

Real Fruit Smoothies

	Me- dium 16oz	Meal in a Cup 20oz
Your Good Health		
Glowing Goddess Apple Juice, Banana, Dates, Cranberries, Raspberries & RAW POWER	\$5.95	\$6.95
Stress Relief Orange Juice, Banana, Dates, Blueberry & RAW POWER	\$5.95	\$6.95
Holy Immune Orange Juice, Banana, Dates, Ginger, peaches & RAW POWER	\$5.95	\$6.95
Energy Load Carrot Juice, Banana, Dates, Blackber- ries & RAW POWER	\$5.95	\$6.95

Green Smoothies

Green Power Apple Juice, Banana, Pear, Raspberry, Ginger & Kale	\$5.95	\$6.95
Sweet Greens Apple Juice, Banana,, Pear, Raspberry, Ginger & Spinach	\$5.95	\$6.95

Berry Good For You

Belly Berries Apple Juice, Dates, Blueberries & Raspberries	\$4.95	\$5.95
Pink Velvet Apple Juice, Banana, Dates, Strawberries	\$4.95	\$5.95
Mango Tango Apple Juice, Banana, Dates, Mango	\$4.95	\$5.95
Pina Colada Apple Juice, Banana, Pineapple, Coconut	\$5.75	\$6.75
Smooth Start Orange Juice, Banana, Dates, Grapefruit & Cranberries	\$5.95	\$6.95

ADD RAW POWER Protein, Spinach or Kale for \$1
ADD ginger for free!

Fresh RAW Juice

Wheatgrass Juice	1 ounce \$2.50	2 ounces \$4.00
Wheatgrass Cocktail One ounce fresh Wheatgrass juiced with two Apples or Carrots or Combo of both		9oz \$4.25

Real Fruit Juice	Regular 12oz	Daily Dose 16oz
Simply Citrus Choice of Orange, Grapefruit or Combo	\$4.50	\$5.50
Multi "C" Orange, Grapefruit & Lemon	\$4.50	\$5.50
"C" Plus Orange, Apple, Ginger	\$4.50	\$5.50
Skinny Dip Apple, Pear, Lemon, Ginger	\$4.50	\$5.50

Real Vegetable Juice

What's Up Doc? Organic Carrot Juice	\$4.50	\$5.50
Heart Beat Organic Carrot , Beet, Garlic, Wheatgrass	\$4.50	\$5.50
Salad in a Cup Organic Carrot + choice of 4 Vegetables	\$4.50	\$5.50

Combo Fruit & Vegetable Juice

Bunnie Bonanza 50/50 Organic Carrot & Orange	\$4.50	\$5.50
Beet Treat Organic Carrot, Beet, Apple Ginger	\$4.50	\$5.50
Red Alert Organic Carrot, Apple, Ginger	\$4.50	\$5.50
Dragon's Breath Carrot, Apple, Lemon, Ginger, Garlic	\$4.50	\$5.50

Hot Food

Soup Hot Vegan soup of the day	\$4.95
Curry or Stew Hot Vegan curry or stew of the day served with organic brown basmati rice	\$5.95

Food on the Run

We do not guarantee availability of the items below.

Vegan Sandwich Whole wheat bread, vegan margarine, almond butter, cucumbers, tomatoes, avocado romaine, carrots, green onions & sprouts	\$5.99
Gluten Free Rice Wraps Cucumber, peppers, carrots, sunflower sprouts, avocado with a cashew lime sauce	\$5.99
RAW Avocado Cups Avocado mixed with lemon juice, curry, onions, garlic & ginger served on sprouts	\$3.95
RAW Lasagna Jicama, pesto, tomato sauce, cashew cheese, mushrooms, spinach and pine nut parmesan	\$6.95
RAW Kelp Noodles Creamy cashew sauce or mild Thai dressing	\$6.95
Perfect Potato Salad Veganise, apple cider vinegar, cayenne pepper, parsley and green onions	\$5.25
RAW Spinach & Pineapple Pizza Gluten-Free buckwheat crust	\$3.50
RAW Broccoli Salad Tastes just like traditional broccoli salad	\$5.25
RAW Flax Crackers Served with cashew cream "cheeze"	\$5.95
Cosmic Quinoa Salad With black beans, fresh vegetables and tangy lime chili dressing	\$5.95
RAW Kale Chips Pesto or Tahini flavoured	\$6.00

Raw Soups

Topped with peppers, pine nuts & sunflower sprouts.

Carrot Avocado Dill	\$4.95
Curried Carrot Avocado	\$4.95

Salads

Salad dressing made fresh in store daily.

Half	Full
\$5.95	\$8.95

Green Garden Salad
Mixed leaf greens, green onions, seasonal veggies, avocado & hemp nuts with our sesame goddess dressing

Simply Delightful Sprout Salad
Sunflower, bean & broccoli sprouts, spinach, green onions, sunflower & sesame seeds & fresh herb dressing

Living Caesar Salad
Romaine, red onion, red peppers, avocado, garlic, pine nut parmesan with our own living Caesar dressing

Design your own Salad
Choice of 4 toppings for a Half and 6 toppings for Full

Baked Goods

All baked goods are wheat-free and sugar-free. We use Spelt and/or Kamut flour and sweeten only with real fruits.

Spelt / Kamut Muffins	Small	Large
Made fresh daily bursting with fruit	\$2.75	\$3.75

Desserts

RAW Chocolate Bliss Cake	\$6.95
RAW Cashew "Cheeze" Cake	\$5.95
RAW Holy Fudge Pucks	\$3.95
RAW Bird's Nest Cookies	\$3.00
RAW Chocolate Love Bomb	\$3.50
RAW Chocolates	\$3.00

Hot Tea

We offer a variety of Herbal, Black & Green teas from the Courtenay Tea Centre **\$2.00**

Wheatgrass

Juiced Wheatgrass is a super food loaded with amino acids, chlorophyll, enzymes, minerals and vitamins.

8oz frozen Wheatgrass	\$15.75
8oz frozen Wheatgrass mixed half & half with E3Live BrainOn	\$18.75

E3Live

E3Live is a AFA blue-green algae grown only in the alkaline waters of Klamath Lake, Oregon. E3Live is a super food dense with proteins, amino acids, chlorophyll and vitamins.

1oz E3 Live Shot	\$3.00
32oz E3Live plain, mint & BrainOn bottles	varies

ZenZero

ZenZero is a Vegan Juice/Smoothie Bar & Eatery which focuses strongly on the RAW food health movement.

We offer RAW juices, smoothies, locally grown wheatgrass, RAW lasagnas, soups, pies, salads, pizza, chocolates and deserts.

In addition to our RAW menu we also have a large variety of Vegan cooked food. Some selections are wheat and gluten-free.

We are family friendly and have a spacious kiddie play area. There is a sunny patio facing 5th street, reserved vehicle parking, bike rack, stroller stowage, free Wi-Fi, and a community bulletin board.

Come on in, we'd love to meet you!



Vegan Juice Bar &
Eatery

Healthy &
Tasty in one
bite!

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Courtenay, BC

250-338-0571

www.zenzero.ca
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