est. 2017

zest

smoothies juices
eats & treats

all ingredients are gluten & dairy free

smoothies

+organic vanilla or chocolate plant protein powder ($1.50) +organic peanut butter, almond butter, housemade chocolate hazelnut spread or organic sunflower seed butter ($1) +organic hemp seeds, organic ground flaxseed, organic chia seeds ($.50)

BERRY SIMPLE VEGAN Df Gf
unsweetened vanilla almond milk, organic mixed berries, banana..... 16oz 9 / 20oz 10

CASHEW MYLK VEGAN Df Gf
h20, cashews, organic agave, cinnamon, ice..... 16oz 9 / 20oz 10

CHOCOLATE PEANUT BUBBA VEGAN Df Gf
unsweetened vanilla almond milk, organic chocolate plant protein powder, banana, organic spinach, powdered peanut butter, cocoa powder..... 16oz 10 / 20oz 11

THE FRAPP VEGAN Df Gf
organic local coffee, organic vanilla soy milk, banana, vegan chocolate chips..... 16oz 9 / 20oz 10

FRESH START VEGAN Df Gf
organic unsweetened coconut milk, banana, organic spinach, organic cucumber, organic celery, mint, lemon..... 16oz 9 / 20oz 10

JAVA BUFF VEGAN Df Gf
french vanilla cold brew, organic vanilla soy milk, organic chocolate plant protein powder, organic peanut butter, organic blueberries, organic spinach, organic chia seeds, organic cacao nibs..... 16oz 11 / 20oz 12

MATCHA REFRESH-MINT VEGAN Df Gf
unsweetened vanilla almond milk, organic matcha, organic vanilla plant protein powder, banana, peppermint extract..... 16oz 10 / 20oz 11

MINT CHIP VEGAN Df Gf
unsweetened coconut milk, organic vanilla plant protein powder, organic spinach, banana, organic cacao nibs, peppermint extract..... 16oz 10 / 20oz 11

juices

DETOX Gf Df VEGAN
beet, orange, grapefruit, lemon, ginger..... 16oz 9 / 20oz 10

ENERGIZE Gf Df VEGAN
organic apple, organic celery, organic cucumber, organic kale, lemon..... 16oz 9 / 20oz 10

PICK ME UP Gf Df VEGAN
organic carrot, orange, lemon, ginger..... 16oz 9 / 20oz 10

REFRESH Gf Df VEGAN
organic apple, organic cucumber, pineapple, mint..... 16oz 9 / 20oz 10

SPICY RECHARGE Gf Df VEGAN SPICY
beet, organic apple, orange, organic carrot, lemon, ginger, cayenne..... 16oz 9 / 20oz 10

ACV SHOT Gf Df VEGAN
organic apple cider vinegar, lemon, ginger, honey..... 2oz 3

JUICE CLEANSE ($60 PER DAY) Gf Df VEGAN
debloat, give your digestive system a break and get back on track with the zest juice cleanse! 6 juices per day for your choice of 1-5 days. at least 1 day notice is needed.

drinks

drinks can be hot or iced! milk choices are unsweetened almond, unsweetened coconut, organic vanilla soy or oat!... more bottled drinks also available in our Meals To Go Refrigerator!

COFFEE LOCAL VEGAN Df Gf
organic, fair trade, roasted in NJ..... small 3 / large 3.50

ESPRESSO LOCAL VEGAN Df Gf
organic, fair trade, roasted in NJ..... single 3 / double 4

LATTE VEGAN Df Gf
organic espresso, choice of milk.....5.50

MATCHA LATTE VEGAN Df Gf
housemade matcha pod (organic matcha, organic coconut oil, cashews, honey & cinnamon) blended with your choice of milk... *add organic espresso or organic coffee for an extra boost ($2)*.....5.50

TURMERIC LATTE VEGAN Df Gf
housemade turmeric pod (turmeric, organic coconut oil, cashews, honey, cinnamon & black pepper) blended with your choice of milk... *add organic espresso or organic coffee for an extra boost ($2)*.....5.50

CHARCOAL LATTE VEGAN Df Gf
charcoal powder, organic espresso, choice of milk.....5.50

FRENCH VANILLA LATTE VEGAN Df Gf
cold brew with natural french vanilla flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....5.50

COCOA MOCHA LATTE VEGAN Df Gf
cold brew with natural cocoa mocha flavors. choice of milk - we suggest oat! *no added sugars! naturally sweet from chicory root*.....5.50

NUTELLA LATTE VEGAN Df Gf
housemade chocolate hazelnut spread, organic espresso, choice of milk - we suggest organic vanilla soy!.....5.50

COCOA PEANUT BUTTER LATTE VEGAN Df Gf
cocoa powder, organic peanut butter, organic espresso, choice of milk - we suggest oat!.....5.50

TEA VEGAN Df Gf
come check out our large selection of caffeinated or caffeine free teas!..... small 1.50 / large 2

KOMBUCHA ON TAP VEGAN Df Gf
organic, fizzy, probiotic rich, fermented tea! flavors vary. buy a glass bottle for $1 extra!.....3.99

est. 2017

zest
smoothies juices
eats & treats

all ingredients are gluten & dairy free

acai, smoothie bowls & more

+organic vanilla or chocolate plant protein powder ($1.50) +organic peanut butter, almond butter, housemade chocolate hazelnut spread or organic sunflower seed butter ($1) +organic hemp seeds, organic ground flaxseed, organic chia seeds ($.50)

BLUE MERMAID VEGAN Df Gf
organic unsweetened coconut milk, banana, pineapple and blue majik (blue green algae powder) blended and topped with housemade granola, banana and organic unsweetened shredded coconut.....11

BOWLNANA VEGAN Df Gf
unsweetened vanilla almond milk and banana blended and topped with housemade cacao cookie monster crumble and vegan chocolate chips.....10

GREEN MACHINE VEGAN Df Gf
organic unsweetened coconut milk, organic spinach, avocado and banana blended and topped with housemade granola, organic blueberries, organic hemp seeds, organic unsweetened shredded coconut and almond butter drizzle.....11

MATCHA VEGAN Df Gf
unsweetened vanilla almond milk, banana, organic matcha, organic coconut oil, cashews, honey & cinnamon blended and topped with housemade granola, banana, organic hemp seeds and organic unsweetened shredded coconut.....11

MCC VEGAN Df Gf
unsweetened vanilla almond milk, banana, organic spinach, organic vanilla plant protein powder, peppermint extract and cocoa powder blended and topped with housemade granola, banana, vegan chocolate chips and housemade chocolate hazelnut spread.....11

THE OG VEGAN Df Gf
unsweetened vanilla almond milk, organic unsweetened acai and banana blended and topped with housemade granola, banana, organic strawberries and organic unsweetened shredded coconut.....10

PEANUT BUTTER POWERHOUSE VEGAN Df Gf
unsweetened vanilla almond milk, organic unsweetened acai, banana, organic vanilla plant protein powder and cocoa powder blended and topped with housemade granola, banana, vegan chocolate chips and organic peanut butter drizzle.....11

PITAYA VEGAN Df Gf
organic unsweetened coconut milk, unsweetened pitaya and banana blended and topped with housemade granola, banana, organic strawberries and organic unsweetened shredded coconut.....11

CARROT CAKE OVERNIGHT OATS VEGAN Df Gf
overnight unsweetened coconut milk, unsweetened vanilla almond milk, gluten free oats, organic carrots, organic chia seeds, raisins, organic unsweetened shredded coconut, honey, cinnamon and nutmeg.....9

CHIA PUDDIN' VEGAN Df Gf
overnight unsweetened vanilla almond milk, gluten free oats, organic chia seeds, cinnamon and pure vanilla extract.....8

DOUBLE DECKER VEGAN Df Gf
any bowl above layered with "chia puddin'".....10

krust

gf toast with toppings below... +organic egg ($1)

CHOCOHOLIC Gf Df VEGAN
housemade chocolate hazelnut spread, organic unsweetened shredded coconut, chopped hazelnuts.....6

HUMMUS Gf Df VEGAN
housemade hummus, sliced avocado, organic tomatoes, everything seeds, extra virgin olive oil.....7

"RICOTTA" Gf Df VEGAN
housemade almond ricotta, organic blueberries, honey.....6

R U NUTZ Gf Df VEGAN
choice of organic peanut butter, almond butter or organic sunflower seed butter with sliced banana, cinnamon, organic chia seeds.....6

SMASHED AVOCADO Gf Df VEGAN
avocado, lemon juice, fresh ground black pepper, pink himalayan sea salt, organic hemp seeds.....6

salads

all dressings are housemade!... +grilled chicken, organic roasted tofu or housemade chickpea "tofu" ($3.50)

ASIAN CHOPPED VEGAN Df Gf
organic chopped romaine, organic edamame, bell peppers, organic cucumbers, organic shredded carrots, organic quinoa, thai peanut dressing.....10.50

BASICKALEY VEGAN Df Gf
organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, garlic powder, pink himalayan sea salt, black pepper), chopped cabbage, organic shredded carrots, shredded beets, sunflower seeds, organic brown rice, tahini dressing.....10.50

CLEAN QUINOA VEGAN Df Gf
organic quinoa, organic shredded carrots, organic cucumbers, sliced avocado, balsamic vinaigrette.....10.50

FARMHOUSE VEGAN Df Gf
organic romaine, organic cucumbers, bell peppers, organic tomatoes, chickpeas, balsamic vinaigrette.....10.50

KALE CAESAR VEGAN Df Gf
organic massaged kale (extra virgin olive oil, lemon juice, nutritional yeast, pink himalayan sea salt, black pepper), housemade croutons, roasted chickpeas, cashew "parm", housemade caesar dressing.....10.50

est. 2017

zest
smoothies juices
eats & treats

all ingredients are gluten & dairy free

sandwiches

add on your favorite vegan "cheese"! housemade options: cashew cheese, blue cheese or almond ricotta... Spero® sunflower based cream "cheese": plain or herb

ALMOST ELVIS Df Gf
gf bun, egg whites cooked with cinnamon and pure vanilla extract, organic peanut butter, banana....10

AVOCADO BLT VEGAN Df Gf
housemade chickpea flatbread, smashed avocado, housemade rice paper "bacon", organic lettuce, organic tomatoes....10

BAGELS VEGAN Df Gf
plain, everything, cinnamon cranberry or blueberry bagel with choice of toppings: Spero® vegan cream "cheese", vegan butter, smashed avocado, organic peanut butter & housemade strawberry chia jelly (+organic egg $1)8

BBQ TOFU VEGAN Df Gf
gf toast, housemade cashew “cheese”, organic roasted tofu, roasted peppers, housemade BBQ sauce....10

BREAKFAST BUN Df Gf
gf bun, smashed avocado, egg whites cooked with everything seeds, housemade rice paper "bacon"....10

BUFFALO BACON BLUE BURGER SPICY VEGAN Df Gf
gf bun, housemade buffalo chickpea burger, housemade rice paper "bacon", organic lettuce, housemade blue "cheese" dressing (contains cashews, organic tofu & blue majik)....10

GRILLED "CHEESE" VEGAN Df Gf
gf toast, housemade cashew "cheese", organic tomatoes, basil....10

THE HOLLYWOOD Df Gf
gf toast, all natural grilled chicken, housemade cashew "cheese", roasted peppers....10

PB&J VEGAN Df Gf
gf toast, organic natural peanut butter, housemade strawberry chia seed jelly....6

VEGGIE BURGER VEGAN Df Gf
gf bun, housemade veggie burger, smashed avocado, organic lettuce....10

THE 973 SPICY Df Gf
organic sprouted sourdough bread, baked chicken cutlet, housemade pesto, housemade cashew "cheese", roasted peppers, organic arugula, truff hot sauce....14

baked goods

even more of a selection in store! mini muffins can be combined for 12/$10

ALMONDS GOING BANANAS BAR VEGAN Df Gf
gluten free oats, almond butter, unsweetened vanilla almond milk, organic chia seeds, organic ground flaxseed, banana, organic agave, baking powder, cinnamon, pure vanilla extract, pink himalayan sea salt....3

BACI TRUFFLE VEGAN Df Gf
housemade chocolate hazelnut spread (hazelnuts, cocoa powder, organic unsweetened coconut milk, organic maple syrup, pure vanilla extract, pink himalayan sea salt), vegan chocolate chips....3

BANANA BREAD VEGAN Df Gf
gluten free oat flour, banana, gluten free oats, flaxseed, unsweetened vanilla almond milk, organic maple syrup, organic coconut sugar, baking soda, baking powder, pure vanilla extract, pink himalayan sea salt **will contain vegan chocolate chips or walnuts**....3

BEET CACAO ENERGY BITE VEGAN Df Gf
shredded beets, gluten free oat flour, organic peanut butter, dates, organic agave, organic chia seeds, cocoa powder, unsweetened shredded coconut....2.5

CACAO COOKIE MONSTER VEGAN Df Gf
almond butter, organic coconut sugar, cocoa powder, organic unsweetened applesauce, vegan chocolate chips, baking soda, pure vanilla extract, pink himalayan sea salt....3

CARROT CAKE GONE PROTEIN MINI MUFFIN VEGAN Df Gf
almond butter, organic plant protein powder, organic shredded carrots, honey, organic ground flaxseed, raisins, cinnamon, baking powder, himalayan sea salt....1

CHICKPEA CACAO BAR VEGAN Df Gf
chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, baking powder, baking soda, pink himalayan sea salt....3

CHOCOLATE CHIP COOKIE VEGAN Df Gf
gluten free oat flour, organic coconut sugar, organic coconut oil, vegan chocolate chips, organic unsweetened applesauce, pure vanilla extract, baking soda, pink himalayan sea salt....3

CHOCOLATE PEANUT BUTTER PRETZEL COOKIE VEGAN Df Gf
gluten free oats, organic peanut butter, gluten free pretzels, vegan chocolate chips, organic agave, organic chia seeds....3

NUTS & BOLTS BITE VEGAN Df Gf
almond butter, organic sunflower seed butter, organic plant protein powder, cocoa powder, organic chia seeds, vegan chocolate chips, pure vanilla extract....2.5

NUTS OVER CHOCOLATE MINI MUFFIN VEGAN Df Gf
gluten free oat flour, organic peanut butter, organic coconut sugar, unsweetened vanilla almond milk, organic unsweetened applesauce, vegan chocolate chips, baking soda, peanuts....1

OATMEAL RAISIN COOKIE VEGAN Df Gf
gluten free oats, gluten free oat flour, organic coconut oil, organic coconut sugar, organic maple syrup, raisins, flaxseed, pure vanilla extract, cinnamon, baking soda, baking powder....3

PEANUT BUTTER COOKIE VEGAN Df Gf
organic peanut butter, gluten free oat flour, organic coconut sugar, unsweetened applesauce, baking soda, pure vanilla extract, pink himalayan sea salt....3

PEANUT BUTTER COOKIE CRISP BITES VEGAN Df Gf
gluten free oat flour, organic peanut butter, organic agave, vegan chocolate chips, organic coconut oil, organic flaxseed, pure vanilla extract, baking powder....5

PROTEIN COOKIE VEGAN Df Gf
gluten free oats, organic plant protein powder, organic flaxseed, unsweetened vanilla almond milk, cinnamon, pure vanilla extract **flavor mix-ins will vary**....3

SCONE VEGAN Df Gf
gluten free oat flour, organic coconut flour, organic coconut sugar, unsweetened vanilla almond milk, organic coconut oil, baking powder, pink himalayan sea salt **flavor mix-ins will vary**....3

SPOONABLE COOKIE DOUGH VEGAN Df Gf
chickpeas, organic peanut butter, organic agave, vegan chocolate chips, pure vanilla extract, pink himalayan sea salt....5.50

SWEET POTATO BROWNIE VEGAN Df Gf
organic sweet potato, almond butter, cocoa powder, organic maple syrup, vegan chocolate chips....3

est. 2017

zest
smoothies juices
eats & treats

all ingredients are gluten & dairy free

spring & summer specials

HAWAIIAN POKE BOWL
organic brown rice, shredded beets, organic shredded carrots, pineapple, organic edamame, pickled ginger, sliced avocado, toasted sesame seeds, sriracha "mayo", organic tamari, choice of protein (chicken, organic tofu (V) or housemade chickpea "tofu" (V))....14

SPRING LOVE WRAP
gluten free wrap stuffed with housemade "nutella", organic peanut butter, banana & organic strawberries....10

GINGER COLADA PROTEIN SMOOTHIE (20OZ)
unsweetened coconut milk, banana, almond butter, pineapple, organic spinach, organic vanilla plant protein powder, organic chia seeds, lemon, ginger....12

WILD CHILD PROTEIN SMOOTHIE (20OZ)
unsweetened almond milk, organic wild blueberries, banana, pitaya, almond butter, organic vanilla plant protein powder, organic cacao nibs, organic flaxseed, peppermint extract....12

BUTTERFLY LEMONADE (20OZ)
h20, butterfly pea flower powder, pitaya cubes, lemon, orange, organic agave....6

MATCHA LEMONADE (20OZ)
h20, organic matcha, lemon, organic agave....6

SPICY LEMONADE (20OZ)
h20, lemon, ginger, cayenne, turmeric, honey or organic agave....6

PEACH PARADISE (20OZ)
peach green tea, pineapple, kiwi, h20, organic agave....5.50

ICED CHAI SUPERLATTE (20OZ)
chai adaptogen mix, choice of "milk"... +organic espresso ($1)....5.50

ICED SALTED CARAMEL LATTE (20OZ)
organic espresso, choice of "milk", housemade salted caramel sauce....6

loaded protein waffles *with toppings below!*

BACK TO THE FUCHSIA
smoothie bowl- organic unsweetened coconut milk, unsweetened pitaya, banana, pineapple... toppings- housemade granola, banana, organic agave drizzle....12

COOKIES & CREAM
smoothie bowl- unsweetened vanilla almond milk, banana... toppings- housemade "oreos", housemade chocolate hazelnut spread....12

THE KIERA
smoothie bowl- unsweetened vanilla almond milk, organic unsweetened acai, banana, charcoal, organic spinach, organic vanilla plant protein, powdered peanut butter, cocoa powder... toppings- housemade granola, banana, organic peanut butter drizzle....12

MAJIKLY DELICIOUS
smoothie bowl- organic unsweetened coconut milk, blue majik (blue green algae powder), banana, pineapple... toppings- housemade granola, banana, organic chia seeds....12

MATCHA MADE IN HEAVEN
smoothie bowl- organic unsweetened coconut milk, banana, organic matcha... toppings- housemade granola, banana, organic unsweetened shredded coconut, almond butter drizzle....12

AVO CONTROL
savory option sweet potato protein waffle topped with smashed avocado (with lemon juice, black pepper & pink himalayan sea salt), organic overeasy egg, kombucha hot sauce, everything seeds, housemade rice paper "bacon" +Mike's Hot Honey $0.50....12

CHICKEN & WAFFLES
savory option sweet potato protein waffle topped with smashed avocado (with lemon juice, black pepper & pink himalayan sea salt), baked chicken cutlet, housemade rice paper "bacon" & Mike's Hot Honey....12