

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

ONE OF EVERYTHING ⑦ 12,90

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

MAKE IT HEARTY 12,60

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

SAUSAGE ONLY 12,60

Honey ham | Salami Spinata Romana |
Palatine farmer's liverwurst | Butter | Pickle | Tavern bread

CHEESE ONLY ⑦ 12,90

Limburger | Brie | Zillertal Alpine cheese | Wild lingonberries |
Butter | Grape | Walnut | Tavern bread

MAKE IT SWEET ⑦ 5,60

Jam | Butter | Butter croissant

APPLE CINNAMON OATMEAL ⑦ 7,90

Oatmeal | Oat drink | Walnut | Apple | Cinnamon | Toasted oats

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

PANCAKE ⑦ 7,90

Homemade pancake | Berries | Vanilla ice cream |
Chocolate sauce | Hazelnut brittle

It's never too early
for a sweet treat...

Some of
this, too?

BUTTER ⑦ 1,20

HONEY ⑦ 1,40

CREAM CHEESE ⑦ 2,20

JAM ⑦ 1,60

BIRCHER MUESLI ⑦ 6,30

OVEN-FRESH PRETZEL ⑦ 1,80

TAVERN BREAD ⑦ 2,90

SCRAMBLED EGGS WITH CHIVES ⑦ 4,50

BUTTER CROISSANT ⑦ 2,90

BACON 2,20

HONEY HAM 3,90

SALAMI SPINATA ROMANA 3,70



⑦ = Vegetarian ⑦ = Vegan

All prices in Euro including legal VAT.

Allergens and additives?

Please ask for our separate chart.

Starters

MEENZER SPUNDEKÄS 5,90

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

BEEF TARTARE 13,90

Tartare (120gr.) of pastured Allgäu beef | Tavern marinade |
Capers | Shallot | Pickle | Red beet | Tavern bread

SWABIAN RAVIOLI SKILLET 8,90

Swabian ravioli | Spinach-cheese filling |
Pumpkin chutney | Caramelized onions

SNACK PLATE 13,60

Air-dried game sausage | Palatine farmer's liverwurst |
Honey ham | Zillertal Alpine cheese | Pickle | Creamed horseradish |
Butter | Tavern bread | Oven-fresh pretzel

From the
region

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.



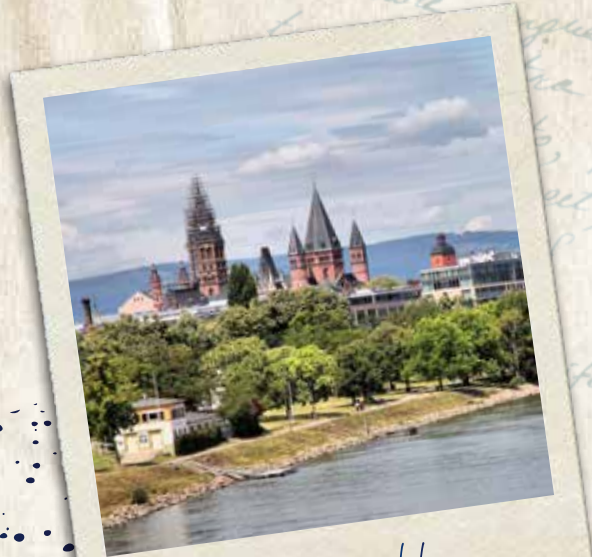
She gets her **SAUSAGES** and
MEAT products from
Schuck butcher's shop in
Schwabenheim, which processes
animals from local breeders,
and from her partner Ursprung,
who stands for sustainable agriculture
and ethical husbandry.



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

POTATOES come from Bauer
Schult in Udenheim directly from
the field, and she gets her fresh
SAUERKRAUT from
family Schork from Hatzenbühl
in the Southern Palatinate.



#Mainzgefühl

🌱 = Vegetarian 🍃 = Vegan
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Allergens and additives?
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*A great Team
like a big family*



BECOME A MEMBER OF OUR ZENZ FAMILY

When working at Zenz, you will never get in a bad mood, because no matter whether service, kitchen or bar, we are always having a great time.



zenz-wirtshaus.de/team

Soups

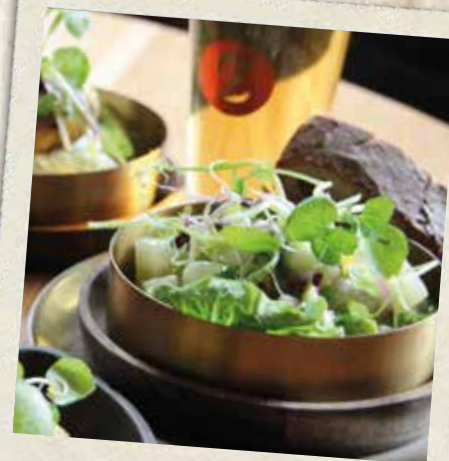
POTATO LEEK SOUP 8,60

Homemade potato leek soup |
Debreçin sausage (local butcher Schuck) |
Tavern bread

SOUP OF THE DAY

Ask our staff about
our current soup!

*From the
region*



Care for something light?

Salad

VINTNER SALAD 14,60

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

CAESAR SALAD 13,80

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

Add slices of breaded schnitzel + 6,50

SIDE SALAD 4,90

Seasonal lettuces | Cole slaw |
Potato salad with cucumber & dill





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.

Brizza

MAINZ FEELING 13,40

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

GARDEN LOVE 13,60

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

THE PALATINE 13,80

Pretzel dough | Sour cream | Sliced bratwurst | Riesling sauerkraut | Zenz mustard | Mini pretzels

LOREEN 13,60

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



Pretzel and
pizza united ...

Comfort Food

KNUCKLE 17,60

Front knuckle (750gr.) from the Allgäu straw-raised pig, cooked low and slow for 12 hours | Dark beer jus | Potato dumplings | Cole slaw with bacon

SAUERBRATEN FROM THE RHINELAND 19,80

Braised beef roast in classic marinade | Apple-braised red cabbage | Potato dumplings

TAVERN SCHNITZEL 16,20

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

BEER GOULASH 17,20

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



This is modern
tavern food



From the Allgäu
straw-raised pig ...



WIENER SCHNITZEL 24,00

Crispy breaded veal cutlet (220gr.) | Lemon | Anchovy | Potato salad with cucumber & dill

FRIED FISH SYLT STYLE 14,60

Pollack filet | Beer batter | Herb-lemon remoulade | Potato salad with cucumber & dill

PALATINE FARMER'S BRATWURSTS 14,90

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

VEAL MEATBALLS 18,90

Veal meatballs (local butcher Schuck) | Melted onions | Dark beer jus | Smashed potatoes

TARTARE & FRIES 23,00

Tartare (220gr.) from pastured Allgäu beef | Tavern marinade | Grilled red beet | Tavern fries

BEEF ROULADE 19,80

Beef roulade | Melted onions | Gravy | Apple-braised red cabbage | Butter spaetzle

Change of sides: + 0,80

🌿 = Vegetarian 🌱 = Vegan

All prices in Euro including legal VAT.

Allergens and additives?

Please ask for our separate chart.



Vegetarian & Vegan

RED BEET DUMPLINGS ⑦ 14,20

Homemade red beet dumplings | Goat cheese cream | Pear | Grape | Walnut

CREAMED WILD MUSHROOMS ⑦ 14,60

Sautéed wild mushrooms | Cream sauce |
Schupfnudeln (a type of thick noodles made of potatoes, flour and eggs) |
Zillertal Alpine cheese | Baby spinach

ALLGÄU CHEESE SPAETZLE ⑦ 14,40

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

VEGAN SCHNITZEL ⑦ 15,60

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

Red Beet 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 12,50 €.



There's always room
for more ...

Sides

SIDE SALAD ⑦ 4,90

PAN-FRIED POTATOES ⑦ 4,60

TAVERN FRIES ⑦ 3,90


BUTTER SPAETZLE ⑦ 3,90

SMASHED POTATOES ⑦ 3,90

COLE SLAW WITH BACON 3,50

POTATO SALAD WITH
CUCUMBER & DILL ⑦ 4,20

KETCHUP/MAYONNAISE ⑦ 1,00



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

FISCHER'S FRITZ 7,50

Fish sticks (pollack) | Smashed potatoes | Ketchup

LITTLE LOOTER

Plate to share with mom and dad

Dessert

POPPY SEED SCHUPFNUDELN 8,60

Butter schupfnudeln (a type of thick noodles
made of potatoes, flour and eggs) | Poppy |
Red wine plums | Vanilla ice cream

GRANDMA'S CHEESECAKE 8,90

Flamed cheesecake | Wild berry ragout

CHOCOLATE LAVA CAKE 8,80

Warm chocolate lava cake with liquid core |
Tangerine ragout



*Tastes just like
grandma used to make*

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.



ZENZ WIRTSHAUS GMBH

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