

zenja LUNCH

11.30am – 3.15pm

Wraps

Grilled Chicken Wrap chicken breast, lettuce and roasted capsicum with zenja chilli sauce \$10.00

Chicken Schnitzel Wrap chicken schnitzel strips, lettuce, mayonnaise and avocado \$10.00

Grilled Vegetable Wrap a fresh selection of marinated vegetables dressed in aged balsamic \$10.00

Thai Beef Wrap beef rib eye strips, lettuce and mayo with a coriander and satay dressing \$10.00

Tuna Wrap a fresh mix of tuna, carrots, mayo and baby spinach with a hint of lemon \$10.00

Salads

Chicken Caesar Salad tender marinated chicken breast, cos lettuce, bacon, cheese, eggs and croutons with zenja's Caesar dressing \$13.00

Chicken Avocado Salad grilled chicken breast, tomato, onion, cucumber, avocado and lettuce, dressed in a lemon vinaigrette \$13.00

Thai Chicken Salad warm chicken breast, lettuce, tomato and cucumber with a Thai-style dressing \$13.00

Roquette Salad wild roquette served with shaved Grana Padano, Roma tomatoes, and balsamic reduction \$13.00

Burgers

Grilled Chicken Burger grilled chicken, cheese, mayo and lettuce with zenja's chilli sauce on a toasted bun \$13.00

Chicken Schnitzel Burger chicken schnitzel, avocado, cheese, mayo and lettuce on a toasted bun \$13.00

Steak Sandwich grain fed beef, lettuce, tomato, onion and cheese with bbq sauce on a toasted bun \$13.00

Dory Fillet Burger parmesan crusted Dory fillets, lettuce, tartare sauce and cheese on a toasted bun \$13.00

Sides

garlic bread, herb bread, bruschetta, hot chips \$5.00

Pasta

Penne, spaghetti, fettucine, or tortellini with:-

Napoletana classic tomato with a hint of basil \$13.00

Pesto traditional cream-based basil and pine nuts \$13.00

Bolognese rich tomato and minced beef \$13.00

Arabiatta classic tomato with basil and fresh chilli \$13.00

Boscaiola creamy bacon and mushrooms \$13.00

Risotto

Creamy Chicken seared chicken breast, asparagus and mushrooms in a creamy white wine sauce \$14.50

Vegetarian mushrooms, fresh corn, shallots and baby spinach in a white wine stock \$14.50

Tiger Prawns with mushrooms, roquette and shallots in a tomato-based stock \$15.50

Chef's Specials

Salt & Pepper Squid tender squid lightly tossed in zenja spices and served with sweet chilli dipping sauce \$13.00

Crispy Fish & Chips lightly battered Dory fillets served with fries and tartare sauce \$13.00

Singapore Noodles tiger prawns, mixed veggies, with rice noodles tossed in a Singapore-style chilli sauce \$13.00

Chilli Chicken stir fried chicken breast and vegetables with a touch of chilli, served with Jasmine rice \$13.00

Body Wise Options

Maximum Potential grain fed Rib-Eye (320gms) served with mesculin salad and steamed Jasmine rice \$24.00

Essential Nutrition grilled Dory fillets and aromatic Jasmine rice served with a lightly dressed mixed leaf salad \$14.00

Well Balanced tender chicken breast fillets and fragrant Jasmine rice served with steamed seasonal vegetables \$13.00