



MENU

G-Monkey® Plant-Fueled Fast Food™ promise: We make everything in-house using high quality, real, pure plant-based vegan ingredients. **And organics are always our first choice!**



G-MONKEY AND G-ZEN FAVORITES

BURGERS

G-FRIES AND KETCHUP NOT INCLUDED UNLESS OTHERWISE NOTED.

≡YOU MAY SUBSTITUTE A GLUTEN-FREE BUN FOR \$4≡

IF YOU PREFER NO BUN, PLEASE CHECK OUT OUR NAKED BURGER BOWL OR OTHER BOWLS.

G ZEN BURGER \$12

PATTY IS GLUTEN-FREE ≡BUN IS NOT GLUTEN-FREE≡

Our classic house-made organic black bean burger patty with grilled tomato, lettuce, classic house pesto and special "Nay-yo" dressing. **NEW!** SERVED ON OUR SIGNATURE ORGANIC WHOLE-GRAIN BUN THE ZEN BURGER COMES WITH 1 SIDE OF HOUSE-MADE HICKORY SMOKED KETCHUP.

THE EPIC CHEESEBURGER \$14

PATTY IS GLUTEN-FREE ≡BUN IS NOT GLUTEN-FREE≡

Our classic house-made organic Zen burger patty, lettuce, grilled tomato, "Nay-yo", pesto, caramelized onions, house-made "Not Yo Cheese" cheddar, and cashew parmesan dust. SERVED ON OUR SIGNATURE ORGANIC WHOLE GRAIN BUN

G COLOSSAL SMOKED BACON CHEESEBURGER \$16

PATTY IS GLUTEN-FREE ≡BUN IS NOT GLUTEN-FREE≡

Our classic house-made organic Zen burger patty, lettuce, grilled tomato, "Mustard Nay-yo", pesto, caramelized onions, our "Not Yo Cheese" cheddar, pickles, maple hickory smoked coconut bacon, and cashew parmesan dust. SERVED ON OUR SIGNATURE ORGANIC WHOLE GRAIN BUN

NEW! THE BRAVA BURGER \$17

PATTY IS GLUTEN-FREE ≡BUN IS NOT GLUTEN-FREE≡

Our delicious grilled pineapple and Sriracha Nay-yo cheeseburger is inspired by our favorite surf beach in Culebra, Puerto Rico!

Our classic Zen burger patty, lettuce, grilled tomato, caramelized onions, our signature "Not Yo Cheese" cheddar and maple hickory smoked coconut bacon.

SERVED ON OUR SIGNATURE ORGANIC WHOLE GRAIN BUN

HANDHELDS

G-FRIES AND KETCHUP NOT INCLUDED WITH HANDHELDS.

G VEGANLICIOUS GRILLED CHEESE \$15

SOY-FREE AND NUT-FREE ≡NOT OFFERED GLUTEN-FREE≡

Our organic signature whole grain bread, almond & basil pesto, caramelized onions and mozzarella cheese grilled to perfection.

NEW! SPICY "KIM K" KIMCHI GRILLED CHEESE \$17

SOY-FREE ≡NOT OFFERED GLUTEN-FREE≡

Our organic signature whole grain bread, G-Modern kimchi, pesto, caramelized onions, mozzarella cheese, and our signature "Not Yo Cheese" cheddar. **ALL GRILLED TO PERFECTION!**

G DOWNWARD DOG BEAN BURRITO \$14

NUT-FREE ≡NOT OFFERED GLUTEN-FREE≡

Organic brown rice, spicy black beans, local lettuce, our mozzarella, and our award-winning cilantro salsa in a spinach whole-grain wrap.

G THE GROOVIN' REUBEN \$15

NUT-FREE ≡NOT OFFERED GLUTEN-FREE≡

Our signature whole grain bread with marinated organic tempeh, red cabbage sauerkraut, spicy mustard and Russian dressing.

SUBLIME AVOCADO TOAST \$16

SOY-FREE AND NUT-FREE ≡NOT OFFERED GLUTEN-FREE≡

House-made guacamole, fresh tomato, smoked coconut-maple bacon on our signature whole grain bread. Served over organic spring mix greens with apple cider vinaigrette and a pinch of sea salt.

G RAW TACOS \$16

GLUTEN-FREE AND SOY-FREE

Mexican spiced raw/live walnut taco "meat," fresh guacamole and cashew sour cream. Topped with fresh scallions, red pepper & cashew parmesan dust. **SERVED IN 2 ROMAINE LETTUCE SHELLS.**

FRIES

G SIGNATURE G-FRIES

GLUTEN-FREE, SOY-FREE AND NUT-FREE

REGULAR \$7 WITH 1 KETCHUP EL GRANDE \$10 WITH 2 KETCHUPS

Our famous hand-cut sweet potato fries with house-made hickory smoked ketchup. These 2 secret recipes made Chef Mark Shadle world famous more than 30 years ago. **MIND BOGLING IS THE BEST WAY WE CAN DESCRIBE THESE. PURE MAGIC!**

G BANGIN' CHILI CHEESE FRIES \$14

GLUTEN-FREE AND SOY-FREE

Our famous hand-cut sweet potato fries, hearty black bean chili, signature "Not Yo Cheese" cheddar, chopped green onions and cashew parmesan dust. **A MEAL IN ITSELF!**

≡ONE SIZE ONLY≡ KETCHUP NOT INCLUDED

FOR EXTRA BANG ~ ADD COCONUT MAPLE BACON \$2

NEW! DISCO FRIES \$14

GLUTEN-FREE AND SOY-FREE

Our famous hand-cut sweet potato fries, roasted vegetable gravy, signature "Not Yo Cheese" cheddar, cashew parmesan dust and chopped green onions.

≡ONE SIZE ONLY≡ KETCHUP NOT INCLUDED

NEW! SASSY, SWEET AND SALTY CINNAMON FRIES \$12

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Our famous hand-cut sweet potato fries lightly salted and tossed in our signature cinnamon-sugar dust, drizzled with our creamy coconut maple caramel sauce. **GET READY FOR A SALTY AND SWEET TASTE EXPLOSION! TRY IT AS A DESSERT, TOO!**

≡ONE SIZE ONLY≡

BOWLS

G NAKED BURGER BOWL \$16

GLUTEN-FREE

Large salad with mixed organic greens, shredded carrots, beets and quinoa tabouli, topped with our grilled Zen burger patty, pesto, nay-yo, carrot ginger dressing & cashew parmesan dust.

COLOSSAL BURGER BOWL \$17

GLUTEN-FREE

All the fixings of our Colossal Burger, but over organic greens, shredded veggies, "Not Yo Cheese" cheddar, caramelized onions, topped with our house-made mustard-nayo, lemon-garlic-tahini dressing & cashew parmesan dust.

G BUDDHA BOWL \$16

GLUTEN-FREE

Seasoned black beans, organic brown rice, cilantro salsa, red cabbage sauerkraut, lemon-garlic-tahini dressing, "Not Yo Cheese" cheddar & cashew parmesan dust. **SERVED OVER ORGANIC FIELD GREENS.**

PURE RADIANCE BOWL \$16

GLUTEN-FREE AND SOY-FREE

Our curried live/raw pate is made from sprouted organic nuts/seeds, medjool dates, spices, raisins, and a hint of exotic curry. Served over organic spring mix, shredded beets and carrots and topped with cashew parmesan dust.

≡SERVED WITH YOUR CHOICE OF A HOUSE-MADE DRESSING≡

APPLE CIDER VINAIGRETTE, CARROT GINGER OR LEMON GARLIC TAHINI

G FEISTY MONKEY BOWL \$14

SOY-FREE

Organic whole-grain pasta with fresh herbs tossed in our house-made spicy peanut & cilantro sauce. Served over organic field greens with shredded carrots & beets. Topped off with our cashew parmesan dust.

≡SERVED CHILLED≡

NEW! "CHICKPEA OF THE SEA" POKE BOWL \$17

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Our take on a traditional poke bowl. House-made chickpea faux tuna, G-Modern kimchi, shredded beets & carrots, red cabbage and organic brown rice. Served over spring mix and topped with chopped green onion, organic pumpkin seeds and a creamy avocado-lime-cilantro vinaigrette. **IT'S VEGAN-LICIOUS!**

G-Monkey® Plant-Fueled Fast Food™ is brought to you by the founders of G-Zen Restaurant in Branford, CT!

Love the food that loves you back!

G-ZEN
restaurant

SOUPS

ALL ORGANIC G-MONKEY SOUPS ARE GLUTEN-FREE AND MADE IN-HOUSE DAILY.

G G-FAMOUS HEARTY BLACK BEAN CHILI \$8

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Seasoned black beans, sweet potato, tomato, carrot, onion, celery and mild cajun spices.

G-MONKEY SOUP DU JOUR \$8

GLUTEN-FREE

Ask the G-Crew what the G-Monkey Soup of the day is.



SALADS

CLASSIC CAESAR SALAD \$15

GLUTEN-FREE

Crisp, organic romaine with shaved red cabbage tossed in our house-made creamy "Caesar" dressing. Topped with gluten-free corn bread croutons and cashew parmesan dust.

G QUINOA TABOULI SALAD \$12

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Organic quinoa tabouli with fresh mint, parsley, cucumber, tomato and topped with organic pumpkin seeds.

G-HOUSE GARDEN SALAD \$10

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Organic spring mix greens, shredded beets, red cabbage, tomato and topped with organic pumpkin seeds.

≡SERVED WITH CHOICE OF APPLE CIDER VINAIGRETTE, CARROT GINGER OR LEMON GARLIC DRESSING≡

G-ZENSTERS

ASK FOR A SIDE OF OUR HOUSE-MADE HICKORY SMOKED KETCHUP!
≡YOU MAY SUBSTITUTE A GLUTEN-FREE BUN FOR \$4≡

New! KIDS GRILLED "G" \$7

SOY-FREE AND NUT-FREE

Our whole grain bread grilled with butter and topped with mozzarella cheese. **GRILLED TO PERFECTION!**

KIDS CLASSIC ZEN BURGER \$8

NUT-FREE

Our organic house-made Zen burger patty on grilled whole-grain bun with vegan butter.



SIDES

ALL SIDES ARE SOY-FREE AND GLUTEN-FREE EXCEPT FOR OUR HOUSE-MADE GRILLED BUN.

DRESSINGS \$1

CHOOSE FROM: APPLE CIDER VINAIGRETTE, CARROT GINGER, LEMON GARLIC TAHINI OR TRY THEM ALL FOR \$1 each!

HICKORY SMOKED KETCHUP \$1

COCONUT MAPLE CARAMEL SAUCE \$2

CASHW PARMESAN DUST \$2

COCONUT-MAPLE BACON \$2

CARAMELIZED ONIONS \$2

G-MODERN KIMCHI \$2

GLUTEN-FREE BUN + VEGAN BUTTER \$5

GRILLED HOUSE-MADE BUN + VEGAN BUTTER \$3

FARM2STREET PESTO \$3

RAW CURRIED NUT PATE \$6

"CHICKPEA OF THE SEA" FAUX TUNA \$6

BEVERAGES

New! "THE SHAMAN" CHAGA CHAI LONGEVITY TONIC \$12

16 OZ. ≡SERVED ICED ONLY≡ MAY CONTAIN SOY

Over 20 Longevity herbs: including chaga mushroom, reishi mushroom, astragalus, cacao, Shilajit, Moringa, dandelion root, cinnamon, ginger root, rhodiola root, coconut milk, chai spices and organic maple syrup.

New! ALCHEMIST IMMORTALITY AND METABOLISM BOOSTING ELIXIR \$12

16 OZ. ≡SERVED ICED ONLY≡

Made with Gynostemma (aka: 'Miracle herb' & 'Southern ginseng') and Caribbean-grown sorrel leaf, hibiscus flower petals, Siberian ginseng, goji berry, schizandra berry, astragalus, Luo Han Guo fruit, stevia leaf lemon juice. We added liquid oxygen drops for increased vitality and blood flow. ≡ZERO CALORIES AND FAT BURNING BY SUPER BOOSTING YOUR IMMUNE SYSTEM!≡

SIGNATURE 9-HERB SUN TEA \$5

16 OZ. ≡SERVED ICED ONLY≡

Goji berries, wild cherry bark, rosehips, roasted chicory, orange peel, blackberry leaves, raspberry leaves, lemon grass, and lemon verbena. With fresh mint and lightly sweetened with organic raw agave.

ORGANIC FAIR-TRADE COFFEE \$4

REGULAR AND DECAF

Organic locally brewed coffee! Ground and brewed in house.

MILKS OFFERED: almond and oat creamer.

SUGARS OFFERED: stevia, organic-raw cane sugar, agave.

ORGANIC ICED COFFEE \$5

REGULAR ONLY

Organic locally brewed coffee! Ground and brewed in house.

MILKS OFFERED: almond and oat creamer.

SUGARS OFFERED: stevia, organic-raw cane sugar, agave.

New! INTELLIGENT COFFEE \$7

REGULAR AND DECAF

A synergistic blend of organic coffee with chaga & reishi mushrooms, Peruvian cacao and adaptogenic herbs for adrenals and stamina.

ASSORTED ORGANIC HOT TEAS \$3

PLEASE NOTE: In order to streamline our menu, the only modifications allowed are to omit items (within reason). Any additions to a menu item must to be purchased as a side from our menu sides. No other modifications are allowed. ♥Thank you for your understanding!
G-MENU PRICES SUBJECT TO CHANGE.

DESSERTS

G NEW YORK STYLE CHEESECAKE \$8

NUT-FREE

Better than real cheesecake! A creamy New York style with graham cracker crust (contains soy). Served with a side of berry coulis.

G TRADITIONAL SPICED CARROT CAKE \$10

≡NOT AVAILABLE GLUTEN-FREE≡

Chef Mark Shadle's award-winning spiced layered carrot cake with a ginger vanilla creme frosting, chopped walnuts & raisins.

RAW CACAO MOUSSE \$8

GLUTEN-FREE, SOY-FREE AND NUT-FREE

Made with fresh avocado, heirloom cacao and a hint of maple syrup. Topped with coconut flakes and raw cacao nibs.

≡GRAIN FREE AND NO REFINED SUGARS!≡

G RAW CHOCOLATE ALMOND BUTTER CRUNCH TORTE \$12

GLUTEN-FREE AND SOY-FREE

Raw chocolate ganache filling with an almond butter crunch layer & raw cacao brownie crust.

≡GRAIN FREE AND NO REFINED SUGARS!≡

G RAW LEMON LAVENDER CHEESECAKE \$12

GLUTEN-FREE AND SOY-FREE

Lemon and lavender cashew "cheese" cake filling with a raw almond crust. Topped with lavender and served with a side of berry coulis.

≡GRAIN FREE AND NO REFINED SUGARS!≡

RAW TRUFFLES \$7

GLUTEN-FREE AND SOY-FREE

Choose 2 truffles: Raw sumatra dragon fruit & coconut or Raw cacao & coconut... or try one of each!

≡GRAIN FREE AND NO REFINED SUGARS!≡

