

nutritional information											common allergens				make it fit your diet!					
calories	calories from fat	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)	dairy	egg	fish	shell fish	peanuts	tree nuts	wheat	soy	make it vegetarian	make it vegan	make it gluten-free

mac bowlz

mac n cheese	357 578	136 204	15 22	9 14	47 64	425 697	38 70	2 5	2 3	21 32	✓							as is	n/a	n/a
basil mac	476 782	170 255	19 27	9 16	43 68	493 910	39 63	2 3	2 3	20 32	✓			✓	✓			as is	n/a	n/a
buffalo chicken mac	510 731	213 298	24 32	9 15	77 102	1275 2023	46 71	3 5	3 4	39 52	✓							remove chicken	n/a	n/a
garlic mac	459 646	170 230	19 25	8 12	77 98	918 1216	42 67	3 6	2 3	43 52	✓							remove chicken	n/a	n/a

noodle bowlz

marinara	315 485	60 77	6 8	2 3	9 9	578 952	54 88	6 9	5 10	17 25	✓			✓	✓			as is	n/a	substitute ricestick noodles
veggie tuscana	434 655	187 264	21 30	3 5	4 9	213 408	53 84	5 7	3 4	14 23	✓				✓			as is	remove feta cheese	substitute ricestick noodles
spicy peanut	451 672	136 196	14 20	2 3	0	867 1692	69 104	9 14	11 21	15 22				✓	✓	✓		remove peanuts	remove peanuts	n/a
pesto	442 740	111 128	12 14	4 6	13 17	408 612	49 88	5 7	2 3	17 26	✓			✓	✓			as is	n/a	substitute ricestick noodles
alfredo	391 689	136 230	14 25	8 14	38 64	391 587	52 94	5 7	3 4	18 30	✓				✓	✓		n/a	n/a	n/a
krith-a-raki	485 748	238 306	26 33	11 14	43 55	561 697	49 90	7 9	3 5	20 28	✓				✓			as is	n/a	substitute ricestick noodles
udon	298 459	68 77	8 9	0	0	1836 2967	48 80	2 3	14 20	8 13					✓	✓		as is	as is	n/a
big penne	366 553	136 196	14 21	9 11	34 47	204	48 77	5 6	1 2	15 22	✓				✓			as is	n/a	substitute ricestick noodles
lemon sauté	332 629	77 170	8 18	3 5	13 17	748 1292	50 92	5 7	3 5	16 25	✓	✓			✓	✓		n/a	n/a	n/a
mostaccioli	408 578	136 162	14 17	5	21	502 604	53 84	7 9	3 4	22 30	✓				✓			as is	n/a	substitute ricestick noodles

desserts

scotcheroos	459	162	18	8	0	119	71	3	44	7	✓			✓				as is	n/a	as is**
rice crispie bar	417	85	9	6	26	68	83	0	43	5	✓							n/a	n/a	as is**
choc chip cookie	190	80	9	5	15	140	27	1	11	2	✓	✓			✓	✓		as is*	n/a	n/a

*contains egg

**contains small amount of malt extract

to our guests with food allergies / sensitivities

please notify our manager about your allergies / sensitivities. while we will try our best to meet your dietary needs, **we do not have designated allergen-specific prep stations** and cannot guarantee that your food won't come into contact with the ingredients that cause your allergic reactions / sensitivities. please be aware of this when deciding to eat at z'mariks.



our menu contains no trans fat

small bowlz on first line • regular bowlz on second line
visit us online at zmariks.com

nutritional information											common allergens				make it fit your diet!					
calories	calories from fat	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	carbs (g)	fiber (g)	sugars (g)	protein (g)	dairy	egg	fish	shell fish	peanuts	tree nuts	wheat	soy	make it vegetarian	make it vegan	make it gluten-free

rice bowlz

teriyaki	204 349	9 13	1 2	0	0	553 1037	44 76	3 7	12 24	7 12						✓	✓	as is	as is	n/a
fajita	442 621	204 306	23 34	6 9	72 81	1054 1539	32 49	1 2	3 5	35 39	✓	✓			✓	✓		n/a	n/a	n/a
thai stir -fry	340 570	128 196	14 21	2 3	0	876 1675	46 79	5 9	12 24	12 21			✓		✓	✓		remove peanuts	remove peanuts	n/a

soups & salads

greek salad	221 417	179 340	20 39	3 6	4 9	417 765	7 11	3 6	2 3	3 7	✓							as is	remove feta cheese	as is	
caesar salad	145 247	94 162	10 17	3 4	13	451 697	9 16	2 3	1 2	8 10	✓	✓	✓			✓	✓	n/a	n/a	remove croutons	
orchard salad	264 425	153 281	17 32	3 6	55 60	663 884	10 16	2 5	6 10	28 31	✓							remove chicken	remove feta & chicken	as is	
asian salad	374 578	162 247	19 29	2 3	51	927 1182	33 59	2 5	12 18	30 36						✓	✓	remove chicken	remove chicken	n/a	
garden salad	60 111	13 26	1 3	0	0	111 213	10 19	2 5	3	3 6	✓						✓	✓	as is	remove croutons	remove croutons
ranch dressing	162 272	162 264	18 30	3 4	9 17	187 315	1 2	0	1 2	1	✓	✓					✓	as is*	n/a	as is	
balsamic vinaigrette	187 306	170 281	20 32	3 4	0	417 689	4 7	0	3 5	0								as is	as is	as is	
champagne vinaigrette	187 315	179 298	21 35	3 5	0	162 272	3 6	0	3 5	0								as is	as is	as is	
chicken noodle soup	136 230	43 77	5 9	2 3	21 34	621 978	14 26	1 2	1 2	8 15	✓	✓			✓	✓		n/a	n/a	n/a	
roasted tomato & red pepper soup	60 85	17 26	2 3	1 2	4 9	1037 1547	7 11	1 2	4 6	3 5	✓					✓		as is	n/a	as is	
ramen noodle soup	204 349	51	6	0	0	867 1369	31 60	8 15	3 5	10 20		✓			✓	✓		as is**	remove ramen noodles	n/a	

proteins

chicken	94	17	2	0	51	417	1	0	0	24								✓	n/a	n/a	as is
shrimp	38	0	0	0	77	323	0	0	0	13			✓						n/a	n/a	as is
bacon	149	92	10	3	43	709	1	0	1	14									n/a	n/a	as is
6 meatballs	221	145	16	5	38	570	6	2	0	21	✓	✓			✓	✓		n/a	n/a	n/a	
tofu	60	34	4	0	0	17	1	1	0	6							✓	as is	as is	as is	

*contains egg **noodles contain egg, remove to go egg-free!

to our guests with food allergies / sensitivities

please notify our manager about your allergies / sensitivities. while we will try our best to meet your dietary needs, **we do not have designated allergen-specific prep stations** and cannot guarantee that your food won't come into contact with the ingredients that cause your allergic reactions / sensitivities. please be aware of this when deciding to eat at z'mariks.



our menu contains no trans fat

small bowlz on first line • regular bowlz on second line
visit us online at zmariks.com