



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.

Two-thirds of our dishes have plant-based options and over 90% 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.

Thank you for supporting our dream! - Marci & John

Beverages

Bottomless House Coffee 3.75

Decaf French Press 6.75 34OZ

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 9

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 tempaure - 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

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

Great for breakfast, brunch or lunch!

  **Super Green Garden**
organic zucchini, cherry tomato, kale,
green & red onion pan-fried and
topped with fresh spinach & house
avocado sauce 18
add bacon +6

Zesto Pesto

house pesto base (plant-based &
nut-free) and your choice of cheese
topped with fresh organic cherry
tomato, drizzled with olive oil,
balsamic reduction glaze 16

The Oregonian

earthy & herbaceous organic baby
bella mushroom, red onion and kale
perfectly sauteed, paired with savory
house mushroom gravy 19

Ham & Cheese

zesty seasoned and sauteed diced
ham with cheese melted into and on
top of the crepe 17

Creamy Dill Smoked Salmon

our house smoked salmon cream
cheese spread fills the crepe topped
with our house tzatziki (dairy-free) &
freshly flaked smoked salmon 27

Sweet Crepes

Perfect for breakfast or dessert!

Berry Delight

our house blueberry & strawberry glazes
combined with our lemon-berry delight
yogurt sauce (dairy-free) finished with
lemon zest & powdered sugar 14

Banana Foster

banana caramelized in our house foster
sauce tops a crepe with our dutch
chocolate-almond spread finished with
house caramel & coconut sugar 16

Lemon Zest

fresh squeezed lemon juice and zest topped
with powdered sugar 12
swap the sugar with local wildflower honey 2
add house blueberry glaze 3

Banana Split

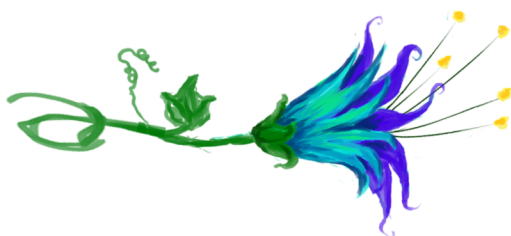
fresh banana, house dutch chocolate spread,
house strawberry compote & glaze, fresh
vanilla whipped cream (classic or dairy-free)
topped with nuts and a cherry on top! 17

Strawberries & Cream

our strawberry compote & glaze with fresh
vanilla whipped cream (classic or dairy-free)
sprinkled with powdered sugar 13

The Chocolate Strawberry

our dutch chocolate spread deliciously
paired with our strawberry compote & glaze
sprinkled with chocolate chips (dairy-free)
and powdered sugar 15



Brunch Specialties

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

🌿 🚫 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 and side of texas toast 31

🌿 🚫 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 23

🌿 🚫 Spicy Garden Breakfast Tacos

freshly sliced jalapeno, organic baby bella mushroom, black olive, organic cherry tomato & organic red onion scrambled with zesty potatoes and your choice of eggs or tofu mix, served in three corn tortillas 19

🚫 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 18

Gluten-free option substitutes the tortilla with a house gluten-free crepe

🚫 The Creperito

diced ham, organic cherry tomato, zesty potatoes and your choice of cheese scrambled with your choice of egg or tofu mix rolled into a giant crepe and smothered in house mushroom gravy 22

Simple Breakfast

🌿 🚫 **Zesty Breakfast** includes a house coffee or hot tea!
your choice of egg or tofu scramble with our house zesty potatoes and a slice of texas toast 12

🌿 🚫 **Zesty Potatoes**
large side 9 small side 5

🌿 🚫 **Small Scramble**
choose egg or tofu mix 6

🚫 **Side of Meat**
choice of diced ham or bacon strips 6



Lunch Vibes

Flatbreads

your choice of mozzarella or dairy-free cheese

Balsamic Caprese

house pesto base (plant-based & nut-free) paired with organic cherry tomato topped with a drizzle of balsamic glaze and olive oil 16 add real or plant-based pepperoni 4

Mediterranean Garden

house tzatziki base (dairy-free) topped with sauteed mix of kalamata olives, red onion, organic tomato & zucchini finished with a drizzle of balsamic glaze 18

Quesadillas

your choice of mozzarella or dairy-free cheese

add a side of Sour Cream or salsa 1 house avocado sauce 2.50

Gluten-free option will made on our house gluten-free crepe!

Bacon de Gallo

bacon with fresh jalapeno, tomato, red onion, black olive 17

Pesto Chicken


house pesto base (plant-based & nut-free) filled with smoked chicken, organic cherry tomato & drizzled with balsamic reduction glaze 19


Organic Garden

all fresh & organic cherry tomato, red & green onion, baby-bella mushroom & spinach 18

Tacos!

Your choice of 2 tacos 13 or 3 tacos 19

  **BBQ Jackfruit** deliciously seasoned topped with house slaw

 **BBQ Smoked Chicken** topped with house slaw & your choice of cheese

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!