

## BREAKFAST

### ZÈTA SUPER BREAKFAST

12.5

White or brown toasted slices of organic bread, a fried local egg, jam, butter, avocado, semi-mature farmer's cheese and yoghurt with home made granola

### ZÈTA PLANT BASED BREAKFAST

13.5

White or brown toasted slices of organic bread, fried mushrooms, fake bacon, vegan cheddar slices, avocado, and soy coconut yoghurt with home made granola



### VEGAN BANANA PECAN PANCAKES

7

American banana pancakes with pecan crumble, blueberry jam and agave syrup



### BIO YOGHURT OR QUARK

7

Organic farmer's yoghurt or quark with home made granola or toasted nuts, seasonal fresh fruit and honey

### PLANT BASED YOGHURT

8

Soy-coconut yoghurt with home made granola or toasted nuts, seasonal fresh fruit and agave syrup



### SWEET

2

Croissant, raisin roll or chocolate croissant

## SANDWICHES

### AVOCADO SANDWICH

8

Avocado slices, a fried local egg, feta crumble, grilled green asparagus, paprika mayonnaise and cress

### BEYOND CHEESE BURGER

9.5

Beyond burger, vegan cheddar slices, romaine lettuce, tomato, pickle and Zèta burger sauce



### CAJUN BURRITO

8

Burrito with Cajun chicken or no chicken chunks by The Vegetarian Butcher, red kidney beans, bell pepper, corn, jalapeños, avocado and vegan cheddar slices



### OYSTER MUSHROOM SHAWARMA

8.5

Toasted panini with oyster mushroom shawarma, garlic sauce, red onion salsa, cucumber, tomato and iceberg lettuce



### BLT-A

7.5

Bacon, avocado, tomato, romaine lettuce and curry mayonnaise

### TUNA MELT

8.5

Tuna melt with no-tuna by the Vegetarian Butcher, cheddar, red onion and tomato

### VEGA BALL

7

Vegetable 'meat'ball, pesto mayonnaise, roasted bell pepper and green asparagus

### MACKEREL SALADE

6.5

Spicy Indian mackerel salad with mango & spring onion chutney and cucumber

## SALADS

### MOROCCAN BOWL

10

Couscous, vegan feta, toasted chickpeas, roasted bell pepper, olives, red onion, cucumber, sun dried tomatoes and fresh spinach



### SPINACH SALADE

13

Vegan lemon shrimps, miso cucumber, fresh spinach, spring onion, mango-wakame salad



BREAKFAST  
& LUNCH  
MA. T/M ZA. 8:00 - 16:00 / ZO. 9:00 - 16:00

# ZÈTA

PLEASE ORDER  
AT THE BAR

## SOUP

**SWEET POTATO-PUMPKIN**

7

Sweet potato-pumpkin soup with coconut milk, lemongrass and red pepper



**SOTO AYAM**

6

Indonesian chicken soup with carrot, a boiled egg, bean sprouts, spring onion and crispy fried onions

**SOTO NO AYAM**

5

Indonesian soup with carrot, a boiled egg, bean sprouts, spring onion and crispy fried onions

## LOCAL EGGS

**THREE LOCAL EGGS SUNNY SIDE UP, SCRAMBLED OR AS AN OMELET, ON ORGANIC TOAST**

7

## +EXTRA'S

Bacon	2
Ham	2
Spring onion	0.5
Tomato	0.5
Semi-mature farmer's cheese	2
Fried mushrooms	1.5

## SIDES & SNACKS

**FRESH FRIES WITH MAYONNAISE** 5

**FRESH SWEET POTATO FRIES WITH CURRY MAYONNAISE** 6

**(6) SPICY BEEF SPRING ROLLS** 7

**(5) CRISPY JAPANESE CHICKEN CHUNKS** 6

**(5) VEGETABLE GYOZAS, CRISPY JAPANESE DUMPLINGS** 5

**(10) MINI VEGETABLE SPRING ROLLS** 6

**(6) OYSTER MUSHROOM CROQUETTE BALLS** 7

## TOASTIES

**SEMI-MATURE FARMER'S CHEESE** 4

**SEMI-MATURE FARMER'S CHEESE AND HAM** 4.5

**GRILLED PANINI WITH VEGAN CHEDDAR SLICES, JALAPEÑOS BELL PEPPER AND LEEK SPROUTS** 5

**GRILLED PANINI WITH CHEDDAR, PULLED CHICKEN AND CARAMELIZED RED ONIONS** 6

**GRILLED PANINI WITH GOATS CHEESE, BACON, TOMATO AND PESTO** 5.5

## HOME MADE PASTRY

Daily fresh made pies, cakes, cookies and more, have a look on the counter or ask our staff!

**APPLE PIE** 4.5

**BROWNIE** 3.5

**BANANA BREAD** 3

**CARROT CAKE** 4

## FRESH JUICES & HEALTY SHAKES

**APPLE, GRAPEFRUIT, PINEAPPLE AND LIME** 5

**BEETROOT, ORANGE AND TURMERIC** 4

**PEAR, SPINACH AND GINGER** 4.5

**MANGO-AVOCADO SHAKE WITH PINEAPPLE AND ALMOND MILK** 5.5

**BREAKFAST & LUNCH**  
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