

zenja LUNCH

11.30am – 3.15pm

Wraps

Grilled Chicken Wrap chicken breast, lettuce, mayo & roasted capsicum w zenja's chilli sauce \$10.00

Chicken Schnitzel Wrap chicken schnitzel, lettuce, mayo & avocado \$10.00

Grilled Vegetable Wrap baby spinach & assorted grilled vegetables marinated in aged balsamic dressing \$10.00

Thai Beef Wrap grain fed aged beef fillet, lettuce & mayo w zenja's satay sauce \$10.00

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

Salads

Chicken Caesar Salad tender marinated chicken breast, cos lettuce, bacon, parmesan, eggs & croutons w zenja's Caesar dressing \$13.00

Chicken Avocado Salad grilled chicken breast, tomato, onion, cucumber, avocado & mixed young leaf salad, dressed in a lemon vinaigrette \$13.00

Thai Chicken Salad warm chicken breast, lettuce, tomato, capsicum & cucumber w zenja's Thai dressing \$13.00

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

Burgers

Grilled Chicken Burger grilled chicken breast, mozzarella, mayo, lettuce & tomato w zenja's chilli sauce on a toasted bun \$13.00

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

Steak Sandwich grain fed aged beef, mozzarella, mayo, lettuce & tomato w bbq sauce on a toasted bun \$13.00

Dory Fillet Burger parmesan crusted Dory fillets, cheese & mixed young leaf salad w zenja's tartare sauce on a toasted bun \$13.00

Sides

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

Pasta

Penne, Spaghettini, Fettucine, or Tortellini w:-
Napoletana classic tomato w a hint of basil \$13.00

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

Bolognaise rich tomato & minced beef \$13.00

Arabiatta classic tomato w basil & fresh chilli \$13.00

Boscaiola creamy bacon & mushrooms \$13.00

Risotto

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

Vegetarian mushrooms, fresh corn, shallots, baby spinach & parmesan in a creamy white wine sauce \$14.50

Tiger Prawns mushrooms, roquette, shallots & parmesan in a tomato-based stock \$15.50

Chef's Specials

Salt & Pepper Squid tender squid tossed in zenja's spices & served w sweet chilli dipping sauce \$13.00

Crispy Fish & Chips lightly battered Dory fillets served w fries & zenja's tartare sauce \$13.00

Singapore Noodles Tiger prawns & mixed vegetables w rice noodles in a Singapore-style chilli sauce \$13.00

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

Body Wise Options

Maximum Potential 100 day grain fed, aged Rib-Eye (320gms) served w a lightly dressed mixed young leaf salad & steamed Jasmine rice \$24.00

Essential Nutrition grilled Dory fillets served w a lightly dressed mixed young leaf salad & steamed Jasmine rice \$14.00

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