

stuzzichini

Tasty nibbles

Authentic Italian Handbaked

Hot garlic & sea salt focaccia	4.5
with tomato	5.5
with chorizo	6.5
with cheese	5.5

Hot tortilla crisps 5.5
sweet chilli dip

Sauté of king prawns 14
with chilli, garlic

Caprese salad 10
buffalo mozzarella,
tomato & basil

Calamari fritti 11
lemon, spring onion & chilli

Marinated green & black olives 5.5

Homemade Soup 6.5

sharing antipasto platters

Classic Italian 22
a selection of cured meats,
parma ham & salami, mozzarella,
olives, Italian mixed pickles & bread

Seafood 28
smoked salmon, crayfish, prawns,
tuna, poached salmon, crevettes, fresh
baked bread, lemon wedges

Caesar 16.5
grilled chicken & bacon,
anchovies, parmesan &
croutons

Greek salad 14.5
feta cheese, houmous, olives
salad leaves, peppers, tomatoes,
cucumber & red onion

Grilled goats cheese 16.5
beetroot, pomegranate,
pumpkin seeds, mixed salad
& balsamic drizzle

Avocado & crispy bacon 14.5
salad leaves, peppers,
red onions, cherry tomatoes
& cucumber

Poached salmon 18.5
watercress, cucumber,
cherry tomatoes, peppers,
onions & mayonnaise dip

Sandwiches & Wraps

Salad & crisps

Prawn & marie rose open sandwich 12
on wholemeal with cucumber,
tomato & salad leaves

Roast ham salad sandwich 10
on wholemeal with piccalilli

Philly steak sandwich 14
beef fillet strips,
sauté onions, cream cheese
in a toasted ciabatta

Smoked salmon & cream cheese toasted sourdough 13
chives & cucumber

Tuna salad sandwich 11
wholemeal with mayonnaise
(also available as a wrap)

Grilled chicken & bacon ciabatta 13
mayonnaise

Asparagus, avocado & roast pepper 13
toasted sourdough
with houmous
(also available as a wrap)

Crab & avocado 14
on toasted sourdough

Fish Finger ciabatta 13
homemade fish goujons &
chunky tartare sauce

Grilled goats cheese bruchetta 14
roast peppers & balsamic

Peri chicken wrap 13
peri chicken, peppers, onions
& chilli mayo

The Zest Club 13
grilled chicken & bacon,
avocado, lettuce, tomato
& mayo double decker
toasted sandwich

Gluten free bread available

specialita della casa

Zest classics

Chicken goujons 15
salad & fries; aioli &
sweet chilli dip

Piri piri chicken 19
grilled breast, marinated in
chilli peppers, chilli mayo,
salad & fries

Seared salmon hollandaise 24
grilled asparagus,
baby roast potatoes

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

Salmon fishcakes 14
mixed salad; aioli &
sweet chilli dip

Seabass & king prawns 26
garlic chilli & parsley butter,
baby roast potatoes

Bowl of fresh mussels 18
cream, herbs, white wine
& fries

Homemade meatballs Napoletana 16
tasty tomato sauce,
melted mozzarella &
garlic focaccia

Singapore vermicelli 19.5
king prawns, chicken,
stir fried crunchy vegetables,
rice noodles, chilli, garlic & curry
vegan alternative with broccoli
& asparagus 15

Chicken alla crema 21
cream, mushroom,
white wine, rice or fries

Frutti di mare 28
mussels, clams, scallops,
fish & king prawns
garlic chilli & parsley butter
Crusty bread for mopping up!

Wild mushroom risotto 20
parmesan flakes &
crushed hazelnuts

Tagliatelle bolognese 16.5
rich beef ragu

Rigatoni Siciliana 16.5
tomatoes, capers, olives, garlic
chilli

Homemade lasagna al forno 16.5
layers of pasta, rich beef ragu
& creamy cheese sauce

Artisan Pasta

Penne all crema di scampi 22
crayfish tails, cream, chilli &
cherry tomatoes

Linguini Portofino 25
house speciality with
king prawns, mussels,
calamari, clams

Tagliatelle salmone 19.5
fresh & smoked salmon, cherry
tomatoes, dill, chilli & garlic

Rigatoni Gorgonzola 18.5
blue cheese sauce with
tenderstem broccoli & walnuts

ST. JACQUES BRUNCH BUN

17
grilled queenie scallops atop
crisp smoked bacon
& black pudding
brown butter drizzle
ciabatta bun, paprika &
garlic roasts

contorni

Rocket & Parmesan salad 5.5

Mixed salad bowl 5.5

Sweet potato fries 6.5

French fries 5.5

Tomato & red onion salad 5.5

THE ITALIAN BURGER

19
melting mozzarella &
crispy prosciutto
in a ciabatta bun
1000 island sauce
& fries

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.

Many of our dishes [excluding pasta] can be prepared gluten free

Please note a 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 7.7

Fruit scones 4.5
clotted cream & jam

Ice cream 7
vanilla, chocolate & strawberry

Zest ice cream sundae 8
chocolate, strawberry & vanilla ice cream
topped with mixed berries &
whipped cream

Sicilian style handmade Cannoli (gluten free) 2.6

Choose from.....

lemon

chocolate hazelnut

pistacchio

salted caramel cannoli

ricotta

Delicious with our Italian coffee!

smoothies

All 7

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 3.9
espresso with steamed milk & froth

Espresso 2.65
strong, short, black coffee

Americano 3.7
double shot long black coffee

Cortado 3.7
double shot coffee, frothy milk top

Caffè latte 3.9
long steamed milk & espresso shot

Iced caffè latte 4.5

Flat white 3.9
half coffee, half steamed milk

Hot chocolate 5
rich, milky chocolate drink-
add syrup, marshmallows &
whipped cream 50p each

Mocha 4.2
long hot chocolate & coffee drink

Coffee syrups 50p
hazelnut, caramel, gingerbread, vanilla

Pistacchio cremcino 5.5
decadent flat white coffee with
pistacchio cream & chopped pistacchio's

Nutella cremcino 5.5
decadent flat white coffee with
nutella cream & chopped hazelnuts

Soya milk / oat milk / Almond milk
Coconut milk available 50p

Birchalls Fine Tea since 1872

english breakfast tea 2.75

jasmine tea 2.95

camomille tea 2.95

red berry & flowers 2.95

chai tea 2.95

lemongrass & ginger tea 2.95

peppermint tea 2.95

earl grey tea 2.95

Ice cream milkshake 6.5
banana, strawberry, chocolate, vanilla



Fine food wine & Italian coffee



LUNCH

Painting by Letecia Peracca



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Telephone 01253 735253

Caffè Gastronomia Familiare dal 2002

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

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