

stuzzichini

Tasty nibbles

Authentic Italian Handbaked

- Hot garlic & sea salt focaccia with tomato 4
- Hot garlic & sea salt focaccia with chorizo 5
- Hot garlic & sea salt focaccia with cheese 6
- Marinated green & black olives 5

Hot tortilla crisps 5
sweet chilli dip

Sauté of king prawns 13
with chilli, garlic

Caprese salad 9
buffalo mozzarella, tomato & basil

Salt n' pepper calamari fritti 10
lemon, spring onion & fresh chilli
homemade tartare sauce

Homemade
Soup 5.5

sharing antipasto platters

Classic Italian 19
a selection of cured meats, parma ham & salami, mozzarella, olives, Italian mixed pickles & bread

Seafood 23
smoked salmon, crayfish, prawns, tuna paté, crevettes, fresh baked bread, marie rose dip, lemon wedges

insalata

Salads

Caesar 13
grilled chicken & bacon, anchovies, parmesan & croutons

Greek salad 10
feta cheese, houmous, olives, salad leaves, peppers, tomatoes, cucumber & red onion

Grilled goats cheese 12
beetroot, pomegranate, pumpkin seeds, mixed salad & balsamic drizzle

Avocado & crispy bacon 10
salad leaves, peppers, red onions, cherry tomatoes & cucumber

Crayfish & avocado 15
rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges

Sandwiches & Wraps

Prawn & marie rose open sandwich 10.5
on wholemeal with cucumber, tomato & salad leaves

Grilled goats cheese bruschetta 12
roast red peppers, balsamic glaze, salad leaves & pomegranate

Philly steak sandwich 12
minute steak, sauté onions & cream cheese in a toasted ciabatta

Tuna salad sandwich 9.5
wholemeal with mayonnaise (also available as a wrap)

Grilled chicken & bacon ciabatta 11
mayonnaise

Asparagus, avocado & roast pepper 11
toasted sourdough with hummus (also available as a wrap)

Hot sausage ciabatta 12
peppers, onions, mustard & mayonnaise

Smoked salmon & cream cheese bagel 10.5
chives & cucumber

Peri chicken wrap 12
peri chicken, peppers, onions & chilli mayo

BLT ciabatta 9
bacon, lettuce & tomato with mayonnaise

Ham & cheese focaccia 9
served hot from the oven

The Zest Club 11.5
grilled chicken & bacon, avocado, lettuce, tomato & mayo double decker toasted sandwich

specialita della casa

Zest classics

Chicken goujons 13
salad & fries; aioli & sweet chilli dip

Piri piri chicken 18
grilled breast, marinated in chilli peppers, chilli mayo, salad & fries

Singapore vermicelli 18
king prawns, chicken, stir fried crunchy vegetables, rice noodles, chilli, garlic & curry

Salt & pepper pork ribs 15
sea salt & chilli: salad & fries

Salmon fishcakes 10
mixed salad; aioli & sweet chilli dip

Seabass & king prawns 25
garlic chilli & parsley butter served with fries

Bowl of fresh mussels 16
cream, herbs, white wine & fries

Seared salmon hollandaise 20
grilled asparagus, salad & fries

Cacciucco 26
mediterranean mixed fish & seafood stew with chorizo, tomatoes, chilli, garlic & chickpeas
crostini & saffron aioli

A taste of the deep south

Jambalaya 19

chorizo, chicken, king prawns, peppers, celery, onions & cajun rice

Artisan Pasta

Penne all crema di scampi 18
crayfish tails, cream, chilli & cherry tomatoes

Linguini Portofino 22
house speciality with king prawns, mussels, calamari, clams

Farfalle salmone 17
fresh & smoked salmon, cherry tomatoes, dill, chilli & garlic

Rigatoni Gorgonzola 16
blue cheese sauce with tenderstem broccoli & walnuts

Farfalle Puttanesca 15
ham, peas, cream & cherry tomatoes

Penne bolognese 15
rich beef ragu

Rigatoni Siciliana 16
tomatoes, capers, olives, garlic chilli

Homemade lasagna al forno 15
layers of pasta, rich beef ragu & creamy cheese sauce

ZEST HOUSE BURGER 18

100% pure beef, melted cheese, onion rings, salad, dill pickle on a crystal sourdough bun, tomato relish & fries

add bacon 2.50
blue cheese 2.00

contorni

Rocket & Parmesan salad 5

Mixed salad bowl 5

Sweet potato fries 6

French fries 5

Tomato & red onion salad 5

A warm platter of frutti di mare 24

mussels, clams, scallops, fish & king prawns
garlic chilli & parsley butter
Crusty bread for mopping up!

In accordance with Food Standards Agency Regulations **FOOD ALLERGY** Please advise if you have an allergy to any foods. We can provide you with a list of any allergens in the dish you choose to ensure a safe eating experience.

Please note a discretionary 10% service charge will be added to your bill

pasticcERIA

Sweets

please see our display fridge for a selection of homemade cakes, pastries & meringues from 6

Fruit scones 4.2
clotted cream & jam

Ice cream 5.5
vanilla, chocolate & strawberry

Zest ice cream sundae 6
chocolate, strawberry & vanilla ice cream topped with mixed berries & whipped cream

Sicilian style handmade Cannoli (gluten free) 2.2

Choose from.....

lemon
chocolate hazelnut
pistacchio
salted caramel cannoli
ricotta

Delicious with our Italian coffee!

smoothies

All 6

Berry boost
raspberries, blueberries, banana apple, flax seeds

Benefits
high in omega 3 fats loaded with nutrients improve cholesterol, lower blood pressure

Totally tropical
Passion fruit, pineapple, mango, orange, baobab seeds

Benefits
high in vitamins aid weight loss with a feeling of fullness, high in fibre

Going green
Kale spinach mango apple

Benefits
improve digestive health
contains antioxidants fibre vitamin C & K
contains iron

caffè

coffee, tea & hot chocolate

Cappuccino 3.5
espresso with steamed milk & froth

Espresso 2.5
strong, short, black coffee

Americano 3.4
double shot long black coffee

Cortado 3.4
double shot coffee, frothy milk top

Caffè latte 3.5
long steamed milk & espresso shot

Iced caffè latte 4.2

Flat white 3.5
half coffee, half steamed milk

Mocha 4
long hot chocolate & coffee drink

Coffee syrups 50p
hazelnut, caramel,
gingerbread or vanilla

Hot chocolate 3.7
rich, milky chocolate drink
- add syrup, marshmallows
& whipped cream 30p each

Soya milk / oat milk
Almond milk /Coconut milk
available

Birchalls Fine Tea since 1872

english breakfast tea 2.4

jasmine tea 2.7
exotic & enchanting

camomille tea 2.7
purifying & restorative

red berry & flowers 2.7
fruity & refreshing

chai tea 2.7
bright & spicy

lemongrass & ginger tea 2.7
lively & spicy

peppermint tea 2.7
fresh & invigorating

earl grey tea 2.7

Ice cream milkshake 6
banana, chocolate & strawberry
coffee, mocha & mint choc chip



Fine food wine & Italian coffee

21 Market Square, Lytham FY8 5LW

Telephone 01253 735253

Caffè Gastronomia Familiare dal 2002



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LUNCH



21 Market Square Lytham

Ispirati dalla gioia Italiana

Italys' diverse cooking is at the heart of our Zest family

We are committed to sourcing the finest
quality seasonal ingredients to bring you our amazing dishes

Buon Appetito