

BREAKFAST EVERY DAY



Served from 8.30am till 11.30am

BREAKFAST GRILL PLATTER
large 7.95 small 5.95

eggs, crispy bacon, sausage, grilled tomato, sautéed mushrooms, toast, orange juice

BREAKFAST MUFFIN 5.75
fried egg, bacon, sausage and tomato

BREAKFAST BAGUETTE
choice of - bacon, egg, sausage, sautéed mushrooms or grilled tomato
one filling 4.35
two fillings 4.95
three fillings 5.65

EGGS BENEDICT 6.55
poached eggs, ham and tomato on a soft muffin
hollandaise sauce

BAKED BEANS 1.50
portion

EGGS ROYALE 7.50
poached eggs, smoked salmon, asparagus, on a soft muffin
hollandaise sauce

FLUFFY SCRAMBLED EGGS 4.75
on a hot bagel

THREE EGG OMELETTE 4.75
and hot toast

FOR WINTER MORNINGS ASK FOR A BOWL OF OUR HOT PORRIDGE 3.50
with Maple syrup or fresh fruit

CRUMPETS 2.25
with jam and butter

CROISSANTS AND DANISH PASTRIES 2.55
please ask for the day's freshly baked selection

HASH BROWNS 1.25

STEAK BREAKFAST PLATTER 10.95
sirloin steak cooked medium
griddled egg, sautéed mushrooms, tomato and toast

TOAST 1.25

BLACK PUDDING 1.45

AMERICAN STYLE PANCAKES
maple syrup & crispy bacon 5.95
fruit compote & whipped cream 5.95

HOT CROISSANT 4.95
melted cheese and roast ham

OMETLETTE 'ARNOLD BENNETT' 7.95
smoked haddock, cheese, mustard sauce

GRILLED MANX KIPPERS 3.95
buttered brown bread

HOT BACON MUFFIN 3.95

HOT SAUSAGE MUFFIN 3.95

ZEST

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zest

21 Market Square, Lytham



10 years
of
fresh
tasty food

CROSTINI & STUZZICHINI

TASTY NIBBLES

A BOWL OF FRESH BAKED BREAD 2.95
olive oil & balsamic

MOZZARELLA 3.95
crostini; roast peppers & rocket

TOASTED GARLIC CIABATTA 3.25

CALAMARI FRITTI 5.25
tartare sauce & lemon wedges

GARLIC FRIES 2.95

HOUMOUS 3.95
& crostini

PARMA HAM 4.25
crostini; rocket & parmesan flakes

A BOWL OF MARINATED GREEN & BLACK OLIVES 3.95

CHICKEN LIVER PATE 3.95
crostini & fruit chutney

HOT SPICY TORTILLA CRISPS 2.75

INSALATE

SALADS

CAESAR 7.95
grilled chicken & bacon, anchovies, parmesan & croutons

CRAYFISH & AVOCADO 9.25
rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges

AVOCADO & CRISPY BACON 7.75
salad leaves, peppers, red onions, cherry tomatoes & cucumber

CAPRESE 7.25
mozzarella, tomato, basil, rocket, extra virgin olive oil & black pepper

SPICY MARINATED CHICKEN 7.95
mango, cherry tomatoes, salad leaves, peppers, red onions, cucumber & aioli

OUR OWN PASTA
see the blackboard for our daily special



Bambini KIDDIES

CHEESE ON TOAST 2.95
CHICKEN GOUJONS & CHIPS 3.45
SAUSAGE & BEANS 2.95
HAM SANDWICH & CRISPS 2.95
GRILLED CHICKEN & CHIPS 3.45
BEANS ON TOAST 2.95
FISHCAKE & CHIPS 3.45
FRUIT SHOOTS 1.20



SPECIALITA DELLA CASA

HOUSE FAVOURITES

PERI PERI CHICKEN 8.75
grilled breast, chilli peppers & garlic; salad, fries & chilli mayonnaise

SEARED TUNA & ROAST MEDITERRANEAN VEGETABLES 10.75
rocket & balsamic

CHICKEN BURGER MILANESE 8.95
breadcrumbed chicken breast on a soft bap, tomato, lettuce & mayonnaise & fries

SAUTE OF KING PRAWNS & CHORIZO 9.95
garlic, chilli & coriander, cherry tomatoes, peppers & crostini

ZEST FRITTATA 7.95
chorizo, spinach, potato & garlic; mixed salad bowl

SALMON FISHCAKES 7.50
mixed salad; aioli & sweet chilli dip

GRILLED GOATS CHEESE 7.95
roasted mediterranean vegetables, rocket salad & pesto

SLOW ROAST BBQ RIBS 7.95
served hot & sticky with salad & fries

SMOKED HADDOCK 8.95
stacked with bacon, poached egg black pudding & hollandaise

A BOWL OF MUSSELS 8.95
cream, white wine, parsley & spring onions, fries

SEARED SALMON HOLLANDAISE 8.95
grilled asparagus, salad & fries

SINGAPORE VERMICELLI 8.95
rice noodles, chicken, king prawns, crunchy veg, garlic, chilli & curry

GRILLED GAMMON & FRESH PINEAPPLE 9.75
salad & fries

CHICKEN GOUJONS 6.95
salad & fries; aioli & sweet chilli dip

HOT POTTED SHRIMPS 9.95
local shrimps in a hot garlic butter; salad & crostini

GRILLED RIB EYE STEAK TOSCANA 12.95
tomato salad, grilled mushrooms & fries

ZEST BURGER 8.95
100% pure beef, melted cheese, saute onion, salad & dill pickle, fries & 1,000 island dip

CONTORNI side orders

crisp thin fries 2.95
rocket salad with parmesan flakes 3.95
mixed salad bowl 3.95

tomato & red onion salad 3.95
garlic ciabatta 3.25
onion rings 2.95

CELEBRATING 10 YEARS OF FINE FOOD, WINE & ITALIAN COFFEE

DOLCE

SWEETS

please see our display fridge for a selection of tempting cakes, pastries & meringues 3.95

MUFFINS 2.95
blueberry, lemon & chocolate,

FRUIT SCONES 2.50
clotted cream & jam

TOASTED TEACAKE 2.50
butter & jam

HOT CRUMPETS 2.25
butter & jam

DANISH PASTRY SELECTION 2.25

ICE CREAM 3.95
vanilla, chocolate & strawberry



AFTERNOON DELIGHT

COFFEE & CAKE 4.95
weekdays 3 till 6pm



ALIMENTARI FOOD SHOP

extra virgin olive oil

artisan pasta

cantuccini & amaretti biscotti

VINO

balsamic vinegar

girasole, saccotino & brioche

torrone & cioccolata

pandoro & panettone

fine food to take home and enjoy

Cafe

COFFEE, TEA & HOT CHOCOLATE

CAPPUCCINO 2.50
espresso with steamed milk and froth

ESPRESSO 1.75
strong, short, black coffee

AMERICANO 1.95 / 2.25
small or large black coffee

LATTE 2.50
long steamed milk coffee with espresso and a touch of froth

WHITE COFFEE 2.00 / 2.30
small or large

MOCHA 2.75
long hot chocolate and coffee drink

HOT CHOCOLATE 2.75
rich, milky chocolate drink - add syrup, marshmallows & whipped cream 30p each

TEA
english breakfast tea 1.75
herb & fruit tea 1.95
earl grey 1.95

MILKSHAKE 2.95
banana, chocolate & strawberry

ESPRESSO CUMBANA 1.95
strong, short, black coffee topped with cream

ESPRESSO MACCHIATO 1.95
strong, short, black coffee with a touch of froth

ESPRESSO NAPOLI 1.95
strong, short, black coffee with lemon zest

EXTRA COFFEE SHOT 1.50

HOT ALCOHOL all 4.95

IRISH COFFEE
Jamiesons Irish Whiskey, coffee, brown sugar & cream

FRENCH COFFEE
Courvoisier, cognac, coffee, brown sugar & cream

CHOCOLATE BAILEYS
Hot chocolate, baileys Irish Cream, marshmallow & whipped cream

PANE BRUSCHETTA & PIADINE

SANDWICHES, BRUSCHETTA & WRAPS

ROAST HAM & MELTED GRUYERE CHEESE CIABATTA 6.95
fruit chutney

TOMATO BRUSCHETTA 6.95
red onions, basil, chilli, garlic & olive oil

SHREDDED DUCK WRAP 7.50
cucumber, spring onion & plum sauce

STEAK BAGUETTE 8.75
steak strips, mushrooms & melted cheese

HOT SMOKED SALMON BAGEL 7.95
cream cheese in a hot bagel

ZEST CLUB 8.25
grilled chicken, bacon, avocado, egg, lettuce, tomato & mayonnaise

GRILLED CHICKEN & BACON CIABATTA 6.95
mayonnaise

SPICY CHICKEN WRAP 6.95
peppers, onions & aioli

MELTED BRIE & CRISPY BACON CIABATTA 7.25
cranberry sauce

ITALIAN SAUSAGE BAGUETTE 7.50

saute onions

TUNA MAYO WRAP 6.45
spring onions, cucumber & cherry tomatoes

GOATS CHEESE BRUSCHETTA 7.75
roast red peppers & balsamic

SEARED FRESH TUNA BRUSCHETTA 8.95
lemon dressing

B.L.T. 7.25
Bacon, lettuce & tomato on wholemeal, mayonnaise

ROAST HAM 6.95
on wholemeal with piccalilli

HOUMOUS WRAP 6.95
crunchy salad vegetables

PARMA HAM & MELTED MOZZARELLA BRUSCHETTA 7.95
roast red peppers

PRAWN SANDWICH 7.75
on wholemeal; marie rose sauce

TUNA MELT CIABATTA 6.45
salad garnish

HOT PASTRAMI & MELTED CHEESE CIABATTA 7.25
pickles & red onion

ALL SERVED OPEN WITH A MIXED SALAD

Join us for
Aperitivo time
free tasty nibbles at the bar everyday at 6pm

PROSECCO

APEROL SPRITZ 6.95
prosecco with aperol & orange twist

PROSECCO 5.95
Italian light & dry prosecco

MILANO 6.95
Prosecco with Campari & orange

BELLINI 6.95
Prosecco with peach purée

ROSSINI 6.95
Prosecco with red berry purée