

## Breakfast Catering

Start your day the Z's way...



	Per Person
<b>Breakfast Taco</b> (ham, sausage, meatless)	\$ 2.99
<b>Breakfast Croissant</b> (ham, sausage, meatless)	\$ 3.19
<b>Seasonal Fruit Salad</b>	\$ 2.99
<b>Fresh Baked Breakfast Breads</b>	\$ 2.99
<b>Bagels</b> (with butter/jelly/cream cheese)	\$ 2.59
<b>Fresh Baked Quiche</b> (6-8 servings)	
Lorraine ( <i>Ham</i> ) ~ \$22.99   Chipotle Shrimp ~ \$25.99	
Veggie ~ \$20.99   Florentine ( <i>Spinach</i> ) ~ \$20.99	
<b>Orange Juice</b> (1 gallon serves 10-12 people)	\$11.99
<b>Coffee</b> (per person)	\$1.99

Whether you are planning a wedding, event, meeting, party or a formal dinner, we will work with you to create a unique and memorable event.



Every order through Z's Café creates jobs in our community. Thank you for considering this social enterprise for your next event.

Together we can change the world,  
one bite at a time!

## Our Story

Janet Z. Capua awoke one spring morning in 2008 and decided she was ready for a change. At 63 years old, and 40 years as a dental hygienist, it was time to pursue her true life passion...

She was known in Fort Worth for her cooking. Once, after hearing that 100 international visitors were hungry, she cooked all night, packed the car, and arrived in time to serve breakfast!

With the help of friends, Janet launched a catering business, going door to door to sell sandwiches and salads. December 2008 was a turning point, when she partnered with Samaritan House to open Z's Café in the Community Arts Center.

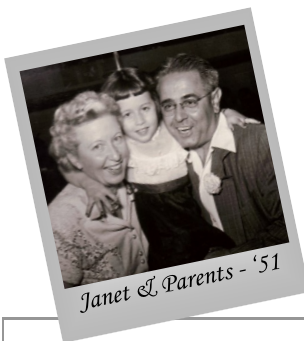
Janet would cook, son Carlo would run the business, and workers from Samaritan House would join the team, learning service skills while returning to the workforce with dignity. To date, we've put 95 low-income men and women back to work!

In 2014, we launched a Chicago-style deli menu that has Yankee transplants flocking for an authentic taste of the Windy City.

We specialize in full service catering, from boxed lunches and casual events to weddings. Basically, anything food-related.

Z's Café is more than just a local, family-owned business with delicious, affordable, home-cooked food. We treat everyone who walks through the door like family.

Z's Café is a Historically Underutilized and Woman-owned business. Come and visit our café or website, and don't forget to try our award-winning chicken salad.



## We Cater & We Deliver!

Contact our catering specialist:

Phone: (817) 991-8311

Email: [info@zscafe.com](mailto:info@zscafe.com)

Fax: (817) 423-7521

Menu updated 06/15

## ~ Catering Menu ~

Z's



cafe

Food • Family • Friends



Z's Famous Chicken Salad

**Voted Best Catering  
in Fort Worth 2014 & 2015**

Catering 24 hours (817) 991-8311

1116 Pennsylvania Ave, 76104  
(Across from Harris Hospital)

Café Hours - Mon-Fri, 10am-2pm  
(817)348-9000



[www.zscafe.com](http://www.zscafe.com)

## Basic Box Lunch ~ \$7.59

Sandwich/Wrap/Salad, Chips and a Dessert.

## Deluxe Box Lunch ~ \$8.69

Sandwich/Wrap/Salad, Chips, a Dessert, and either Fresh Fruit Salad or Bowtie Pasta Salad.

- **Z's Famous Chicken Salad** (340 calories)
  - **Low-Fat Turkey Apricot Wrap** (243 calories)
  - **Turkey and Swiss** (390 calories)
  - **Angus Roast Beef and Swiss** (390 calories)
  - **Traditional Ham and Cheese** (390 calories)
  - **Vegetarian Pimento Cheese** (445 calories)
  - **Veggie Wrap** (198 calories)
  - **Vegetarian Bowtie Pasta Salad** (205 calories)
  - **Green Salad** (157 calories) Add grilled chicken \$2.
- (Substitute **GLUTEN-FREE** bread for \$1.49)

## Z's Salad Trio (348 calories) - \$8.79

The holy trinity of Z's famous chicken salad, pasta salad, fruit salad and a wrapped dessert.

## Drinks (1 gallon serves 10-12 people)

Bottled Water	\$1.39
Coffee	\$1.99
Bottled Soft Drinks	\$1.99
Gallon Water	\$6.99/gallon
Unsweet Iced Tea	\$10.99/gallon
Sweet Tea	\$10.99/gallon
Peach Tea	\$11.99/gallon
Pink Lemonade	\$10.99/gallon
Orange Juice	\$11.99/gallon
Ice	50¢/person

## Hot Entrées

(Includes 2 sides, bread, dessert platter and servingware.  
Ten person minimum per entrée, please.)

**Chicken Epinard** ~ \$12.49 (most popular item!)  
Topped with sautéed spinach, pesto, and an asparagus spear.

**Zito Family Homemade Lasagna**  
Meatless ~ \$11.99 | Vegetable ~ \$12.99 | Beef ~ \$12.99

**Italian Herb Chicken** ~ \$12.69  
Hand-rolled, breaded chicken breast baked until golden brown.

**Chipotle Pork Loin** ~ \$12.99  
Succulent pork roast slow-cooled in a chipotle raspberry sauce.

**King Ranch Chicken** ~ \$12.19  
Layers of corn tortillas cheddar cheese, chicken & 'a little kick.'

### Z's Pasta Platter - \$10.49/person

Spaghetti Marinara OR Fettuccini Alfredo  
Add Meatballs or Chicken - \$1.50  
Includes Green Salad, French Bread, Desserts

**Portabella Mushroom** ~ \$12.19 **Vegetarian**  
Giant and juicy, stuffed with spinach, bread crumbs and plenty of Parmesan cheese. **Vegan/Gluten Free** available.

**Z's Chicken Parmesan Marinara** ~ \$12.99  
Our classic, topped with mozzarella cheese and fresh marinara.

**Atlantic Salmon** ~ \$15.99  
Freshly baked and topped with a lemon wedge.

**Chicken Tetrazzini** ~ \$12.29  
Tasty pasta in a creamy, fresh mushroom sauce.

## Sides

(Entrees include 2 sides. Additional sides \$2.99/person.)

**Fresh Green Salad** ~ **Garlic Mashed Potatoes**

**New Potatoes with Dill** ~ **Fruit Salad**

**Green Beans Amandine** ~ **Vegetable Medley**

## Z's Signature Chicken Salad

\$8.49/pint (makes 3 sandwiches)

## Party Platters

	30-40 ppl	15-20 ppl
	Full	Half
Hummus Dip w/Pita Chips	\$72	\$45
Cream Cheese Chipotle Spread	\$72	\$45
Fresh Vegetable Platter	\$74	\$48
Classic Cheese & Cracker Platter	\$89	\$55
Mac 'n Cheese Bar (Toppings: <i>diced chicken, jalapeno, bacon bits</i> )	\$95	\$60
Assorted Sandwiches Platter	\$99	\$63
Assorted Wraps Platter	\$99	\$63
Seasonal Fruit Platter	\$89	\$57
Assorted Desserts Platter	\$89	\$57
One Dozen Homemade Brownies or Cookies	-\$24	

## Signature Appetizers

(priced per person)



**Bacon-Wrapped Chicken with Jalapeno** ~ \$2.99  
Our most popular. Bite-sized and absolutely delicious. 2/person.

**Z's Chicken Salad w/Crackers** ~ \$2.99  
Our award-winning recipe is legendary. 3 crackers/person.

**Z's Pasta Salad** ~ \$2.99 **Vegetarian**  
Farfalle bowtie pasta with a zesty Italian flavor.

**Sweet Pepper Poppers** ~ \$2.99 **Vegetarian**  
Stuffed with cheese, cilantro & tomato. 2/person.

**Mini Meatballs** ~ \$2.99  
Served hot with BBQ or Marinara. 2/person.

**Z's Shrimp Skewer** ~ \$3.39  
Shrimp, tomato, pineapple & cheese. 2/person.

**Piglets in a Blanket** ~ \$2.59  
Bite-sized. Kids and adults both love! 2/person.