

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 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 →

