

# GRAIN BOWLS

**MEDITERRANEAN CHICKPEA** (cal 650, protein 28g)  
brown rice, chicken, roasted chickpeas, lively greens, tomatoes, pickled carrots, feta, hummus, lemon, tzatziki sauce

**BUFFALO CHICKEN** (cal 517, protein 17g)  
brown rice, grilled chicken, lively greens, tomatoes, raw carrots, gorgonzola cheese, NEW spicy buffalo ranch dressing

**AVOCADO "TOAST"**  
(cal 553, protein 10g) brown rice, lively greens, mashed avocado, everything bagel seasoning, feta cheese, pickled carrots, pickled red onions, tomatoes, house-made croutons, and lemon vinaigrette

**MEXICAN STREET CORN** (cal 577, protein 19g) brown rice, chicken, roasted corn, lively greens, cheddar cheese, cilantro, squeeze of lime, and chipotle mayo



# CATERING



**BOXED LUNCHES** ↗  
Individually packaged for your group, each Boxed Lunch comes with a pairing of your favorites and is served conveniently in a box with a hunk of bread and a dessert.

**SOUP**  
Choose a Tureen for all to share or a Four Pack for variety. Add extra XL's to either option for even more variety. Served with bread hunks. Serves 10-15.

**SANDWICH TRAYS**  
Choose from a variety of sandwiches with high quality meats, vegetables and garnishes. Serves 10-12.

**GROUP SALADS**  
All salads are built with fresh greens, proteins, veggies, cheese and toppings with dressing served on the side. Serves 10-15.

**GRAIN BOWL BAR**  
Choose a Mediterranean Bar or Southwestern Bar and let your guests build their own bowl. Includes brown rice, chicken, house-made dressings, and an assortment of toppings. Serves 10-15.

**CHILI BAR**  
A Tureen of your choice of chili served with bread hunks, pickled red onions, shredded cheddar and tortilla strips on the side. Serves 10-15.

**MAC BAR**  
A Tureen of Classic Mac served with an assortment of toppings on the side. Serves 10-15.

**SIDES**  
Add chocolate chip cookies, oatmeal raisin cookies, fudge brownies, and marshmallow bars to your group meal. Served assorted or individually. Choose from a variety of chips to add to your order.

**BEVERAGES**  
Choose from an assortment of bottled beverages or group sized craft teas and lemonades.



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\*menu offerings vary by location

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# SOUP

## NEW DAY, NEW SOUPS

Our soups rotate daily and vary by location!  
Visit [zoup.com](http://zoup.com) for your local Zoup!'s daily soup menu.



# MAC

## CLASSIC MAC (cal 670)

creamy white cheddar sauce on shells, pie crust topping

## BAJA MAC (cal 700)

classic mac, southwest pico de gallo, mashed avocado, fresh cilantro

## BACON & CHEDDAR (cal 690)

classic mac, chopped bacon, pie crust topping

## LADLED LOBSTER (cal 840)

classic mac, lobster bisque, pie crust topping



# SANDWICHES

## CHICKEN TOSCANA (cal 484 - 967)

chicken, provolone, roasted red peppers, marinated onions, and basil mayo on toasted ciabatta →

## CALI CHICKEN (cal 450 - 811)

chicken, roasted red peppers, sharp white cheddar, mashed avocado and roasted jalapeño ranch on toasted ciabatta

## TURKEY & BACON CLUB (cal 641 - 1285)

turkey, bacon, swiss, tomatoes and mayo on toasted ciabatta

## SOUTHWEST TURKEY (cal 427 - 854)

turkey, sharp white cheddar, tomatoes and chipotle mayo on toasted ciabatta

## ITALIAN MARKET (cal 376 - 737)

ham, salami, provolone, tomatoes, lively greens and balsamic vinaigrette on focaccia

## MAPLE BACON HAM (cal 632 - 1264)

ham, bacon, swiss and maple aioli on toasted ciabatta

## MODERN TUNA (cal 343 - 685)

tuna, pickled red onions and lively greens on focaccia

## MEDI VEGGIE (cal 360 - 724)

lively greens, hummus, feta, cucumber, pickled carrots, tomatoes and tzatziki sauce on focaccia

## PESTO CHEESE (cal 353 - 662)

sharp white cheddar, provolone, crumbled feta, tomato, and pesto on grilled cheesy bread

## GRILLED CHEESE DIPPERS →

with TOMATO SOUP (cal 613)

sharp white cheddar on toasted cheesy bread dippers, served with a side of tomato soup



# PICK 2

## COMBINE 2 ITEMS:

- soup
- sandwich
- salad
- mac

\*make any soup a cup



# SALADS

## LIVELY CHICKEN CAESAR (cal 153 - 226)

lively greens, chicken, parmesan, house-made croutons, caesar dressing

## GARDEN VEGGIE (cal 93 -103)

lively greens, pickled carrots, tomatoes, cucumbers, house-made croutons, ranch dressing

## CRANBERRY ALMOND SONOMA (cal 1219 - 363)

lively greens, gorgonzola, cranberries, almonds, raspberry vinaigrette

## CHICKEN & BACON COBB (cal 203 - 261)

lively greens, chicken, bacon, egg, gorgonzola, tomatoes, mashed avocado, ranch dressing

## SWEET THAI CHICKEN (cal 149 - 234)

lively greens, chicken, pickled carrots, fresh cilantro, cucumbers, almonds and sweet thai dressing

## FIESTA CHICKEN (cal 249 - 312)

lively greens, chicken, southwest pico de gallo, roasted corn & black bean salsa, shredded cheddar, tortilla strips, lime, chipotle ranch

