet**, **baby greens**, **celery**, **turnip**, **cucumber**, red onion, **maple-apple cider vinaigrette**, **hemp seeds**, baked sweet potato **frites** 8

Add roasted Portobello “steak” 2

Add wild US **shrimp** (4) 4

Add wild Pacific **cod sausage** wrapped in kale leaves 3

Dry-Rubbed, **Slow Smoked Tofu** **apple cider-date BBQ sauce**, grilled **corn** on cob, spicy Asian style citrus **kale-cabbage slaw** 10

Citrus Grain-Veggie Salad **millet** or **brown rice**, lemon juice, lemon zest, **cucumber**, **parsley**, red onion, **tomato**, **cilantro**, **garlic**, **turnip**, extra virgin olive oil 5

*Menu changes seasonally and is updated on website.*

<http://ZestWishes.CO>

## Meat Freak

Suck My Duck tender, dry-rubbed, **slow smoked duck leg** **apple cider-date BBQ sauce**, grilled **corn** on cob, spicy Asian style citrus **kale-cabbage slaw** 12

Grease-less **Chicken Wings** (6) slowly **smoked** till falling off bones, sweet spicy herb **glaze** with blackstrap molasses, **carrot**, **celery**, **goat's milk yogurt** **cucumber dip** 7

Hearty **Jerky** (3) slowly-smoked hand-cut grass-fed **beef heart** strips, **garlic**, oregano, onion, unfiltered **apple cider vinegar**, **chili flakes** 5

## Sweet By Nature

**Fruit-Sicle** assorted raw fruits, cold-pressed **juices** 3

**Coconut Date Almond Square** 2

**Beet-Berry Sorbet** tangy sweet 4

Vegan Falooda **tapioca**, **date**, **raisins**, chopped **almonds**, fruit **juice**, **coconut milk**, cinnamon, saffron 5

## Cook, Eat & Share

**Peach Ketchup** pint 7

**Vegetable Broth** quart 3

Vegan Soy-Free “Cheddar” **Cheese Sauce** ½ pint 5

½-Pound **Almond-Black Bean-Veggie Burger Patties** (2) 7 (3) 10

Pretty **Vegetable Pickles** quart 9

**Kimchi** (vegan or with smoked **herring**) pint 7

**Maple Apple Cider Vinaigrette/ Marinade** pint 7

**Apple Cider-Date BBQ Sauce** pint 7

Sweet Spicy Herb **Glaze** pint 7

**Shrimp Stock** quart 5

East Meets West **Olive Spread** pint 7

*For catering & personal chef services, email via website.*