

# G•ZEN

powered by  
plants

At G-Zen, our food is thoughtfully prepared from scratch using the most ethical, organic and sustainable ingredients we can find.

## G-Zen is OPEN For TAKEOUT ONLY

Tuesday through Friday from 3pm to 8pm

Saturday from NOON to 8pm

- Closed Sunday and Monday -

All orders must be in by 7:30pm (1/2 hour before closing)

We are not accepting cash or walk-ins for the safety of our customers and staff



The breads, award-winning pastries, baked goods and even our famous ketchup are made by hand daily. Everything on the menu – from elixir cocktails to desserts – is sourced from 100% plant-based ingredients. **A Plant-based menu means all of our ingredients are derived from non-animal sources and purely from vegetables, fruits, nuts, whole grains and seeds. We refrain from the use of eggs, butter, milk or dairy products.**

Our world renowned Master Vegan Chef Mark Shadle and Raw Chef Ami Beach together had a combined 30 years of culinary expertise. We Pride ourselves on the ability to create amazingly fresh and delicious eco-inspired cuisine that promises to excite the sense yet nourish the soul on every level.

Peace Begins On Your Plate.

Voted Top Ten Vegan Restaurants in USA  
by Shape Magazine and Travel & Leisure Magazine.



Culinary team lead by:

Executive Chef Mark Shadle ~ Raw Foods Chef Ami Beach Shadle

2 EAST MAIN STREET, BRANFORD, CT 06405

203.208.0443

[g-zen.com](http://g-zen.com)

# homemade soups/starters

## Bowl of Organic Soup 7

Served with a slice of our G-Zen organic bread & spread

Homemade gluten free roll available for 3

Soup Du Jour

G-Zen House Miso 

Broccoli Tahini Bisque 

Hearty Black Bean Chili 

Served with house-made tortilla chips 

## Sublime Vegan Nachos 15

Our house-made corn tortilla chips with spicy black bean chili, fresh made salsa, guacamole, Kalamata olives, scallions, tofu sour crème and our melted vegan mozzarella cheese. Cashew Parmesan can be substituted instead of vegan mozzarella, please tell your server.

## Hand-crafted Artisan Cheese Plate

Our award-winning signature dish! A gorgeous variety of our house-made artisan cashew cheeses and fresh baked baguette served with fresh fruit and dates.

Inquire with your server for today's selection and pricing.

## Raw Tacos 14

**A house favorite:** Mexican spiced raw/live walnut "taco meat", fresh guacamole, cashew sour crème in a romaine lettuce shell, topped with fresh scallions, red pepper and cashew Parmesan. (2 taco shells)

-  Wheat-free
-  Gluten-free
-  Raw/Living foods
-  Contains Nuts
-  House favorite

At G-Zen we are very conscious of our customers dietary needs, restrictions, allergies and sensitivities. We strive to make your dining experience pleasurable and well informed, therefore we have created the following Ingredients keys to help identify main categories and or common allergens. While we strive to cater to all dietary limitations, we are not a fully Gluten-free or Nut-free kitchen. We use extreme caution when preparing our foods, however we can't guarantee in the case of severe allergies or wheat or nut allergies. Please let server know of your dietary restrictions and we will do our very best to accommodate you.

We have also added our G-Zen Favorites key to let you know which menu items have become house favorites over the years!

Peace Begins On Your Plate!

## Thimble Island "Crab" Cakes 12

Seasoned tempeh cakes over shredded field greens with house-made tartar sauce & fresh lemon.

*Our G-Zen version of a classic shoreline favorite.*

## Sufi Kiss 12

Marinated artichoke & Kalamata olives wrapped in filo served with smoked paprika aioli over organic field greens.

## G-Zen Dim Sum Plate 15

Steamed vegetable dumplings, fresh spring roll with shredded carrots, daikon & cabbage & assorted vegetable tempura with a fresh ginger tamari mirin sauce & spicy cilantro peanut sauce.

## G-Fries 8

Our hand-cut sweet potato fries and house-made smoked hickory ketchup.

*These are the fries that made Chef Mark Shadle famous more than 20 years ago. Mind boggling is the only way we can describe them.*

## Feisty Monkey 10

Organic whole grain pasta with fresh herbs and our house-made spicy peanut & cilantro sauce topped with cashew Parmesan. Served chilled.

*Our Feisty Monkey is a crowd favorite & a Best Seller on our Gmonkey Food Truck.*

## Fresh Organic Sunflower Bread & Spread 6

Fresh baked organic whole grain bread and carrot miso spread.

## Vegan Bruschetta 9

Fresh heirloom tomato, garlic, fresh basil, olive oil & topped with our vegan mozzarella toasted on our fresh baked organic bread.

## Raw Radiance Collard Wrap 12

Our famous Raw Radiance curried nut pate with sprouted nuts & exotic spices, shredded veggies & our house-made peanut cilantro dressing in a collard leaf wrap. Served on a bed of organic greens, lime juice and sea salt & a side of our house-made fermented sauerkraut. Perfect if you want to enjoy a wrap with no bread and that's low in carbohydrates.

# get fresh salads



Get fresh organic salads come in two sizes:  
Small & Large

## Classic Caesar 10 and 14 gf nut G-Zen

Crisp organic romaine with shaved red cabbage, house-made creamy caesar dressing, topped with our house cashew Parmesan and choice of house-made whole grain croutons or corn-bread croutons gf

## Quinoa Tabouli with Baby Greens 10 and 14 gf G-Zen

Organic quinoa tabouli with fresh mint, cucumbers, onions and tomatoes served over mesclun greens with house-made carrot ginger dressing.

## Spanakopita & Spinach Salad 12 and 15

Filo rolls stuffed with herbed tofu and spinach feta with grilled root vegetables served over organic spinach leaves with our house-made organic apple cider & garlic vinaigrette

## Pure Radiance Salad 12 and 15 gf raw nut G-Zen

A hearty scoop of our live, raw, sprouted nut pate over organic field greens, shredded carrots, beets, topped with raw carrot ginger dressing or our organic apple cider & garlic vinaigrette & topped with cashew Parmesan.

Our curried live/raw pate is made from sprouted organic nuts & seeds, Medjool dates, spices, fresh cilantro, raisins & a hint of exotic curry.

**Add organic goji berries for added super foods nutrition for 2**

## Creamy Kale Salad 12 and 15 gf raw nut

Raw organic kale massaged in a creamy avocado dressing with hints of fresh lime juice & fresh cilantro, topped with banana chips, sesame seeds and house-made cashew Parmesan.

- wf Wheat-free
- gf Gluten-free
- raw Raw/Living foods
- nut Contains Nuts
- G-Zen House favorite

 **At G-Zen, we strive for 100% organic ingredients in every dish**



### Added Jewels to any entrée or salad

Raw nut pate 5

Black bean veggie patty 5

Sea Vegetable 3

Cashew Parmesan 2

Vegan mozzarella 2

Fresh avocado 2

Caramelized onions 2

all jewels gluten-free

Substitution charges may apply per each item request, please check with server

# handhelds

The veggie patty itself is gluten-free, the whole grain bun is not. If you prefer to substitute a gluten-free roll add \$3. If you prefer no BUN, please look at our Naked Burger entree.

## Zen Burger 14 gf

Our house-made organic black bean & chipotle burger with fresh heirloom tomato, local lettuce, onion and house tofu nayo dressing on our fresh whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

**Additions:**

Gluten-Free/  
Allergen-Free Bun 3

Tempeh Bacon 2

Vegan Mozzarella 2

Fresh Avocado Slices 2

Caramelized Onions 2

Shadle Farm Pesto 3

## Grilled Tempeh Rueben 16

Marinated organic tempeh with our house-made fermented sauerkraut, spicy mustard and Russian dressing on our grilled organic whole grain sunflower bread. Served with a side of our famous sweet potato G-Fries and house-made smoked hickory ketchup.

## Downward Dog Bean Burrito 14 gf zen

Organic brown rice, spicy black beans, local lettuce, vegan mozzarella, and our award-winning cilantro salsa in a spinach whole grain wrap. Served with a side of our famous sweet potato G-Fries and house-made smoked hickory ketchup.

## Crabbie Patty 16 zen

Our vegan version of Thimble Island Crab Cakes with local lettuce and house-made tartar sauce on our fresh made organic whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

## Gluten-free Pizza 22 gf zen

Sautéed local organic garlic greens, caramelized onions, grilled portabella slices and vegan mozzarella on our delicious gluten-free, nut-free, allergen free crust.

Add cashew Parmesan for added amazingness 2 nut

## Bella Burger 16

Marinated portabella mushroom with roasted red pepper, red onions and a spiced creamy aioli on our fresh made organic whole grain bun. Served with a side of our famous sweet potato G-fries and house-made smoked hickory ketchup.

## Raw Radiance Collard Wrap 18 gf row nut

Our famous Raw Radiance curried nut pate with sprouted nuts & exotic spices, shredded veggies & our house-made peanut cilantro dressing in a collard leaf wrap. Served on a bed of organic greens, lime juice and sea salt & a side of our house-made fermented sauerkraut.

# entrées

## G-Zen 2 Go

Please remember that you can order our Delicious Food & House-made Vegan Desserts to take home with you.

Enjoy anything on our menu packaged in compostable, eco-container to go, including:

Quarts of our Home made organic soups & chili 14

G-Zen organic whole grain fresh loaves of bread 7

## New Orleans Creole Tempeh 24

Organic seasoned tempeh with caramelized onions, fire-roasted pepper Creole sauce, mashed potatoes, sautéed local organic greens & house-made corn bread.

## Mayan Sun 21

Seasoned sweet potato enchiladas with tomato, red onion wrapped in an organic house-made corn tortilla, covered with mole rojo & your choice of vegan mozzarella or cashew parmesan. Served with beans and organic brown rice, salsa and tofu sour crème served over organic field greens.

## Portabella Tofu Napoleon 24

Portabella mushroom & local organic "Bridge tofu" layered with caramelized onion, porcini mushroom merlot sauce with red mashed potato & roasted asparagus.

## Kama Sutra 21

Sweet potato, broccoli & vegetables simmered in a creamy coconut curry with local "Bridge tofu", diced tomatoes, fresh lemongrass & cashews served over organic brown rice.

Can be served without soy tofu

## Guilt-free Raw Pasta with Sundried Tomato Marinara 24

Tricolored pasta made from organic carrot, beets & daikon noodles in our fresh heirloom tomato marinara, savory herbs & garlic, topped with cashew Parmesan dust. Served over local greens with a side of our spicy house-made kale chips.

## Raw Tacos 24

**A house favorite.** Mexican spiced raw/live walnut "taco meat", fresh guacamole, cashew sour crème in a romaine lettuce shell, topped with fresh scallions, red pepper and cashew Parmesan. (4 taco shells)

## Rock the Casbah 22

Traditional Moroccan stew made with organic Bridge local tofu & chickpeas, peppers, tomatoes, sweet potato, onion and Moroccan spices with toasted fennel and ground cinnamon served over organic brown rice.

Can be served without soy tofu

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## Spinach & Potato Pierogi 20

A vegan version of traditional pan-fried spinach & potato pierogies, caramelized onions, sautéed local garlic greens with organic apple butter and house-made tofu sour creme served on the side.

## Naked Burger 16

Large salad with mixed organic greens, shredded carrots, beets and quinoa topped with our grilled chipotle burger, homemade pesto and cashew Parmesan. Choice of our house carrot ginger dressing or raw apple cider & garlic herb vinaigrette.

## Wheel of Dharma 18

Vegetable udon noodle bowl with shitake mushroom, arame, tofu, ginger and garlic broth and vegetables dumplings.

## Zen Macro Plate 18

A balanced macrobiotic dish with organic brown rice, beans, steamed greens, root and sea vegetables, pickled daikon topped with Gomasio.

## Garden Guru 22

Combine any 4 of our Healthy Sides (below) to create your own custom Garden Guru.

# healthy and organic sides

Spanakopita 7

Sautéed Veggies 7

Creole Tempeh 7

Side Salad 7

Sautéed Local Greens 7

Roasted Asparagus 7

Baked & Seasoned  
Local Tofu 7

Mashed Potatoes & Gravy 6

Brown Rice & Beans 6

Black Bean Veggie Patty 6

Gluten-free Allergy Free Bun 5



All organic sides are gluten-free with the exception of Spanakopita.

# organic super smoothies



All 16 oz smoothies are  
gluten-free and organic

## Wild Jungle Peanut Butter Cup 12

Organic peanut butter, maca root, mesquite, hemp powder, cacao powder, banana, almond milk. **Great for adrenals, stamina and energy.**

## Orange Mandala 12

Fresh organic oranges, coconut water, raw coconut oil, vanilla bean, maca root, banana & vanilla vegan ice creme.  
**Great for adrenals, mood and vitality.**

## I Am Vibrant 10

Coconut water, mega greens, spirulina, raw almonds, raw coconut oil, almond milk & banana. **An alkalizing super food drink for rejuvenation and balancing the PH of body.**

**We do not recommend this without the frozen banana and the consistency is light & hydrating.**

## Viva Verde 11

Organic kale, organic greens, raw almonds, vanilla bean, banana & Ceylon cinnamon. **A great way to get you daily greens in while tasting amazing.**

## Tree of Life 12

Organic Medjool dates, maca root, lacuma powder, mesquite powder, almond milk, Ceylon cinnamon, vanilla bean, banana, topped with raw cacao nibs.  
**Balancing for adrenals and highly nutritious.**

## The Shaman 15

Raw cacao, reishi mushroom, chaga, astragalus, goji berry, ashwaganda, moringa root, lacuma, mesquite powder, Shizandra fruit, ginseng root, hawthorn berry, dandelion root, rhodiola root, ginkgo biloba leaf, gynostemma herb, Macuna, Shilajit, Yerba Mate (plus 20 other longevity herbs) raw coconut oil, carob bean, vanilla, spices, banana, nutmilk and topped with raw cacao nibs.

**This is the 'gem' of our smoothies.** The Shaman is a blend of over 40 longevity herbs from around the globe, raw cacao, coconut oil and delicious spices that are formulated to give your body immune boosting and balancing of every level of your being. It is delicious and will help your energy soar to new heights.

We respectfully  
request no  
alterations on our  
smoothie formulas  
and prefer to make  
them exactly  
as we intended  
for both taste and  
health benefits.



At G-Zen, we strive  
for 100% organic  
ingredients in every dish

# fresh pressed organic juices



Please note, we don't dilute our smoothies with ice or our fresh pressed juices with water. We use only high quality organic ingredients to make them the most nutrient dense as possible.

## Zen Glow 16oz 11

Organic celery, cucumber, apple, lemon, lime, beet, ginger root

## Bunny Bliss 16oz 10

Organic carrot, apple, ginger root

## Simply Carrot 16oz 10

## Dr. Greens 16oz 12

Organic celery, cucumber, kale, spinach, lemon, ginger, cilantro, pear

## Zen Warrior Immunity 2oz shot 4

Fresh lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove essential oil and maple syrup. **Boosts your entire immune system, fight viruses and clear sinuses naturally.**

## Tummy Love 2oz shot 4

Turmeric root, fresh ginger juice, cinnamon leaf, peppermint essential oil and maple syrup. **stimulates digestion, anti-inflammatory, improves metabolism, soothes the stomach.**



# tonic & longevity elixirs



## All Gluten-free and Organic

Tonics & Elixirs are a mixture of medicinal spices, extractions and herbal formulas used to help restore, tone and invigorate systems in the body or to promote general health and well-being.

## Turmeric Gold Elixir 16oz 12

Turmeric root, fresh lemon juice, ginger root, clove, cinnamon and Ormus gold sweetened with a hint of maple sugar. **served cold only.**

Ormus gold is made from 99.9% pure monoatomic gold and 30 other minerals that contain anti-aging characteristics, immune boosting functions and the ability to repair cells on a DNA level. Ormus has a healing effect on the whole body and may help in rejuvenation of the tissues and organs. Ormus Gold is considered one of the the most powerful longevity secrets.

## Chaga Chai Longevity Tonic 9

Over 20 longevity herbs including chaga mushroom, reishi mushroom, astragalus, cacao, Shilajit, Moringa, dandelion root, cinnamon, ginger root, rhodiola root, coconut milk, chai spices and organic maple syrup.

**May contain soy**

**This is an all herbal tonic. Absolutely delicious. served steamed or iced.**

## Intelligent Coffee 7

A synergistic blend of organic coffee with chaga mushroom, reishi mushroom, Peruvian cacao & adaptogenic herbs for adrenals and stamina.

## The Shaman 15

Raw cacao, reishi mushroom, chaga, astragalus, goji berry, ashwaganda, moringa root, lacuma, mesquite powder, Shizandra fruit, ginseng root, hawthorn berry, dandelion root, rhodiola root, ginkgo biloba leaf, gynostemma herb, Macuna, Shilajit, Yerba Mate (plus 20 other longevity herbs) raw coconut oil, carob bean, vanilla, spices, banana, nutmilk and topped with raw cacao nibs.

**This is the 'gem' of our smoothies.** The Shaman is a blend of over 40 longevity herbs from around the globe, raw cacao, coconut oil and delicious spices that are formulated to give your body immune boosting and balancing of every level of your being. It is delicious and will help your energy soar to new heights.



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## Spring Dragon Longevity Tea 6

With five premier tonic herbs infused with premium Gynostemma leaves, this is one of the most broad-spectrum health promoting teas in the world.

Gynostemma known as the miracle grass of Asia, infused with extracts of Luo han guo, Schizandra, Lycium, Astragalus, and Siberian ginseng. This healthy tea is extremely pleasing and intensely refreshing and caffeine free.

## Green Water with 78 trace minerals 5 glass/12 in Bottle

Pure triple filtered water with concentrated chlorophyll, oxygen & 78 trace minerals. **Neutral taste/feel the difference**

**Improve digestion**

**Alkalize the blood**

**Boost energy**

**Boost red blood cells**

**Boost immune system**

**Enhances nutrient absorption**

## Zen Warrior Immunity 2oz shot 4

Fresh Lemon juice, ginger root, fresh garlic, cayenne, raw apple cider vinegar, clove es-sential oil and maple syrup. **Boost entire immune system, fight viruses and clear sinuses naturally.**

## Tummy Love 2oz shot 4

Turmeric root, fresh ginger juice, cinnamon leaf, peppermint essential oil and maple syrup. **stimulates digestion, anti-inflammatory, improves metabolism, soothes stomach.**

### Most Popular Super Foods

**Lacuma** is a superfood fruit from Peru that is great for digestion, metabolism and energy and has a natural caramel flavor.

**Maca root** is another super foods that is an adaptogenic herb and great for over all health, well being and immune function Maca is powerful for balancing hormones.

**Mesquite powder** is delicious and compliments the flavor of cacao perfectly. It is great for boosting metabolism and loaded with minerals and anti-oxidants.

**Chaga and Reishi Mushrooms** are considered the King and Queen of most healing foods on the planet and benefits the entire immune system.

**Astragalus** from China is used for colds, flus and other respiratory infections. It helps protect the body from physical and emotional stress.

**Siberian Ginseng** boosts stamina and strength in the body & greatly reduces fatigue.



# cool drinks

## Natural Sodas 4

Root Beer, Creme Soda, Natural Cola, Diet Cola (sweetened with stevia leaf), Diet Root Beer (sweetened with stevia leaf)

## Izzy's 100% Fruit juice Spritzer 3

Assorted flavors

## Iced Herbal Hibiscus,

## Goji Berry & Lemongrass Sun Tea 5

## Iced Organic Coffee (in season) 5

## Iced Kukicha 4

## Organic Juices 5

Assorted flavors

## G-Zen Root Beer Float 8

Organic vanilla ice creme, natural root beer and soy whip.

## Iced Longevity Chai Chaga Latte 9

Our famous creamy Chaga Chai Latte with over 40 longevity herbs.

## Turmeric Gold Elixir 12

For detailed description see Tonic/Elixirs section.

# hot drinks

## Coffees, teas & lattes

made with triple filtered water

## Organic Fair Trade Coffee 3

## Intelligent Coffee 7

A synergistic blend of organic coffee with chaga, reishi mushroom, Peruvian cacao & adaptogenic herbs.

## Longevity Chai Chaga Latte 9

Our famous creamy Chaga Chai Latte with over 40 longevity herbs.

## Organic House-made Chai 6

## Organic Chai Latte 6

## Organic Latte 6

## Organic Mocha Latte 6

## Organic Hot Cocoa with Steamed Milk 6

## Organic Espresso 4

## Organic Grain Coffee Au Lait 6

Coffee substitute with almond milk, cinnamon & nutmeg.

## Organic Kukicha Twig Tea 4

## Organic Individual Tea Pot 4

Assorted blends

## Spring Dragon Longevity Tea 6

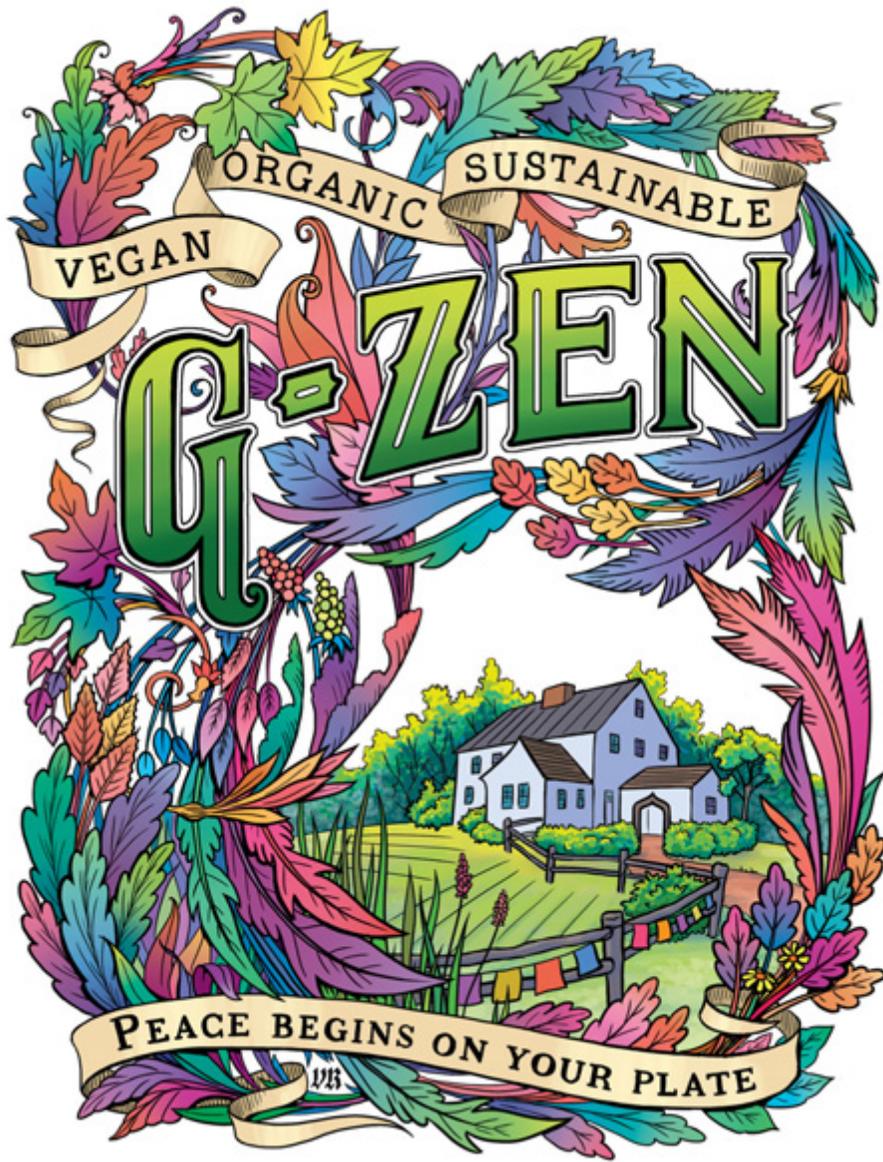
Gynostemma known as the miracle grass of Asia, infused with extracts of Luo Han Guo, Schizandra, lycium, astragalus, and Siberian ginseng.



Organic almond milk, soy milk, raw organic sugar, agave and stevia available upon request



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We proudly source many organic, seasonal ingredients & herbs for our menu from Shadle Farm (our solar powered farm) in Durham, CT. Shadle Farm is also the commercial base for our nationally acclaimed vegan mobile food truck called Gmonkey Mobile. Our food is healthy for humans & the planet as a whole.

**Thank you for supporting our vision of a more peaceful and sustainable future.**

Welcome to our G-universe:

Join our GREEN revolution!

G•ZEN

powered by  
plants



gmonkey™  
FARM 2 STREET



G•glo™

authentic raw lifestyle

visit: [g-zen.com](http://g-zen.com) | [gmonkeymobile.com](http://gmonkeymobile.com) | [g-glo.com](http://g-glo.com)