



Zenz

Who is Zenz?

Zenz is the nickname for the old German woman's name Kreszentia, and to us it represents all the grandmothers, aunts, mothers, and many other women who cook our favorite foods with dedication, care and knowledge – who know their craft and love to pamper us with the fruits of their labor. People who care for us and make us feel at home. Food for body and soul in its original meaning.

That is also the style and aspiration of our kitchen in the **Zenz** Wirtshaus: honest and well-done, using regional products from local producers, carefully selected and sustainably grown – that's what **Zenz** stands for.

And since our **Zenz** doesn't believe that everything used to be better, she still

has the passion to try new things. Thank goodness, because otherwise we would have to do without her modern twist on tavern food!

Her range of draft and bottled beers is just as flavorful and varied as her dishes. Carefully selected for flavor and variety, and produced by national and international brew masters, we use them in our dishes, mixed drinks or simply as the perfect liquid companion to our food.

But whether we're talking about beer or favorite foods – in all the things **Zens** does, the most important thing to her is to bring a piece of real tavern culture to Mainz, to create a space to get together with friends that feels like home, where you always know you'll enjoy your time.

Your Zenz and her team Breakfast

DAILY UNTIL 12:00 PM

ONE OF EVERYTHING @ 13,20

Scrambled eggs with herbs | Butter | Cream cheese Jam | Bircher muesli | Butter croissant | Tavern bread

MAKE IT HEARTY 13.50

Scrambled eggs with herbs | Bacon | Butter | Honey ham | Salami | Zillertal Alpine cheese | Oven-fresh pretzel | Tavern bread

SAUSAGE ONLY 12.60

Honey ham | Salami | German sausage salad (salad with strips of bologna-type sausage, red onion, gherkin and balsamic vinaigrette) Butter | Pickle | Tavern bread |

CHEESE ONLY @ 12.90

PANCAKES © 11,90

Pancake tower | Stewed wild berries | Oat-vanilla ice cream | for a sweet treat...

Chocolate sauce | Flaked almonds

For a small appetite in the morning

BERRY BIRCHER @ 6.50

Bircher muesli | Stewed wild berries | Apple wedges

... so you'll grow big and strong!

SCRAMBLED EGGS @ 7.20

Scrambled eggs with herbs | Tavern bread ... with butter + 1,20

MAKE IT SWEET @ 5.90

Butter croissant | Homemade jam | Butter

MEENZER BREAKFAST @ 5.90

Seasoned soft cheese Mainz style Red onion | Oven-fresh pretzel

Some of this too?

BUTTER 1.20

HONEY 1,40

CREAM CHEESE @ 2,00

HONEY HAM 3,90

SALAMI 3.70

ZILLERTAL

ALPINE CHEESE @ 3,70

etor eget, exist

arnare et dio

All prices in Euro including legal VAT. Allergens and additives? Ask for our list of allergens and additives or scan the QR code on the back.





Regional and sustainable

For our Zenz, regionality and sustainability isn't just talk she lives it. And you can taste it on the plate and in the glass.



LOCAL BUTCHERS.

like the Schuck butchery from neighboring Schwabenheim on the Selz have been trusted suppliers to our Zenz for years, whenever delicious sausages and meat were required.



The WINES at Zenz are from the region, grown no further away than 30km from her tavern.

Seasoned soft cheese Mainz style | Red onion | Oven-fresh pretzel

SALAD OF MARINATED CHEESE @ 8,10

Salad of marinated cheese | Apple | Grape | Walnut | Red onion | Parsley | Balsamic vinaigrette | Tavern bread

MEENZER SPUNDEKÄS @ 6.30

GERMAN SAUSAGE SALAD 790

Strips of bologna-type sausage | Red onion | Gherkin | Balsamic vinaigrette | Tavern bread

Zenz SNACK 13.90

German sausage salad (salad with strips of bologna-type sausage, red onion, gherkin and balsamic vinaigrette) Salad of marinated cheese | Seasoned soft cheese Mainz style | Butter | Oven-fresh pretzel | Tavern bread

ROESTI 13.90

Potato roesti | Smoked salmon | Wasabi cream

EGGS IN GREEN SAUCE @ 8.90

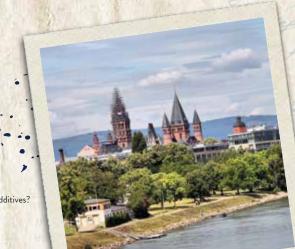
Two boiled eggs | Green sauce | Fried potatoes

At our Zenz, you can still experience that authentic, culinary #MAINZGEFÜHL - with our Mainz and Palatine sausage specialties, cheese spread, pretzels, and other local favorites. Because Zenz is proud of Mainz and her culture.

> The Wünsch fruit and potato farm in Ingelheim supplies us daily with their homegrown POTATOES.



All prices in Euro including legal VAT. Allergens and additives? Ask for our list of allergens and additives or scan the QR code on the back.







Salad

MAULTASCHENBOWL @ 14,90

Romaine lettuce | Grilled Maultaschen (Swabian ravioli) |
Cocktail tomatoes | Carotts | Cucumbers |
Balsamic vinaigrette | Tavern bread

VINTNER SALAD @ 14,80

Goat cheese baked with thyme & honey |
Seasonal lettuces | Cranberry | Grape | Apple |
Walnut | Balsamic vinaigrette | Tavern bread

CAESAR SALAD 13,20

Romaine lettuce | Sliced bacon | Anchovy | Shaved hard cheese | Caesar Dressing | Pretzel Croûtons | Tavern bread

SIDE SALAD 0 5,20

Seasonal lettuces | Cocktail tomatoes | Carrots | Cucumber | Balsamic vinaigrette



Care for something light?

ADD TO YOUR SALAD

... SLICED SCHNITZEL +5,90

... SLICED HONEY-SESAME CHICKEN BREAST +4,90

... SMOKED SALMON +5,90



Lunch at Zenz

Zenz knows what's good for you, and that includes a delicious lunch. That's why we're offering a lunch with various dishes from Monday through Friday* from 12 to 3pm.

*except for holidays

Brizza

MAINZ FEELING 14,40

Pretzel dough | Seasoned soft cheese Mainz style |
Bacon | Red onion | Shaved marinated cheese | Mini pretzels

GARDEN LOVE @ 14,40

Pretzel dough | Sour cream | Grilled vegetables | Goat cheese | Baby spinach | Mini pretzels

Zenz 14,60

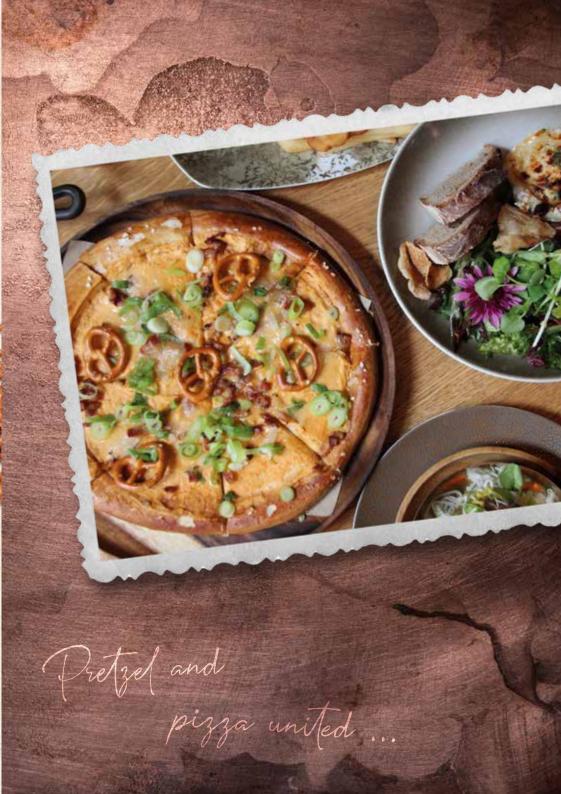
Pretzel dough | Sour cream | Shredded knuckle |
Red onion | White cabbage | Spring onion |

Zenz-barbecue sauce | Mini pretzels

LOREEN 14,10

Pretzel dough | Sour cream | Bacon | Leeks | Zillertal Alpine cheese | Mini pretzels





Comfort Tood

KNUCKLE 21.00

Front knuckle (750gr.) from the Allgäu straw-raised pig Dark beer jus | Potato dumplings | Cole slaw with bacon

SAUERBRATEN FROM THE RHINELAND 19.90

Braised beef roast in classic marinade Braised red cabbage | Potato dumplings

TAVERN SCHNITZEL 17.40

Crispy breaded pork cutlet (300gr.) | Lemon | Wild lingonberries | Your choice of pan-fried potatoes or tavern fries

... your choice of

- ... beer sauce + 3,90
- ... mushroom cream sauce + 3,90
- ... caramelised onions + 3.90
- ... ketchup / mayonnaise + 1,00



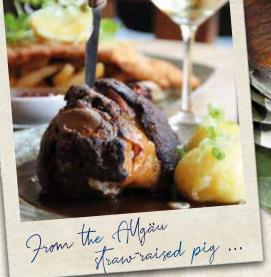
Change of sides: +0,80

All prices in Euro including legal VAT. Allergens and additives? Ask for our list of allergens and additives or scan the QR code on the back.

dipiecing elit

ornara couque. Interer

Com pharetre Correct.





REGIONAL

BEER GOULASH 17.90

Pasture-raised beef goulash | Beer sauce Root vegetables | Butter spaetzle

WIENER SCHNITZEL 24.00

Crispy breaded veal cutlet (220gr.) | Lemon | Wild lingonberries | Caper anchovy paste | Potato cucumber salad

FRIED FISH SYLT STYLE 14.90

Homemade baked Pollack filet | Beer batter | Herb remoulade | Potato cucumber salad

PALATINE FARMER'S BRATWURSTS 1490

Palatine farmers's bratwursts (local butcher Schuck) Riesling sauerkraut | Mashed potatoes | Zenz mustard

MAULTASCHEN SKILLET 14,20

Maultaschen (Swabian ravioli) stuffed with spinach and cheese Dark beer jus | Diced bacon | Gratiné with Zillertal Alpine cheese Caramelized onions | Side salad

SPIT ROAST 18.50

Spit roast of pork neck (Landmetzgerei Schuck) Dark beer jus | Potato dumplings | Caramelized onions

.. Vegetarian

TAVERN DUMPLINGS @ 13,90

Homemade bread dumplings | Mushroom cream sauce |

Baby spinach | Vegetable chips

ALLGÄU CHEESE SPAETZLE @ 14,60

Spaetzle | Zenz cheese mix (Brie, Emmentaler, Limburger) |
Caramelized onions | Parsley walnut pesto

Vegan

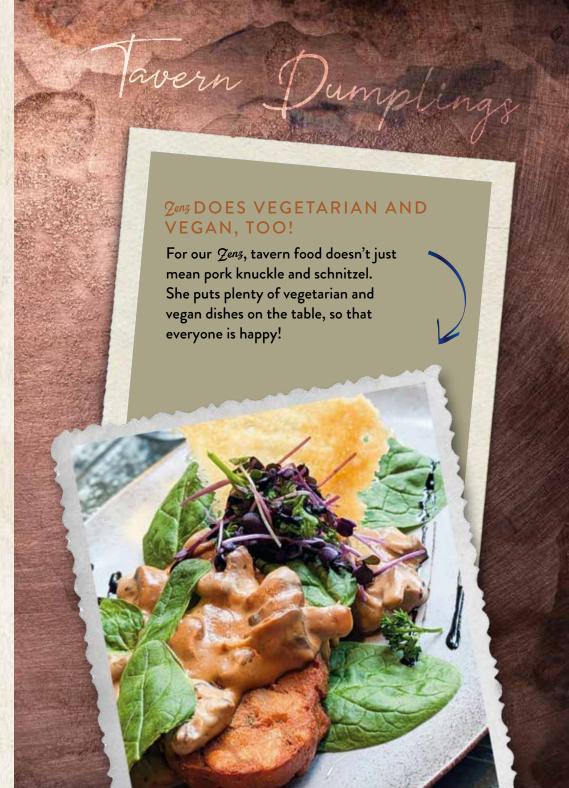
VEGAN SCHNITZEL 0 15.90

Vegan schnitzel made from wheat protein | Lemon | Wild lingonberries | Your choice of pan-fried potatoes or tavern fries

BEETROOT FRITTERS 0 14,90

Crispy fritters with beetroot filling | Wasabi cream | Side salad











LITTLE RASCAL SCHNITZEL 7,90

Crispy breaded pork or turkey cutlet (120gr.) | Ketchup | Tavern fries

CHEEKY CHEESE ® 7,00

Kid portion of cheese spaetzle

KIDS' FRIES @ 4.90

LITTLE LOOTER

Plate to share with mom and dad





Fluffy Kaiserschmarrn | Cranberries | Roasted almond flakes | Plum compote

APPLE-NUT-CAKE 0 7.60

with oat-vanilla ice cream

CHOCOLATE SOUFFLÉ® 8,90

Warm chocolate soufflé with liquid core | Orange sauce | Hazelnut ice cream

ICED COFFEE @ 6,90

Oat-vanilla ice cream | cream

ICE CREAM CHOCOLATE @ 6,90

Oat-vanilla ice cream | Chocolate ice cream | Cream

ICE CREAM SUNDAE @ PERBALL 2,20

Choose from oat-vanilla ice cream, chocolate ice cream, hazelnut ice cream Optionally with cream + 1,20





