



# Garden Cafe

## Welcome to Zest!

Our aim is to offer something new to experience on the Oregon Coast by sharing the deliciousness & variety of plant based foods while minimizing environmental impacts.

We believe everyone should be able to enjoy delightful, scratch-made and delicious food no matter their diet type. Over 70% of our dishes have plant based options and over 50% have a gluten free option.



Available Plant Based



Available Gluten Free

We cook from scratch in our kitchen and are happy to customize our menu items to your taste or dietary needs whenever possible.

Please let us know about any food allergies.

If you enjoy your experience, please consider sharing your experience on social media, leaving us an online review or just recommending us to a friend!

Any issues with your experience?

Please bring those directly to our attention as we will always make it right.

## Beverages

**Bottomless House Coffee** 3.75

**Decaf French Press** 6.75 34 OZ

**Loose Leaf Tea** 4.75 HOT OR ICED

Lavendar Earl Grey, English Breakfast, India Black, Chai, Jasmine Green, Yerba Matte

Chamomile, Lemon Ginger, Hibiscus High, Spearmint, Peppermint, Vanilla Rooibos

**Orange Juice** 3.75 8 OZ 6.75 16 OZ

**Milk** 3.75 8 OZ 6.75 16 OZ

house oat or whole

MAKE IT CHOCOLATE +1.25

**Traditional Kava Kava Tea** 6

native to the Pacific Islands & cerimonally used as a relaxing social lubricant - brewed from ground root in small batches with love, served cold to room tempeare - not recommended for children

**Sunrise Kava Elixir** 8

deliciously approachable kava-based mocktail with orange & cherry juice garnishd with a cherry

**Water** complimentary upon request

Thank you for supporting our dream! - Marci & John



# Crepes



We make two house batters for you to choose from:



**Classic** made with eggs, whole milk, & all purpose flour


  **Plant-based + Gluten Free** made with house oat milk, gluten free flour & baking powder

## Savory Crepes


  **The Oregonian** earthy & herbaceous organic mushroom, onion and kale perfectly sauteed, smothered in savory house mushroom gravy 15

  **Super Green Garden** pan-fried organic zucchini, cherry tomato, kale, green & red onion and an added boost of powdered super greens topped with fresh spinach & house avocado sauce 17 add bacon +4

  **Zesto Pesto** melted cheese layered into the crepe, spread with our plant-based & nut-free pesto topped with fresh organic cherry tomato, drizzled with olive oil, balsamic reduction glaze 14


 **Creamy Dill Smoked Salmon** locally smoked salmon from Mr. Bill's Smokehouse meets our house dairy-free greek tzatziki and is topped with freshly flaked smoked salmon pieces - rich & delicious! 21



 **Ham & Cheese** zesty seasoned and sauteed ham melted in with the cheese 13



  **Grilled Cheese** with your choice of real or plant-based cheese 9



## Sweet Crepes



Perfect for breakfast or dessert!



  **Berry Delight** a delightful mix of both our house blueberry & strawberry glazes combined with our house creamy lemon-berry delight sauce finished with lemon zest & powdered sugar 12.75

  **Banana Foster** banana caramelized in our house date, cinnamon & molasses syrup tops a crepe spread with our dutch chocolate-almond spread finished with house caramel & coconut sugar 14.25

  **Lemon Zest** fresh squeezed lemon juice and zest topped with powdered sugar 8.25  
Substitute the sugar with local wildflower honey 1.25 Add house blueberry glaze 1.75

  **Banana Split** fresh banana, house dutch chocolate spread, house strawberry topping & glaze, fresh vanilla whipped cream topped with walnuts and a cherry on top! 13.75

  **Strawberries & Cream** house strawberry topping & glaze with fresh vanilla whipped cream and sprinkled with powdered sugar - sweet & simple! 12.75

  **The Chocolate Strawberry** house dutch chocolate spread topped with our strawberry topping & glaze sprinkled with chocolate chips and powdered sugar 11.75



# Brunch Specialties

🌿 Our Tofu scramble mix is deliciously flavored with black salt, nutritional yeast, and turmeric and is a popular alternative to egg for brunch!

🌿 🍌 **Spicy Garden Breakfast Tacos** freshly sliced jalapenos, organic cremini mushrooms, black olives, organic cherry tomatoes & organic red onions scrambled with zesty potatoes and your choice of eggs or tofu mix, served in three corn tortillas with house pico 14.75 add cheese +2 add ham or bacon +4

**Meat the Morning Breakfast Burrito** bacon & ham scrambled with zesty potatoes & cheese with your choice of egg or tofu mix topped with mushroom gravy & wrapped in a giant tortilla, served with house pico 15.75 add sour cream 1

🌿 🍌 **Cheesy Veggie Scramble Crepe** fried organic mushroom, red & green onion scrambled with spinach, your choice of egg or tofu scramble & cheese topped with fresh spinach, cherry tomato and bright & dilly house avocado sauce 17.75

🌿 🍌 **Locally Smoked Salmon Scramble** with organic cherry tomatoes, organic spinach & green onion topped with a dollop of house dairy-free tzatziki, served with a small side of zesty potatoes 23

**Sunrise Sandwich** avocado, bacon, sliced tomato and a fried egg stacked on thick Texas toast 12.75

🌿 🍌 **The Creperito** ham, tomato, cheese & zesty potatoes scrambled with your choice of egg or tofu mix rolled into a giant crepe and smothered in house mushroom gravy 18.25

## Specialty Texas Toast

🌿 **Basic** toast with butter 2  
add a side of Jam or Peanut Butter 1

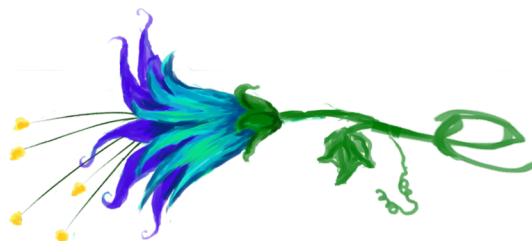
🌿 **Cheesy** with your choice of real or plant-based cheese 4 add garlic or jalapeno 1.25

🌿 **Sweet Treat** dutch chocolate almond spread with house strawberry glaze 4.75

**The Elvis** peanut butter, banana & bacon - inspired by his favorite sandwich! 6.75

**Smoked Salmon Cream Cheese** cream cheese whipped with locally smoked salmon, fresh lemon and dill 9.75

🌿 **Avocado Garden** with organic tomatoes, green onions and balsamic glaze 8.75



## Simple Breakfast

🌿 🍌 **Zesty Breakfast**  
zesty potatoes, egg or tofu scramble and a slice of texas toast 6.75  
add ham or bacon +4  
Upgrade your toast - \$2 off any of our specialty Texas Toasts!

🌿 🍌 **Zesty Potatoes**  
large side 7  
small side 4

🌿 🍌 **Small Scramble**  
choose egg or tofu mix 5

# Lunch Vibes

## Flatbreads

### **Balsamic Caprese**

plant-based & nut-free pesto, organic cherry tomatoes, & cheese finished with a drizzle of balsamic glaze and olive oil 14

### **Mediterranean Garden**

hummus base topped with sauteed mix of kalamata olives, red onion, organic tomatoes, zucchini and pepperoncini & cheese finished with a drizzle of balsamic glaze and olive oil 16

### **The Allium**

olive oil base topped with chopped garlic, green and red onions & cheese finished with a sprinkle of chives 13

### **Pesto Pepperoni**

plant-based & nut-free pesto with your choice of real or plant-based pepperoni & cheese 15

### **Garlic & Cheese**


with your choice of real or plant-based cheese 12

## Quesadillas

**Bacon de Gallo** bacon and cheese deliciously combined with jalapeno, tomato, red onion, black olive & cilantro served with a side of house avocado sauce 14.75  
add a side or Pico or Sour Cream 1

**Pesto Chicken** spread with our plant-based & nut-free pesto topped with slow-cooked pulled chicken, fresh organic cherry tomato, balsamic reduction glaze & mozzarella cheese 14.25

 **BBQ Jackfruit** with red onion, pepperoncini & cheese 13.75

 **Organic Garden** cherry tomato, red & green onion, baby-bella mushroom, chopped spinach & cheese served with a side of house avocado sauce 12.75  
add a side or Pico or Sour Cream 1

**Chicken** our slow-cooked pulled chicken & cheese 12  
make it BBQ or Buffalo +1

 **Cheese** with your choice of real or plant-based cheese 8

## Tacos

### **Jackfruit**

deliciously seasoned jackfruit with house slaw and pico 5.50

### **Spicy Potato**

our house zesty potatoes topped with fresh chopped lettuce, house pico and finished with our spicy cilantro dairy-free crema 4.75

### **Pico Chicken**

chicken slow cooked in onion & tomato topped with fresh chopped lettuce, house pico & cheese 5.75

### **Crispy Potato & Cheese**

with your choice of real or plant-based cheese 3.75

### What is Jackfruit?



Jackfruit is a staple food in Thailand, the young fruits have a meaty flavor and, texture that makes it a great plant based alternative!