

Z CAFE & BAR

AN OAKLAND FAVORITE SINCE 2005

 GLUTEN FREE

 VEGAN

 CONTAINS NUTS

SOUPS

CUP/ BOWL

Tomato Soup  5/7

Spicy Chicken Tortilla 7/9
topped with avocado & sour cream

SALADS

OUR SALADS ARE TOSSED IN THEIR DRESSINGS

ADD GRILLED CHICKEN OR SEARED TOFU **+\$7.00**

ADD CRAB CAKES **+\$12.00**

ADD PAN SEARED SALMON OR PRAWNS **+\$12.00**

Z HOUSE SALAD

organic field greens, cherry tomatoes, pumpkin seeds, parmesan cheese tossed in a scratch made dijon-balsamic vinaigrette **11**

CAESAR SALAD

romaine hearts, parmesan cheese, anchovy fillets, ciabatta garlic croutons **12**

APPLE WALNUT SALAD

romaine hearts, Fuji apple slices, blue cheese crumbles, glazed walnuts, raspberry vinaigrette **13**

KALE, AVOCADO & BEET SALAD

kale, red beets, farro, glazed walnuts tossed in balsamic vinaigrette topped with crumbled goat cheese and avocado **16** 

APPETIZERS

TARRAGON CRAB CAKES

lightly seared blue crab meat--crispy on the outside and soft on the inside, garlic, scallions, lemon juice and tarragon aioli **15**

*** real crab meat, may contain shells*

Z HOUSE RIBS

Four tea-smoked, dry-rubbed, St Louis cut pork ribs with barbecue sauce **15**

ONION RINGS

fried crispy and served with ranch dressing **7**

BURRATA BRUSCHETTA

burrata cheese drizzled with honey, topped with glazed walnuts served on grilled ciabatta bread **12**

GARLIC PRAWNS

Six prawns sauteed in garlic white wine sauce, paprika (mild) or chipotle (spicy), grilled ciabatta bread **16**

HOT WINGS

breaded wings tossed in hot sauce mix served with blue cheese dressing and celery sticks. **12**

BURGERS FLAME GRILLED

Substitute Impossible Burger **+\$3.00**

INCLUDE A CHOICE OF:

FRENCH FRIES** OR HOUSE SALAD OR FRESH FRUITS

****substitute chipotle, garlic or sweet potato fries **+\$1.00****

substitute gluten free sandwich bread **+\$2.00**

ADD CHEESE & FIXINGS

CHEDDAR, SWISS, JACK, BLUE **+\$2.00 each**

JALAPENOS, MUSHROOMS **+\$2.00**

BACON **+\$3.00**

AVOCADO **+\$3.00**

OUR BURGERS ARE SERVED ON SEMIFREDDI'S CHALLAH BUN WITH SIDES OF LETTUCE, TOMATO, RED ONION & PICKLE

Z BURGER

flame grilled 8 oz premium ground beef grilled to your preferred temperature **17**

CATTLE BURGER

Z burger + cheddar cheese, crispy onions, & barbecue sauce **18**

THE ROBINSON

Z burger + sauteed mushroom and swiss cheese **19**

Substitute chicken burgers for any beef burger

BACON CHEESEBURGER

Z burger + bacon and cheddar cheese **19**

BUNLESS BEEF BURGER

flame grilled 8 oz premium ground beef with sides of lettuce, tomato, red onion and pickle **16**

BUNLESS VEGAN BURGER & AVOCADO

Scratch-made vegan patty made with black beans, chickpea, carrots, cilantro, cumin & rolled oats, topped with avocado slices served with side of vegan mayo, lettuce, tomato, red onion, pickle **17**
add mushrooms or grilled onions **+\$1.50**

BLACK BEAN VEGAN BURGER

Scratch-made vegan patty made with black beans, chickpea, carrots & rolled oats served on foccacia bread with a side of vegan mayo, lettuce, tomato, red onion, pickle **16**

MONDAY
11AM TO 2:30PM
TUESDAY- FRIDAY
11AM TO 9PM
SATURDAY
5PM TO 9PM
HAPPY HOUR
3PM TO 9PM

FOR TO GO ORDERS
CALL 510.451.2905
CURBSIDE PICK-UP IS AVAILABLE



LOCALLY BAKED BREAD
Delivered daily



FREE RANGE ORGANIC
Delivered daily



ALWAYS FRESH
Delivered daily

ENTREES

DAILY SPECIAL

Fresh ingredients of the day. Ask your server **AQ**

MISSISSIPPI POT ROAST

beef braised in low temperature with dried house spices, butter and pepperoncini, served with garlic mashed potatoes **22**

BLACKENED TILAPIA

white fish blackened with spices, topped with avocado salsa, served with basmati rice, sauteed vegetables **19**

BLACKENED CHICKEN ALFREDO PASTA

spice-dusted, blackened chicken breast with fettuccine pasta, white cream sauce, mushrooms, garlic and a mix of shallots and red bell peppers, parmesan cheese **20**
extra sauce +\$3.00

LOBSTER RAVIOLI

white wine cream sauce, a mix of shallots, red bell peppers, mushrooms and parmesan cheese **19**

*** real lobster meat, may contain shells*

GRILLED GLAZED SALMON

honey-dijon-soy glaze served with basmati rice and sauteed vegetables **24**

CHICKEN PICCATA

battered chicken breast, panko, italian seasoning, lemon sauce, capers, garlic mashed potatoes **18**

WHITE MAC & CHEESE

penne rigate pasta, aged sharp white cheddar, parmesan, milk, cream, house seasoned roux, toasted panko **13**
add bacon +\$3.00 or crumbled blue cheese +\$2.00

BLACKPEPPER TOFU

stir fried tofu mixed with shallots, ginger, chiles, scallions, garlic, fresh ground black pepper and soy sauce served with steamed basmati rice **16**

SPICY PASTA CAPELLINI

angel hair pasta tossed in our scratch made marinara sauce, parmesan and a hint of hot pepper flakes **12**

add grilled chicken breasts or tofu +\$7.00

add prawns or salmon +\$12.00

SANDWICHES

INCLUDE A CHOICE OF:

FRENCH FRIES** OR HOUSE SALAD OR FRESH FRUITS

****substitute chipotle, garlic or sweet potato fries +\$1.00**

substitute gluten free sandwich bread +\$2.00

Substitute Tindle for chicken +\$3.00

ridiculously good chicken made from plants

GRILLED CHICKEN WITH CARAMELIZED ONIONS

grilled chicken breast, cheddar cheese, almond-tomato tapenade, dijon mustard on Semifreddi's sourdough bread **16**

PANINI CHICKEN CAPRESE

grilled chicken breast, mozzarella, house dried tomatoes and pesto sauce of Semifreddi's rosemary focaccia **16**

ROCKY CHICKEN BURGER

flame grilled, house-made chicken patty with lemon zest, cheddar cheese, red onion, lettuce, tomato and chipotle aioli on Semifreddi's challah bun **16**

TUNA MELT SANDWICH ON RYE

capers, celery, red onions, basil, tomato slice, lettuce, jack cheese, mayo on grilled rye **16**

recommended add avocado +\$3.00

TURKEY CLUB

roast turkey breast slices, bacon, lettuce, tomato and mayo on Semifreddi's rosemary focaccia **16**

CRAB SALAD SANDWICH

blue crab meat, celery, red onions, jack cheese, avocado on grilled Semifreddi's sourdough bread **19**

*** real crab meat, may contain shells*

GRILLED CHEESE SANDWICH

Sharp cheddar on Semifreddi's sourdough bread

Grilled Cheese + Tomato Soup + House Salad **15**

+\$1.00 for every substitution

Grilled Cheese + French Fries **11**

FRIES & SIDES

FRENCH FRIES

Fried crisp and lightly salted **6**

Chipotle Fries **7**

Garlic Fries **7**

SWEET POTATO FRIES

Fried crisp & lightly salted **7**

GARLIC MASHED POTATOES

Idaho potatoes, boiled and whipped with garlic, milk and butter **7**

BOWL OF RICE

Steamed basmati rice **3**

SAUTEED VEGETABLES

Sauteed with garlic **7**

SAUTEED SPINACH

Sauteed with garlic **7**

FRUIT BOWL

Fresh seasonal fruits **7**

SIDE GRILLED BREAD

Lightly buttered and grilled Semifreddi's ciabatta bread **3**

BREAD & BUTTER

Semifreddi's ciabatta bread & butter **2**