

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.

Your *Zenz*
and her team



Hello and welcome!



Have a look at Zenz's photo album
and follow her on Instagram:
@zenz_wirtshaus

Breakfast

DAILY UNTIL 12:00 PM

MEENZER BREAKFAST ⑦ 6,60

Meenzer Spundekäs | Red Onion | Oven-Fresh Pretzel

SWEET IS THE MAIN THING ⑦ 5,90

Butter Croissant | Homemade Jam | Butter

SAVORY IS THE MAIN THING 13,50

Poached Egg | Bacon | Butter | Roasted Pork | Salami |

Zillertal Mountain Cheese | Oven-Fresh Pretzel | Tavern bread

PEA HUMMUS ⑦ 9,90

Peas | Roasted Peas | Olive Oil | Tavern bread

EGG EGG EGG ⑦ 7,20

Scrambled Eggs with 3 Eggs | Seasonal Herbs | Tavern bread

...Butter with it? +1,20

GREEN PORRIDGE ⑦ 8,90

Whole-grain oats | Oat milk | Pandan leaves |

Apple | Grape | Walnut

PRETZEL BENEDICT 9,90

Oven-fresh pretzel | Poached eggs | Hollandaise | Mixed leaves

... Portion of roast pork +4,90

... Portion of smoked salmon +5,90

RUSTY KNIGHT ⑦ 9,90

Baked roll | Plum compote | Apple | Cinnamon

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 ⑦ 2,00

BUTTER ⑦ 1,20

HONEY ⑦ 1,40

CREAM CHEESE ⑦ 2,00

TAVERN BREAD ⑦ 2,90

HONEY CRUSTY ROAST 4,90

SALAMI 3,70

ZILLERTAL

ALPINE CHEESE ⑦ 3,70

⑦ = Vegetarian ⑦ = 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.



Starters

DAILY STARTING AT 12:00 PM

MEENZER SPUNDEKÄS 6,60

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

GERMAN SAUSAGE SALAD 7,90

Strips of bologna-type sausage | Red onion |
Gherkin | 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

ROESTI 13,90

Potato roesti | Smoked salmon | Crème fraîche

ZENZ WIRTSHAUS SOUP 7,90

Wheat beer | Vegetable broth | Whipped cream | Pretzel croutons

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**.



🌿 = Vegetarian 🌱 = 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.

Your Zenz Wirtshaus



zenz-wirtshaus.de

Salad

VINTNER SALAD @ 14,80

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

CAESAR SALAD 13,90

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

SIDE SALAD 5,20

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



Care for something light?

Not enough?

ADD TO YOUR SALAD

... SLICED SCHNITZEL +5,90

... FRIED CHICKEN STRIPS +4,90

... SMOKED SALMON +5,90





Comfort food just like
mom used to make

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



Pretzel and
pizza united ...

Comfort Food

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

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



This is modern
tavern food



BEER GOULASH 17,90

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

FRIED CHICKEN 16,50

Chicken Thigh | Potato and Cucumber Salad | Wild Cranberries

FRIED FISH SYLT STYLE 14,90

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

PALATINE FARMER'S BRATWURSTS 14,90

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

PORK ROAST WITH CRACKLING 18,50

Dark Beer Jus | Mashed Potatoes | Root Vegetables

Change of sides: + 0,80

🌿 = Vegetarian 🌱 = 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.



Vegetarian

TAVERN DUMPLINGS ⑦ 13,90

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

ALLGÄU CHEESE SPAETZLE ⑦ 14,60

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

Vegan

VEGAN SCHNITZEL ⑦ 15,90

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

HERB DUMPLINGS ⑦ 15,90

Beetroot sauce | Vegetable chips



Tavern Dumplings

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!

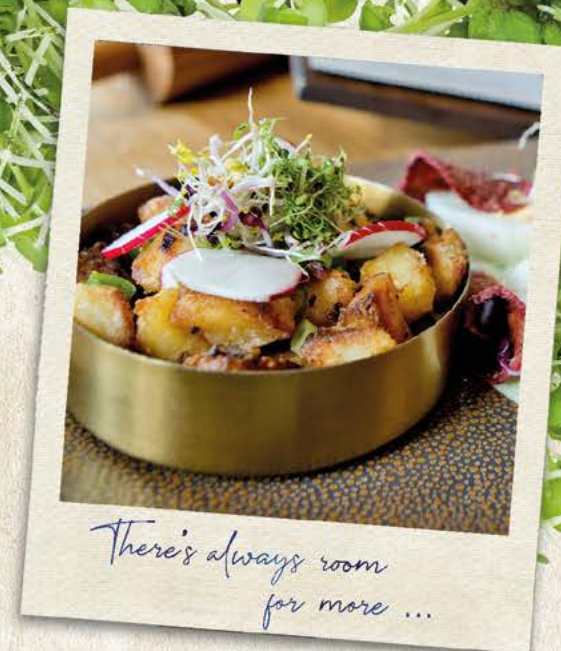


Zenz Schnitzel Day



EVERY TUESDAY
AFTER 5PM

Enjoy our Schnitzel Day at Zenz,
where you can choose from a variety
of schnitzel dishes for only 12,90 €.



There's always room
for more ...

Sides

SIDE SALAD 5,20

PAN-FRIED POTATOES 4,60

TAVERN FRIES 4,90

BUTTER SPAETZLE 3,90

MASHED POTATOES 4,50

COLE SLAW WITH BACON 3,50

POTATO CUCUMBER SALAD 4,20

Kids' Meals

Up to 12 years

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

Dessert

KAISERSCHMARRN 7,90

Fluffy Kaiserschmarrn | Cranberries | Raisins |
Roasted Almond Flakes | Plum Compote

VEGAN APPLE STRUDEL 7,60

with oat and vanilla ice cream

CHOCOLATE SOUFFLÉ 8,90

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



Tastes like home

Party with our Zenz!

ONE MUST CELEBRATE WHEN ONE HAS THE OPPORTUNITY!

And the best way to do so is at the tavern
with our *Zenz*. Here, you'll find a cozy
tavern atmosphere, beer, modern comfort
food just like mom used to make, and the
perfect mood for a great party.

Interested? Please get in touch at
mainz@zenz-wirtshaus.de



*allergens +
additives*



ZENZ WIRTSHAUS GMBH

Manager: Tommy Weber, Martin Mayer

Bahnhofplatz 4 • 55116 Mainz • Tel. 06131/55 43 834

mainz@zenz-wirtshaus.de

zenz-wirtshaus.de