

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

ONE OF EVERYTHING ⑦ 12,90

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

MAKE IT HEARTY 12,60

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

SAUSAGE ONLY 12,60

Honey ham | Salami Spinata Romana |
Salad with strips of bologna-type sausage, gherikns and mayonnaise |
Butter | Pickle | Tavern bread |

CHEESE ONLY ⑦ 12,90

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

PANCAKES ⑦ 11,40

Pancake tower | Stewed wild berries | Oat-vanilla ice cream |
Chocolate sauce | Flaked almonds

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

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 HAM 3,90

SALAMI SPINATA
ROMANA 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.

*For a small
appetite in the morning*

BERRY BIRCHER ⑦ 6,50

Bircher muesli | Stewed wild berries | Apple wedges

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

SCRAMBLED EGGS ⑦ 6,90

Scrambled eggs with 3 free-range eggs |
Seasonal herbs | Tavern bread

MAKE IT SWEET ⑦ 5,90

Butter croissant | Homemade jam | Butter

MEENZER BREAKFAST ⑦ 5,90

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



Starters

DAILY STARTING AT 12:00 PM

MEENZER SPUNDEKÄS ⑦ 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 | Red onion | Pickle | Red beet | Tavern bread

SALAD OF MARINATED CHEESE ⑦ 7,50

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

FLEISCHSALAT 6,90

Salad with strips of bologna-type sausage, gherikns and mayonnaise | Tavern bread

Zenz SNACK 12,60

Salad with strips of bologna-type sausage, gherikns and mayonnaise | Salad of marinated cheese | Seasoned soft cheese Mainz style | Butter | Oven-fresh pretzel | Tavern bread

ROESTI 13,90

Potato roesti | Smoked salmon | Creamed horseradish | Lemon sour cream

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.

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**.



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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

Salad

MAULTASCHEN SALAD ② 14,40

Romaine lettuce | Maultaschen (Swabian ravioli) |
Cocktail tomatoes | Carrots | Cucumbers |
Corn | Balsamic vinaigrette | Tavern bread

VINTNER SALAD ② 14,60

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 ④ 4,90

Seasonal lettuces | Cocktail tomatoes | Radishes |
Red beet | Balsamic vinaigrette



Care for something light?

Not enough?

ADD TO YOUR SALAD

... SLICED SCHNITZEL +5,90

... SLICED HONEY-SESAME
CHICKEN BREAST +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 13,50

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

GARDEN LOVE 13,90

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

Zenz 13,60

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

LOREEN 13,90

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 19,90

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

TAVERN SCHNITZEL 16,50

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

... ketchup / mayonnaise + 1,00



This is modern
tavern food



From the Allgäu
straw-raised pig ...



BEER GOULASH 17,20

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 radish salad

FRIED FISH SYLT STYLE 14,90

Pollack filet | Beer batter | Herb remoulade | Potato radish salad

PALATINE FARMER'S BRATWURSTS 14,60

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

MAULTASCHEN SKILLET 13,80

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

SPARERIBS 20,50

Spareribs | Carrot and white cabbage slaw | Zenz-barbecue sauce | Tavern fries

Change of sides: + 0,80

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Vegetarian & Vegan

TAVERN DUMPLINGS ② 13,90

Homemade bread dumplings | Mushroom cream sauce |
Baby spinach | Alpine cheese chips

EGGS IN GREEN HERB SAUCE ② 12,90

2 free-range eggs | Frankfurt green herb sauce |
Vegetable chips | Pan-fried potatoes

ALLGÄU CHEESE SPAETZLE ② 14,40

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

VEGAN SCHNITZEL ① 15,60

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

Eggs in green herb sauce



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 4,90

PAN-FRIED POTATOES 4,60

TAVERN FRIES 4,50

BUTTER SPAETZLE 3,90

COLE SLAW WITH BACON 3,50

POTATO RADISH 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 4,50

LITTLE LOOTER

Plate to share with mom and dad

Dessert

PANNA COTTA 7,90

Panna Cotta | Mint jelly | Stewed wild berries |
Flaked almonds

APPLE-NUT-CAKE 7,50

with oat-vanilla ice cream

CHOCOLATE SOUFFLÉ 8,80

Warm chocolate soufflé with liquid core |
Mango passion fruit sauce | Hazelnut ice cream

ICED COFFEE 7,20

Oat-vanilla ice cream | Cream

ICED CHOCOLATE 7,20

Oat-vanilla ice cream | chocolate ice cream | Cream

SUNDAE each scoop 2,00

Choose between oat-vanilla ice cream,
chocolate ice cream, hazelnut ice cream

... add cream +1,20



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

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