

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 2.50

rich, milky chocolate drink
- add syrup, marshmallows & whipped cream 50p 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 1.85

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



AFTERNOON DELIGHT

COFFEE & CAKE 4.95

weekdays 3 till 6pm



ZEST

21 Market Square,

Lytham FY8 5LW

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zest

21 Market Square, Lytham



Food & Wine Bar

PROSECCO

PROSECCO 5.95
Zest Italian light and dry prosecco

MILANO 6.50
Prosecco with Campari and orange

BELLINI 6.50
Prosecco with peach purée

ROSSINI 6.50
Prosecco with red berry purée

BREAKFAST

we are open for
breakfast everyday
from
8am till 11.30

Join us for
Aperitivo
time

free tasty nibbles
at the bar
everyday at 6pm

CROSTINI & STUZZICHINI

TASTY NIBBLES

A BOWL OF FRESH BAKED BREAD 2.75

olive oil & balsamic

MOZZARELLA 3.25

crostini; roast peppers & rocket

TOASTED GARLIC CIABATTA 2.75

ITALIAN DELICACIES 6.95

anchovies, sunblush tomatoes, olives & crostini

GARLIC FRIES 2.95

HOUMOUS 3.25
& crostini

PARMA HAM 3.95

crostini; rocket & parmesan flakes

A BOWL OF MARINATED GREEN & BLACK OLIVES 3.95

CHICKEN LIVER PATE 3.25

crostini & fruit chutney

HOT SPICY TORTILLA CRISPS 2.75



PANE BRUSCHETTA & PIADINE

SANDWICHES, BRUSCHETTA & WRAPS

ROAST HAM & MELTED GRUYERE CHEESE CIABATTA 5.95

fruit chutney

TOMATO BRUSCHETTA 5.95

red onions, basil, chilli, garlic & olive oil

SHREDDED DUCK WRAP 6.95

cucumber, spring onion & plum sauce

STEAK BAGUETTE 8.25

steak strips, mushrooms & melted cheese

HOT SMOKED SALMON BAGEL 7.50

cream cheese in a hot bagel

ZEST CLUB 7.95

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 6.75

cranberry sauce

ITALIAN SAUSAGE BAGUETTE 6.50

saute onions

TUNA MAYO WRAP 5.95

spring onions, cucumber & cherry tomatoes

GOATS CHEESE BRUSCHETTA 7.45

roast red peppers & balsamic

B.L.T. 6.50

Bacon lettuce & tomato on wholemeal, mayonnaise

ROAST HAM 5.95

on wholemeal with piccalilli

HOUMOUS WRAP 5.95

crunchy salad vegetables

PARMA HAM & MELTED MOZZARELLA BRUSCHETTA 7.25

roast red peppers

PRAWN SANDWICH 6.75

on wholemeal; marie rose sauce

INSALATE

SALADS

CAESAR 7.95

grilled chicken & bacon, anchovies, parmesan & croutons

CRAYFISH & AVOCADO 8.25

rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges

AVOCADO & CRISPY BACON 6.75

salad leaves, peppers, red onions, cherry tomatoes & cucumber

CAPRESE 6.25

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

SEARED TUNA NICOISE 7.95

fresh tuna, green beans, olives, egg, peppers, capers, red onions & cherry tomatoes



Bambini

KIDDIES

CHEESE ON TOAST 2.95

CHICKEN GOUGONS & CHIPS 2.95

SAUSAGE & BEANS 2.95

HAM SANDWICH & CRISPS 2.95

GRILLED CHICKEN & CHIPS 2.95

BEANS ON TOAST 2.95

FISHCAKE & CHIPS 2.95

FRUIT SHOOTS 1.00



SPECIALITA DELLA CASA

HOUSE FAVOURITES

PERI PERI CHICKEN 8.45

grilled breast, chilli peppers & garlic; salad, fries & chilli mayonnaise

SEARED TUNA & ROAST MEDITERRANEAN VEGETABLES 7.95

rocket & balsamic

CHICKEN BURGER MILANESE 7.95

breadcrumbed chicken breast on a soft bap, tomato, lettuce & mayonnaise

SAUTE OF KING PRAWNS & CHORIZO 9.25

garlic, chilli & coriander, cherry tomatoes & peppers crostini

ZEST FRITTATA 7.95

ham, spinach, potato & garlic; mixed salad bowl

SALMON FISHCAKES 6.95

mixed salad; aioli & sweet chilli dip

GRILLED LAMB CHOPS 9.95

rosemary scalloped potatoes & salad

CALAMARI FRITTI 6.95

salad & tartare sauce

SLOW ROAST BBQ RIBS 7.95

salad & fries

CONTORNI side orders

crisp thin fries 2.95

rosemary & sea salt scalloped potatoes 2.95

mixed salad bowl 3.95

tomato & red onion salad 3.95

garlic ciabatta 2.75

onion rings 2.50

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 2.00

butter & jam

HOT CRUMPETS 2.00

butter & jam

DANISH PASTRY SELECTION 2.25

ICE CREAM 3.95

vanilla, chocolate & strawberry

ALIMENTARI FOOD SHOP

extra virgin olive oil

artisan pasta

cantuccini & amaretti biscotti

vino

balsamic vinegar

girasole, saccotino & brioche

torrone & cioccolata

pandoro & pannetone

fine food to take home and enjoy

ALL SERVED OPEN WITH A MIXED SALAD

CELEBRATING 10 YEARS OF FINE FOOD, WINE & ITALIAN COFFEE