

stuzzichini

Tasty nibbles

Authentic Italian Handbaked

- Hot garlic & sea salt focaccia 4
with tomato 5
with chorizo 6
with cheese 5.
- 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 6

sharing antipasto platters

Classic Italian 19

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

Seafood 24

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

insalata

Salads

Caesar 15
grilled chicken & bacon, anchovies, parmesan & croutons

Greek salad 13
feta cheese, houmous, olives, salad leaves, peppers, tomatoes, cucumber & red onion

Grilled goats cheese 15
beetroot, pomegranate, pumpkin seeds, mixed salad & balsamic drizzle

Avocado & crispy bacon 13
salad leaves, peppers, red onions, cherry tomatoes & cucumber

Crayfish & avocado 17
rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges

Sandwiches & Wraps

Prawn & marie rose open sandwich 11
on wholemeal with cucumber, tomato & salad leaves

Grilled goats cheese bruschetta 13
roast red peppers, balsamic glaze, salad leaves & pomegranate

Philly steak sandwich 13
beef fillet strips, sauté onions, cream cheese in a toasted ciabatta

Tuna salad sandwich 10
wholemeal with mayonnaise (also available as a wrap)

Grilled chicken & bacon ciabatta 12
mayonnaise

Asparagus, avocado & roast pepper 12
toasted sourdough with hummus (also available as a wrap)

Hot sausage ciabatta 12
peppers, onions, mustard & mayonnaise

Ham & cheese focaccia 10
served hot from the oven

Veal Milanese ciabatta 13
rocket, tomato & mayo

Smoked salmon & cream cheese toasted sourdough 12
chives & cucumber

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

BLT ciabatta 10
bacon, lettuce & tomato with mayonnaise

Deli ciabatta 13
parma ham, rocket, mozzarella & avocado

The Zest Club 12
grilled chicken & bacon, avocado, lettuce, tomato & mayo double decker toasted sandwich

specialita della casa

Zest classics

Chicken goujons 14
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 12
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

Eggs Rancheros 13
chorizo, peppers, onions, chilli tomatoes & garlic on a hot tortilla wrap

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

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

Rigatoni Gorgonzola 16
blue cheese sauce with tenderstem broccoli & walnuts

Penne Amatriciana 15
pancetta, onions, chilli & tomato

Tagliatelle 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 7

Fruit scones 4.2
clotted cream & jam

Ice cream 6.5
vanilla, chocolate & strawberry

Zest ice cream sundae 7.5
chocolate, strawberry & vanilla ice cream topped with mixed berries & whipped cream

Sicilian style handmade Cannoli (gluten free) 2.5
Choose from.....
lemon
chocolate hazelnut
pistacchio
salted caramel cannoli
ricotta

Delicious with our Italian coffee!

smoothies

All 6.5

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 3.7

espresso with steamed milk & froth

Espresso 2.5

strong, short, black coffee

Americano 3.6

double shot long black coffee

Cortado 3.5

double shot coffee, frothy milk top

Caffè latte 3.7

long steamed milk & espresso shot

Iced caffè latte 4.2

Flat white 3.7

half coffee, half steamed milk

Mocha 4

long hot chocolate & coffee drink

Coffee syrups 50p

hazelnut, caramel,
gingerbread or vanilla

Hot chocolate 3.9

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 2.5

jasmine tea 2.8
exotic & enchanting

camomille tea 2.8
purifying & restorative

red berry & flowers 2.8
fruity & refreshing

chai tea 2.8
bright & spicy

lemongrass & ginger tea 2.8
lively & spicy

peppermint tea 2.8
fresh & invigorating

earl grey tea 2.8

Ice cream milkshake 6

banana, chocolate & strawberry
coffee, mocha & mint choc chip



Fine food wine & Italian coffee

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Caffè Gastronomia Familiare dal 2002

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LUNCH



21 Market Square Lytham

Ispirati dalla gioia Italiana

Italy's 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