

BREAKFAST

Ropa Vieja Beef flank steak, pepper, onions, tomatoes, and garlic slow-cooked and served with a sunny-side up Vital Farms pasture raised egg on top. R \$6, L \$7.5 **LC GF P**

Ground Turkey Picadillo Tacos Browned ground turkey mixed with house-made pico de gallo, diced sweet potatoes, and poblanos, served with two whole wheat low-carb tortillas and salsa fresca. \$5.5

Breakfast Sandwich Vital Farms pasture raised egg, bacon, and reduced fat American cheese on a toasted 100 calorie English muffin. R \$4.5, L \$5.5

Oven-Roasted Chicken Hash Shredded organic pasture raised local chicken from Vital Farms, egg whites, sun-dried tomatoes, onions, Serrano peppers, cilantro, and julienned sweet potatoes. R \$6, L \$7.5 **LC GF P**

Blueberry Banana Pancakes with Bacon Scrambled Eggs The name says it all. Almond-banana blueberry pancakes served with local honey Blueberry syrup from Round Rock, TX and accompanied by local pasture raised eggs and bacon bits scramble. S \$4.95, R \$5.95, L \$6.95 **GF P**

Almond Flour Blueberry Banana Muffins A perfect mix of Blueberries, bananas and cinnamon, with an accent of slivered almonds. Who knew gluten-free could taste so good? \$1.95 **GF P V**

Steel Cut Oatmeal Dried fruit, pecans, & Texas honey. \$4.75 **V**

Salmon Eggs Benedict Poached eggs on a whole wheat English muffin, layered over smoked salmon with a lemon caper Greek yogurt sauce. S \$5, R \$6.75 **S**

Scrambled Eggs & Home Fries Organic scrambled eggs over home style new potatoes, sautéed onions, poblanos, and red peppers served with a house made ketchup with a nice kick sure to be a Texan's favorite! S 4.5, R 5.5, L 6.5 **GF S**

Sicilian Frittata Savory frittata with spinach, bacon, feta cheese, artichoke hearts, sun-dried tomatoes, red pepper, and garlic all baked inside of delicious, pasture-raised Vital Farms eggs! S \$4, R \$5.25, L \$6.75 **LC GF**

SALADS / SOUPS

Cilantro Lime Grilled Chicken Salad served on a bed of organic mixed greens with pico de gallo, carrots, cucumber and roasted corn with a cilantro lime vinaigrette. \$9 **LC GF P**

Greek Chicken Salad Herb marinated grilled chicken on a bed of spinach with kalamata olives, pepperoncinis, cherry tomatoes, red onion, feta cheese and cucumbers with our honey balsamic reduction. \$10 **LC GF P**

New York Strip Steak Salad New York strip steak sliced and served over spinach with roasted poblano peppers, caramelized red onion, tomatoes, cucumbers, & our special homemade gorgonzola apple cider vinaigrette. \$10 **LC GF P**

Roasted Poblano Caesar Salad with Grilled Salmon Served with tomatoes, roasted corn, & a chili dusted parmesan tuile. \$10.95 **LC GF S**

Sesame Encrusted Tuna Salad Sesame crusted tuna on a bed of romaine lettuce with red bell peppers, broccoli, carrots, snow peas and a peanut soy dressing. \$10.95 **LC GF P**

Chicken Tortilla Soup No tortillas, but lots of fresh veggies and chicken breast cooked to perfection. R \$2.75, L \$4.75 **LC GF P**

Chilled Avacado Soup S 2.75, L \$4.75 **LC GF P**

Catering Available!

210.541.0404

9873 IH 10 W., San Antonio, TX 78230


LUNCH / DINNER

Asian Lettuce Wraps Asian seasoned turkey served with a daikon root, carrot & serrano slaw. Served with romaine lettuce. \$9 **LC GF P**

Turkey Meatloaf Served with delicious cauliflower and parsnip puree (similar texture to mashed potatoes, only healthier!), steamed broccoli, and topped with our special poblano-tomato sauce. S \$6.5, R \$8, L \$10 **GF P**

Pesto Shrimp Pasta Toss sautéed shrimp, gluten-free pasta, pan roasted cherry tomatoes, spinach, mushrooms, onions, and our homemade basil pesto. S \$7.5, R \$10, L \$12 **GF**

Turkey Ragù delicious ground turkey and Italian sausage with fresh spinach, mushrooms, yellow onion, and marinara sauce, served on a bed of spaghetti squash. S \$6.5, R \$8, L \$10 **LC GF P**

Charmula New York Strip Steak with Seasonal Vegetables All natural, New York strip steak served with seasonal vegetables and a house-made charmula sauce. S \$8.5, R \$10, L \$12 **LC GF P**

Caramelized Onion and Mushroom Turkey Burger Delicious, Homemade ground Turkey patty mixed with caramelized onions and mushroom served on a 100 calorie bun, and homemade dijonaise. One size \$9.5

Salmon Putanesca Grilled salmon with house-made tomato putanesca sauce over lemon zest, sauteed spinach with a brown rice pilaf. S \$9.5, R \$11, L \$13 (Also available w/o rice, special order) **GF**

Almond and Dijon Crusted Chicken Chicken breast is pan-seared, then baked until crisp, served with delicious cauliflower and parsnip puree (similar texture to mashed potatoes, only healthier!). S \$8.45, R \$9.95, L \$11.95 **LC GF P**

Chicken Roulade with Pecan Romesco Sauce Chicken breast rolled with a sundried tomato, goat cheese, date stuffing, over brown rice pilaf with our tasty pecan Romesco sauce. S \$7, R \$9, L \$11 **GF S**

Red Beans and Rice Holy Trinity with red beans, chipotle wheat meat, brown rice. S \$6.5, R \$8 **S**

Gorgonzola Salisbury Steak with parsley carrots, haricot verts, and a chasseur sauce! A Chasseur sauce is a French hunter sauce which contains mushrooms, red wine, shallots, thyme, bay leaves, & tomatoes. S \$9.5, R \$11.95, L \$13.95 **LC GF**

Chipotle Brined & Grilled Pork Tenderloin Brined pork tenderloin, paired with our amazing chipotle aioli and served with sauteed Brussel sprouts with roasted almonds. S \$7.95, R \$9.5, L \$10.75 **LC GF P**

Citrus Chicken with Braised Cabbage Deliciously moist chicken breast served with a side of perfectly braised red cabbage, and paired with our sweet and spicy Sweet Chili Sauce. S \$7, R \$9, L \$11 **LC GF P**

Grilled Tilapia w/ a Garden Vegetable Farro Salad Grilled tilapia on top of farro with grilled asparagus, portobellos, and cherry tomatoes served with a side of pineapple vinaigrette. S \$9.5, R \$11, L \$13

Chicken and Italian Sausage Risotto Grilled chicken breast served with our incredible brown risotto. Made with delicious brown rice, mushrooms, white wine, spinach, and mixed with Italian sausage, this meal is the perfect mid-day boost! S \$7, R \$9, L \$11 **GF**

SNACKS

Fit Kit Williams & Connor Beef Jerky with pecans, dried golden raisins and dried apricots. \$4 or 6 for \$20 **P**

Zed Bars: Coconut Chocopecan or Cran-Lemon \$1.5 **GF P**

Chilled Greek Quinoa Snack **GF**

Fruit Cup **GF P**

Cheese & Cracker Cup \$3.5

Organic Yogurt Parfait \$3.5

Banana Bar \$1.25

Humus Dip with Vegetables \$3.5

Deviled Eggs \$3.5

Apples & Peanut Butter \$3.5

Hard Boiled Eggs \$1.95

Tuna Salad Cup \$2.5 **GF**

Cottage Cheese with Peaches \$3.5 **LC GF**

Salmon Salad \$4 **LC GF**

Williams and Conner Beef Jerky \$6.5 **LC P**

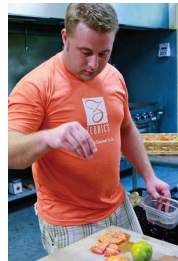
Welcome to Zedric's. We specialize in creating fantastic, healthy food for people on the run! Just come on in and pick out some chef-prepared meals from our cooler. All of our gourmet food is prepared daily and chilled, not frozen, so that it can be eaten on your schedule. We also offer online ordering so we can have your meals bagged and ready for pickup, allowing you to pick up an entire week's worth of food in mere seconds!



We are located at 9873 IH 10 W. in the Colonnade shopping center in San Antonio TX. Just look for the big orange sign! We are open from 10 am - 7 pm, 7 days a week! If you have any questions at all, just give us a call at (210) 541-0404.

Upon graduation from the Culinary Institute of America in Hyde Park, New York, Chef Zach Lutton decided to move back home to San Antonio, Texas to be closer to friends and family. As happy as he was to be back home, he began to notice that there was a major shortage of healthy, delicious food in San Antonio, and that it was a difficult place to be health conscious. So, he began cooking

healthy meals, at first for himself, and then for friends and workout partners, receiving rave reviews along the way. After witnessing the physical transformation of several close friends as well as himself, he realized that he could potentially give this city a great service and provide a healthy, flavorful and convenient alternative to fast food while still retaining the bold, spicy flavors of south Texas. Welcome to Zedric's, where everything is fresh, healthy, and you never have to feel guilty about going gourmet!



ZEDRIC'S DIET GUIDE

Many of our meals meet certain dietary requirements. Please look for the icons below following our meal descriptions to find meals that meet your needs.

- LC** **Low Carb**
These meals are low in carbohydrates and high in flavor.
- GF** **Gluten-Free**
Almond flour, gluten-free breads, rice and pasta
- P** **Paleo Friendly**
No processed foods here. Grass-fed beef and cage-free poultry are used.
- V** **Vegetarian**
Vegetables, fruits and nuts are a healthy way to live and add energy.
- S** **Weekly Special**
Zedric's is continually trying new recipes to keep our customers coming back for more. Like Us on Facebook and suggest an idea for a menu item.

Our Purveyors



Vital Farms Pasture-Raised Organic Ethical Eggs

At Vital Farms we work everyday to produce the best egg possible. For us, this begins and ends with providing the healthiest and most natural environment for our birds. You won't see any cages on our farms, but you will see birds living like birds should – grazing on organic green pasture and enjoying plenty of space and fresh air. We feel strongly about respecting the animals in this way, especially considering the wonderful little superfood they produce for our benefit.



Rancho Ojo de Agua Grass-Fed Beef

We raise and market grass-fed and finished beef because we believe it is

- better for our health,
- better for the environment,
- better for the animal, and,
- better for our community.

Our cattle are a Hereford-Charolais-Angus cross. Our calves are born in large pastures at Rancho Ojo de Agua where they graze on native forage that is never fertilized or exposed to chemicals or pesticides.



A Weekly Plan to Better Health!

- **Strive for Your Weight-Loss or Healthier Lifestyle Goals**
- **Dietary Guidance from Our Staff**
- **No More Counting Calories or Points!**

The Zedric's Victory March

Choose any 1 breakfast and 2 entrees per day from Zedric's Chef-prepared menu for 7 consecutive days. Look for our Weekly Specials to keep you inspired and on track! Zedric's meals are created with fresh seasonal vegetables with the proper calories & low fat to help you achieve your goals. Zedric's Victory March is a system that was developed to target weight loss, increase energy, lower cholesterol and blood sugar levels!

MARCH REGULAR 21 Regular size meals, including breakfasts and salads of your choice: \$156.00/ week, 22.29 a day!

MARCH LARGE 21 Large size meals, including breakfasts and salads of your choice: \$174.00/ week, \$25.00 a day!

Start Today and Continue for as Long as You Like!



Catering Available!

210.541.0404 9873 IH 10 W., San Antonio, TX 78230
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