



Zenz



FOOD



# 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 *Zenz* 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.

Everything you need to know  
about Zenz:

[zenz-wirtshaus.de](http://zenz-wirtshaus.de)



Your Zenz  
and her team

# Breakfast

DAILY UNTIL 12:00 PM

## MEENZER BREAKFAST <sup>Ⓜ</sup> 6,60

Meenzer Spundekäs | Red Onion | Oven-Fresh Pretzel

## SAVORY IS THE MAIN THING 13,90

Poached Egg | Bacon | Butter | Roasted Pork | Salami |  
Zillertal Mountain Cheese | Oven-Fresh Pretzel | Tavern bread

## PEA HUMMUS <sup>♻</sup> 9,90

Peas | Roasted Peas | Olive Oil | Tavern bread

## EGG EGG EGG <sup>Ⓜ</sup> 7,20

Scrambled Eggs with 3 Eggs | Seasonal Herbs | Tavern bread  
... Butter with it? +1,20

## GREEN PORRIDGE <sup>♻</sup> 8,90

Whole-grain oats | Oat milk | Pandan leaves | Apple | Grape | Walnut

## WHITE SAUSAGE 8,90

Two white sausages (Schuck country butcher shop) | Broth | Sweet mustard | Pretzel  
... Additional 1 white sausage + 2,90

Mainzer Herrengedeck:

... White sausage and Allgäu wheat beer 12,90

*Some of this, too?*

HOMEMADE JAM <sup>♻</sup> 2,00

BUTTER <sup>Ⓜ</sup> 1,20

HONEY <sup>Ⓜ</sup> 1,40

CREAM CHEESE <sup>Ⓜ</sup> 2,00

TAVERN BREAD <sup>♻</sup> 2,90

PORTION OF ROAST PORK  
WITH CRACKLING 4,90

PORTION OF SALAMI 3,70

PORTION OF ZILLERTAL  
MOUNTAIN CHEESE <sup>Ⓜ</sup> 3,70

<sup>Ⓜ</sup> = Vegetarian <sup>♻</sup> = Vegan

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 40km from her tavern.

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**.

## Starters

DAILY STARTING AT 12:00 PM

### MEENZER SPUNDEKÄS <sup>Ⓥ</sup> 6,60

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

### SALAD OF MARINATED CHEESE <sup>Ⓥ</sup> 8,10

Salad of marinated cheese | Apple | Grape | Mustard caviar | Red onion | Parsley | Sherry-balsamic vinaigrette | Tavern bread

### GERMAN SAUSAGE SALAD 7,90

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

### *Zenz* SNACK 14,90

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

### EGGS WITH GREEN SAUCE 9,90

2 eggs | Frankfurt Green Sauce | Fried potatoes

### ROAST PORK CARPACCIO 13,90

Cheese chip | Mixed greens | Mustard caviar | Pickled onion | Sherry-balsamic vinaigrette

<sup>Ⓥ</sup> = Vegetarian <sup>Ⓥ</sup> = Vegan

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# Salad

## Zenz LOOSE-LEAF LETTUCE 13,90


Loose-leaf lettuce | Cherry tomatoes | Cucumbers | Radishes |  
Pretzel croutons | Sunflower seeds

## SIDE SALAD 5,50

Loose-leaf lettuce | Cherry tomatoes | Cucumbers | Radishes

... optional

... Buttermilk Vinaigrette

... Sherry Balsamic Vinaigrette 

## Not enough?

### ADD TO YOUR SALAD

... SLICED SCHNITZEL + 6,90

... FRIED CHICKEN STRIPS + 6,90

... BAKED CAMEMBERT + 5,90



zenz-wirtshaus.de



# Brizza

## MAINZ FEELING 14,90

Pretzel dough | Mainz Spundekäs (a type of cheese spread) |  
Bacon | Red onion | Pulled Handkäs (a type of cheese) |  
Mini pretzels

## GARDEN LOVE 14,90

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

## Zenz 14,90

Pretzel dough | Sour cream | Shredded knuckle |  
Red onion | White cabbage | Spring onion |  
Zenz-barbecue sauce | Mini pretzels

## LOREEN 14,50

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

## Midday in Zenz

Even at lunchtime, our staff knows what's good for you and offers you a lunch menu with changing dishes Monday to Friday\* between 12:00 and 15:00.

\*excluding public holidays

# Comfort Food

## KNUCKLE 21,00

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

## TRAVERN SCHNITZEL 18,50

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

... your choice of

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

## Zenz GOULASH 18,30

Beef goulash made with grass-fed beef | Red wine sauce |  
Root vegetables | Buttered spaetzle

## FRIED CHICKEN 16,90

Chicken Thigh | Potato and Cucumber Salad | Wild Cranberries

## FISH 'N' CHIPS 15,90

Homemade baked pollock fillet | Beer batter |  
Pea hummus | Pub fries

## PALATINE FARMER'S BRATWURSTS 15,90

Palatine farmers's bratwursts (local butcher Schuck) |  
Riesling sauerkraut | Tavern bread | Zenz Mustard

## ROAST PORK WITH CRACKLING 18,50

Pork belly (local butcher Schuck) | Dark beer jus |  
Mashed potatoes | Root vegetables

## BRAISED OX CHEEKS 26,90

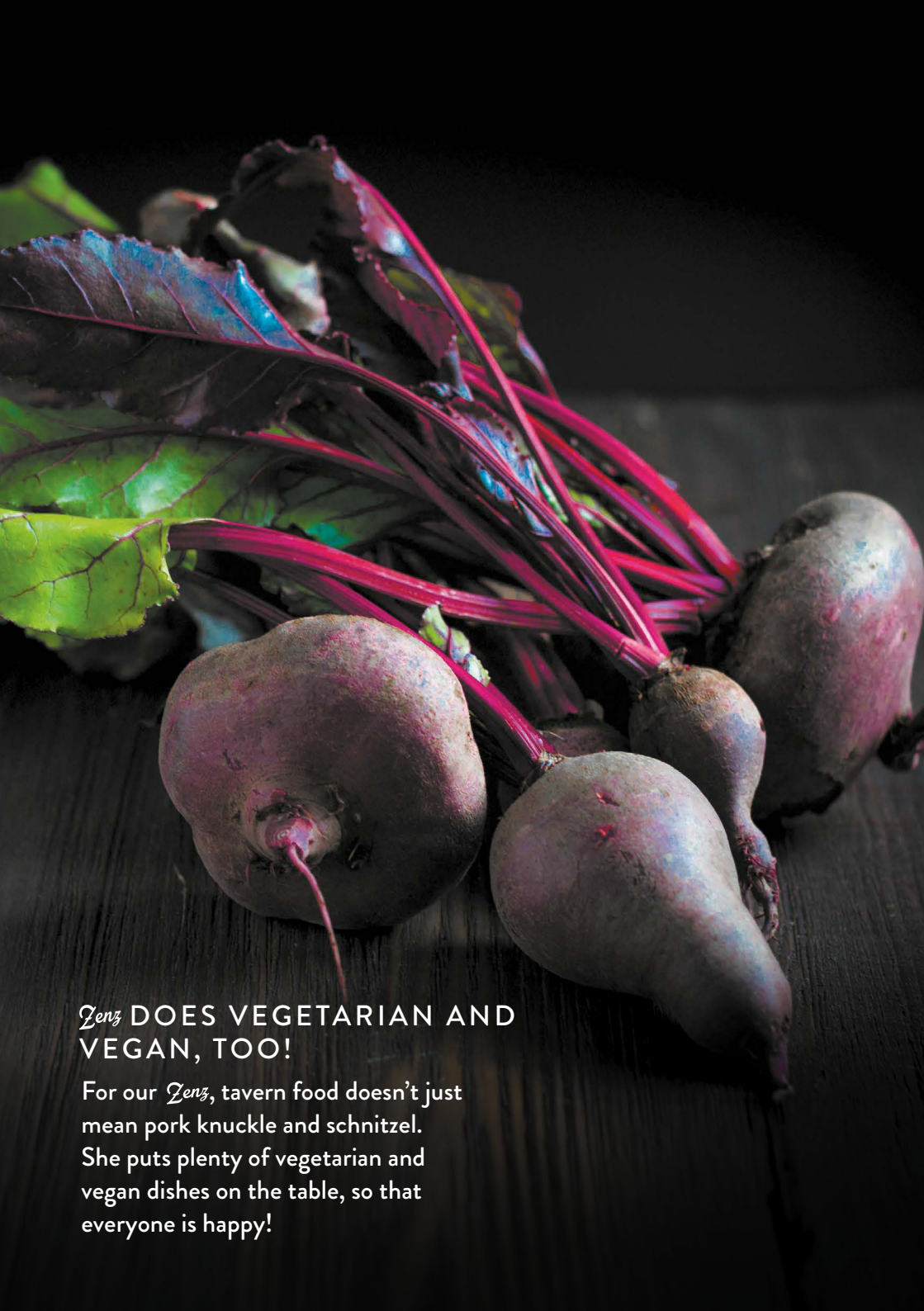
Baby carrots | Mashed potatoes | Port wine jus



Change of sides: + 0,80

🌿 = Vegetarian 🌱 = Vegan

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## Zenz DOES VEGETARIAN AND VEGAN, TOO!

For our *Zenz*, tavern food doesn't just mean pork knuckle and schnitzel. She puts plenty of vegetarian and vegan dishes on the table, so that everyone is happy!

## Vegetarian

### WIRTSCHAUSKNÖDEL ⑦ 14,90

Homemade bread dumplings | Mushroom cream sauce | Baby spinach | Vegetable chips

### ALLGÄU CHEESE SPAETZLE ⑦ 15,40

Spätzle | *Zenz* cheese mix | Caramelized onions | Arugula pesto

## Vegan

### VEGAN SCHNITZEL ① 16,90

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

### *Zenz* GERMAN POTATO NOODLES ① 15,90

Arugula pesto | Radishes | Sunflower seeds

## Sides

SIDE SALAD ④ 5,50

PAN-FRIED POTATOES ④ 4,90

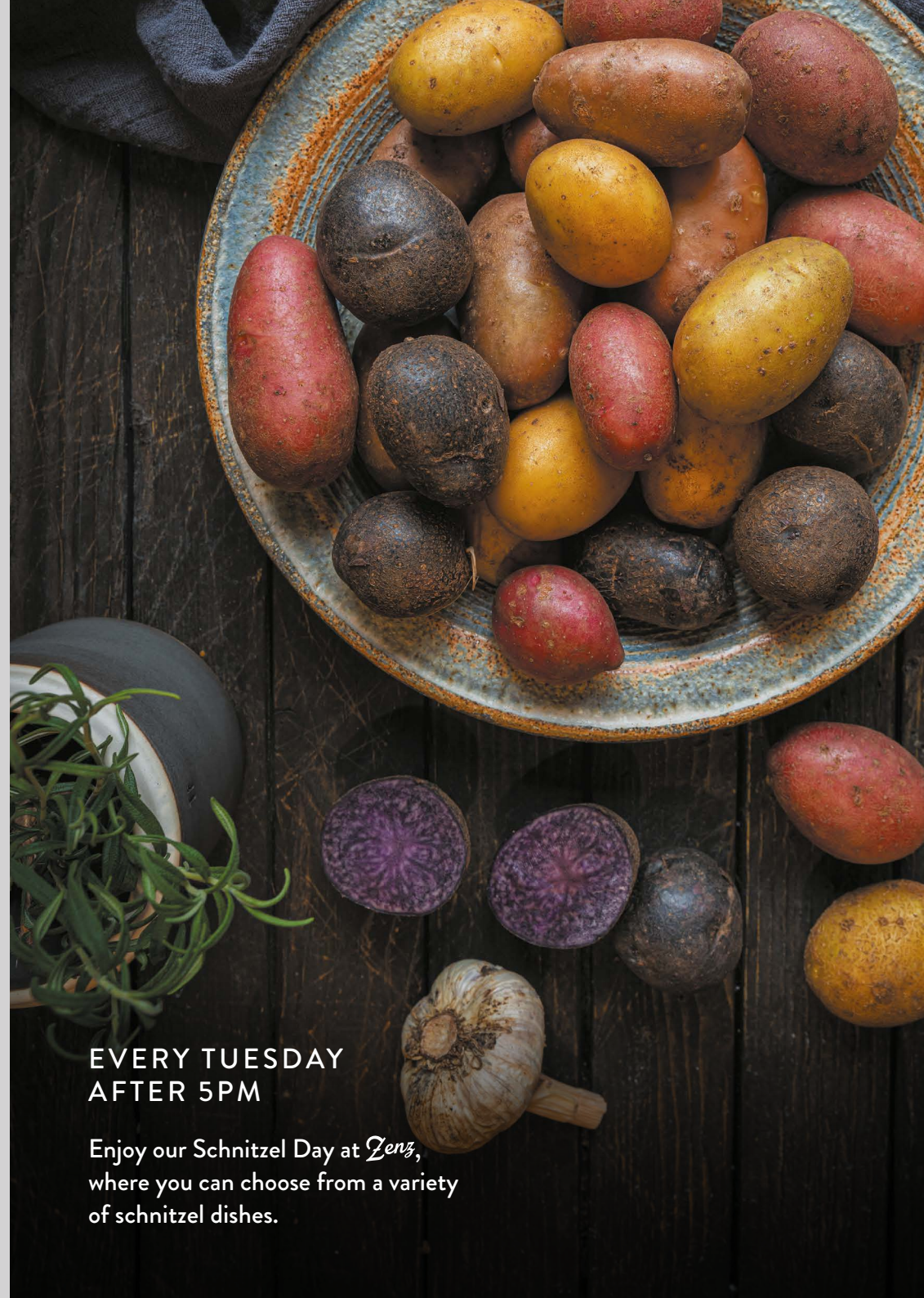
TAVERN FRIES ④ 4,90

BUTTER SPAETZLE ④ 3,90

MASHED POTATOES ④ 4,90

COLE SLAW WITH BACON 3,90

POTATO CUCUMBER SALAD ④ 4,90



EVERY TUESDAY  
AFTER 5PM

Enjoy our Schnitzel Day at *Zenz*,  
where you can choose from a variety  
of schnitzel dishes.

# Kids' Meals

Up to 12 years

## LITTLE RASCAL SCHNITZEL 7,90

Choice of small turkey or pork schnitzel (120g) |  
Ketchup | Tavern fries

## CHEEKY CHEESE ⑦ 7,00

Kid portion of cheese spaetzle

## KIDS' FRIES ⑦ 4,90

## LITTLE LOOTER

Plate to share with mom and dad

# Dessert

## KAISERSCHMARRN ⑦ 8,50

Fluffy Kaiserschmarrn | Cranberries | Raisins |  
Roasted Almond Flakes | Wild cranberries

## HOMEMADE YEAST DUMPLINGS ⑦ 8,90

Vanilla | Vegan whipped cream | Tonka bean

## ICED COFFEE ⑦ 6,90

Oat vanilla ice cream | Cream

## ICE CHOCOLATE ⑦ 6,90

Oat vanilla ice cream | Chocolate ice cream | Cream

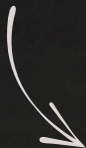


# YOU HAVE TO CELEBRATE FESTIVALS AS THEY COME!

And the best place to do this is, of course, at our pub.  
Here you're guaranteed a cozy pub atmosphere, beer,  
modern favorites like home-cooked meals, and the perfect  
ambiance you need for your celebration.

Interested? Feel free to contact us:  
[mainz@zenz-wirtshaus.de](mailto:mainz@zenz-wirtshaus.de)

*Allergens +  
additives*



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