



Est 2000
Come Join Us
for



IRRESISTIBLE
FOOD
GOOD
GREAT DRINKS
TIMES

STARTERS

Treat yourself to one of our starters, or share a few between friends.

Delicious Olives

Juicy olives and fresh bread served with olive oil and balsamic vinegar. **VE £6.95**

Mushrooms on Toast

Sautéed creamy garlic mushrooms with a toasted sourdough wedge. **V £7.95**

Zest's Onion Bombs

Red onion coated in Zest's homemade batter and fried until light and crisp. Served with mayo and sweet chilli dips. **VE GF £7.95**

Warm Bread Bowl with Butter and Flavoured Olive Oil

Rustic and sourdough breads with sea salt butter and garlic and chilli olive oil. **£5.95**

King Prawns with Chorizo

Cooked in chilli, lemon and garlic butter. Served with rustic bread **GF £9.95**

Deep Fried Crispy Squid

Coated in Zest's own recipe seasoning with sweet chilli, mayo and lime wedges. **£8.95**

Sticky Mango Chicken

Juicy chicken with a sticky mango glaze, red onion and cucumber salad and crème fraiche, cucumber and mint dip. **GF £8.95**

Garlic Bread

Classic tasty garlic bread. **V £5.05**

Cheesy Garlic Bread

Garlic bread with cheese. **V £5.75**

Mozzarella Chilli Garlic Bread

Garlic bread with a kick. **V £5.95**

BUTTIES & BURGERS

Our delicious freshly prepared hot sandwich and burger selection

Hot & Kicking Chicken

Sweet chilli chicken breast fillets, fresh bunch coriander, creme fraiche, spring onion and Zest's dressed salad. Served in your choice of tortilla wrap or rustic ciabatta roll. **£14.95**

The Funky Chicken

Fresh chicken fillets, coated in our secret 'Southern style seasoning', deep fried until golden and crisp with barbecue sauce, garlic mayo and dressed salad on the side. Served in your choice of tortilla wrap or rustic ciabatta roll. **£14.95**

Mozzarella Chicken Buttie

Tasty chicken breast topped with chorizo and melting mozzarella cheese. Served in your choice of tortilla wrap or rustic ciabatta roll. **£14.95**

The Very Veggie Burger

Roasted halloumi style cheese with caramelised onion, roasted red pepper and pesto. Served in a brioche bun with dressed salad on the side. **V £13.95**

Zest's Classic Cheese Burger

Zest's 6oz beef burger topped with melting cheese served in a brioche bun with garlic mayo and dressed salad on the side. **£12.95**
Add crispy bacon **£1.50**

The Steak One

Zest's all time classic steak buttie. Flash fried strips of steak with mushrooms and onions in gravy, served on your choice of wrap or roll with garlic mayo and Zest's dressed salad on the side. **£14.95**

Big Boy Burger

Two of Zest's juicy 6oz burgers in a brioche bun with lashings of cheese and crispy bacon, served with dressed salad on the side. **£15.95**

Add our creamy Coleslaw

Upgrade your Buttie or burger with a small pot of our delicious homemade creamy coleslaw on the side for **V GF £2.00**



MAIN COURSES

The main event but why not add one of our delicious 'spuds and stuff' sides to your order if you wish.

Traditional Cumberland Sausage & Mash

Cumberland sausage, with caramelised onions, mash and gravy. **£14.25**
Add Yorkshire Pudding **£1.50**
Swap to cheesy mash for **£1.00**

Pan Fried Sea Bass

With roasted new potatoes, chorizo and red onion. Served with sun blush tomatoes, tomato sauce and basil oil. **GF £20.95**

ZFC (Zest Fried Chicken)

Fresh chicken fillets coated in our secret 'southern style' seasoning and deep fried until golden and crisp with barbecue sauce and garlic mayo on the side, creamy coleslaw and Zest's dressed salad. **£17.95**

Wild Mushroom & Leek Risotto

Drizzled with truffle oil topped with pea shoots. **VE GF £15.95**



Flying Scotsman Chicken

Chicken breast topped with grilled haggis and peppercorn sauce served with creamy mashed potato. **£18.95**

Delicious Beer Battered Fish & Chips

Beer battered cod with skinny or rustic chunky chips and homemade tartare sauce. **£15.50**
Add mushy peas for **£1.00**
Add bread and butter for **£1.25**

Mozzarella & Chorizo Chicken Melt

Succulent chicken breast, topped with chorizo and melting mozzarella cheese, served with pesto and sun blush tomato potatoes and tomato gravy. **GF £18.95**

OMG Loaded Chicken Curry

Slow cooked succulent pulled chicken blended with Zest's curry sauce. Tangy mango chutney and poppadom shards all served loaded onto your choice of chunky chips or sweet potato fries. **£14.95**
Add one of our onion bombs for **£2.00**

PASTA

Enjoy our delicious freshly cooked pasta dishes

Creamy Chicken Pasta

Tasty chicken with penne pasta in a creamy white wine and tarragon sauce. **£14.95**

Meatball Pasta

Smoky Joe's meatballs with penne pasta in a lightly spiced tomato and herb sauce. **£13.95**
Add mozzarella cheese **£1.00**

Tomato Pasta

Penne pasta with tomato sauce and fresh parmesan shavings. **V £10.95**

King Prawn, Chorizo & Garlic Pasta

King prawn, chorizo and garlic with penne pasta in Zest's tomato sauce. **£14.95**

Creamy Pulled Ham Carbonara

Zest's style carbonara - Succulent chunks of pulled ham with penne pasta in creamy parmesan carbonara sauce. **£14.95**

BOWLS TO SHARE

Our beautiful bowls of carefully cooked food - enjoy sharing with friends, or you could keep them all to yourself!

Zest Harbourside's Signature Wok Chicken

Delicious sweet chilli chicken breast with spring onion, crème fraiche and coriander. **GF £15.95**

Pulled Beef

Slow cooked shredded beef in Zest's delicious rich gravy topped with Yorkshire pudding. **£18.95**

Mini Sausages

In Zest's classic honey and mustard glaze. **£12.95**

Smoky Joe's Meatballs

Succulent pork meatballs blended with selected herbs and spices in a lightly spiced tomato sauce. **GF £13.95**
Add mozzarella cheese **£1.00**

Pan Fried Steak

Flash fried strips of steak with onions and mushrooms in Zest's gravy. **GF £17.95**



SPUDS & STUFF

Perfect side dishes to compliment your meal! Can't decide which to choose? Why not order a variety and share them amongst the table.

Warm Bread Bowl with Butter and Flavoured Olive Oil

Rustic and sourdough breads with sea salt butter and garlic and chilli olive oil. **£5.95**

Chunky Chips

Homemade chunky chips **GF VE £4.95**

Loaded Chunkies

Chunky chips loaded with spicy tomato sauce, melted cheese and topped with garlic mayo. **V GF £8.95**

Sweet Potato Fries

One of your 'superfoods'. **GF VE £5.15**

Skinny Chips

Our delicious skinny fries. **GF VE £4.95**

Garlic Bread

Classic, tasty garlic bread. **V £5.05**

Cheesy Garlic Bread

Garlic bread with cheese. **V £5.75**

Mozzarella Chilli Garlic Bread

Garlic bread with a kick! **V £5.95**

Creamy Garlic Mushrooms

Roasted mushrooms in creamy garlic sauce. **V £6.95**

Cabbage & Bacon

A classic combo of freshly sautéed cabbage with bacon. **GF £5.25**

Double Cheesy Mash

Pillows of cheesetastic creamy mash, topped with lashings of cheese and baked until meltingly bubbly and golden brown. **V GF £5.95**

Plain Creamy Mash

Zest's classic yet tasty creamy mashed potato. **V GF £4.95**

The Italian Side salad

Salad leaf with rocket mixed with succulent tomato, red onion, roasted pepper, parmesan and balsamic. **V GF £4.95**

Fresh Cauliflower Cheese

Cauliflower florets baked in a homemade cheese sauce. **V £4.95**

Bowl of Yorkshires

With gravy. **£4.75**

Zest's Little Pot Of Coleslaw

A pot of our delicious homemade creamy coleslaw **V GF £2.00**



LITTLE ZESTIES

These special smaller portions are great for kids!

Plain Pasta with Butter

Yummy penne pasta. **V £2.95**
Add grated cheddar on the side. **V £1.00**

Saucy Cheesy Pasta

Tasty pasta with a delicious, creamy cheesy sauce. **V £4.95**

Mini Tomato Pasta

Penne pasta coated with homemade tomato sauce. **V £4.95**

Little Zestie Burger

Zest's beef burger served in a sesame seed bun with skinny chips on the side **£5.95**
Add cheese **£1.00**

Little ZFC (Zest Fried Chicken)

Fresh chicken fillets coated in our secret 'southern style' seasoning and deep fried until golden and crisp with barbecue sauce and skinny chips on the side. **£6.95**

Mini Sausage & Mash

Mini sausages with Zest's gravy and creamy mashed potato. Does your little Zestie prefer skinnies instead of mash? Just ask us and we'll be happy to substitute them. **£6.95**

Little Zestie Pizza

Tomato and mozzarella ciabatta bread pizza served with skinny chips on the side. **V £5.95**

(tomato sauce contains onions)

SYMBOLS

GF Non Gluten Containing Ingredients

V Vegetarian

VE Vegan



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FOOD **GOOD**
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DRINKS MENU

WHITE WINE

	125ml	175ml	250ml	Bottle
1 La di Motte Pinot Grigio DOC (Friuli Grave) VE ITALY A seriously good Pinot Grigio that's dry, crisp & well balanced with a fruity, creamy palate & a nice long finish.	£4.95	£6.95	£9.95	£25.95
2 Amoranza Verdejo SPAIN Perfectly refreshing Verdejo, delicately fragrant with hints of green apple & fennel, a smooth, fresh & dry palate with a lingering finish.	£4.25	£5.75	£8.15	£21.95
3 Caracara Vintage Reserve Sauvignon Blanc VE CHILE Clear & bright with notes of tropical fruits & hints of citrus, it has well balanced acidity & a lovely crisp mouthfeel.	£4.95	£6.95	£9.95	£25.95
4 The Gavel Chardonnay AUSTRALIA Good Oz Chardonnay showing lemon, lime & tropical fruit flavours. A nice creamy mouth feel along with fresh acidity as well as good length.	£4.95	£6.95	£9.95	£25.95
5 Le Beau Flamant Picpoul de Pinet VE FRANCE The lovely & underrated Picpoul grape makes a refreshing & fruity wine marked by pleasant lemon overtones & minerality.	£4.95	£6.95	£9.95	£25.95
6 Allan Scott Marlborough Sauvignon Blanc NEW ZEALAND A crisp refreshing wine, tropical fruit with a fresh herbaceous character balanced with zesty passionfruit & a dry finish.				£29.95

ROSE WINE

	125ml	175ml	250ml	Bottle
7 Roos Estate Sauvignon Blanc Rose SOUTH AFRICA A nice light but fruity rosé wine with aromas of fresh strawberries, passion fruit & guava.	£4.50	£6.75	£8.95	£24.95
8 Hilmar Springs Zinfandel Blush CALIFORNIA Fresh aromas of strawberry & raspberry fruits, a juicy and refreshing wine with a delicious medium sweet finish.	£4.50	£6.75	£8.95	£24.95

RED WINE

	125ml	175ml	250ml	Bottle
9 Amoranza Tempranillo Garnacha SPAIN This nice blend is deliciously easy-drinking, bursting with sweet damson, soft plum fruit & red berry flavours.	£4.25	£5.75	£8.15	£21.95
10 Sapuri Merlot (Veneto) VE ITALY Nice soft Merlot with spiced plum, black cherry & wild herb aromas with a long spicy finish.	£4.95	£6.95	£9.95	£25.95
11 The Gavel Shiraz AUSTRALIA A medium to full bodied wine with a core of ripe red bramble fruits, smooth supple tannins & a touch of toasty oak on the finish.	£4.95	£6.95	£9.95	£25.95
12 Para Dos Malbec ARGENTINA Nice black fruit aromas with sweet vanilla, spice & nutty undertones, a good body & ripe tannins give a soft & round character.	£4.95	£6.95	£9.95	£25.95
13 Calusari Pinot Noir VE ROMANIA Light, soft aromas of autumn fruits, smooth & spicy flavours throughout with generous soft red fruit & a lovely elegant finish.	£4.95	£6.95	£9.95	£25.95
14 Rioja Santiago Crianza VE SPAIN 2 years ageing (6 months in oak) gives subtle spicy & vanilla aromas in harmony & perfect balance with luscious & velvety red & black fruit flavours.				£28.95

SPARKLING WINE

	125ml	Bottle
15 Via Enrico Prosecco DOC ITALY This stylish Prosecco is fresh & fruity with a crisp citrus twist on the finish.		£26.95
16 Frizzenti 1754 Italian Sparkling ITALY An attractive citrus nose leading onto a crisp fruity palate with hints of apple and pear.	£5.95	
17 Henri Favre Brut NV Champagne FRANCE A well balanced Champagne with fragrant, elegant aromas of green apple & pear with a lively & delicate mousse.		£50.00

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All served as 25ml with lemon, lime and juniper garnish

NON FLAVOURED

Brockmans	£4.50
Hendrick's	£4.50
Bombay Sapphire	£4.50
Bloom	£4.50
Tanqueray 0% Non Alcoholic	£3.50

FLAVOURED

Gordon's Pink	£4.50
Beefeater London Strawberry	£4.50
Whitley Neill Rhubarb & Ginger	£4.50
Whitley Neill Parma Violet	£4.50
Whitley Neill Raspberry	£4.50
Whitley Neill Blood Orange	£4.50
The Lakes Elderflower	£4.50

TONICS

Franklin's Indian Tonic	£2.25
Franklin's Light Tonic	£2.25
Franklin's Sicilian Lemon Tonic	£2.25
Franklin's Rhubarb & Hibiscus Tonic	£2.25
Franklin's Elderflower & Cucumber Tonic	£2.25

SPIRITS / LIQUERS

We have an extensive range of speciality spirits, listed below are some of our range, however please speak to a member of our team for a full list.

Martini	50ml £4.50
Beefeater Gin, Bacardi, Archers, Tia Maria, Cointreau, Amaretto, Famous Grouse, Malibu, Smirnoff Vodka, Midori	25ml £4.50
Baileys	50ml £4.50

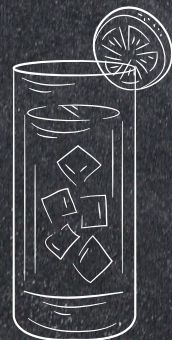
Courvoisier, Jack Daniel's

DRAUGHT PRODUCTS

	½ Pint	Pint
Cruzcampo 4.4%	£2.80	£5.60
Birra Moretti 4.6%	£2.90	£5.80
Beavertown Neck Oil IPA 4.3%	£2.85	£5.70
Inch's Cider 4.5%	£2.60	£5.20

BOTTLES

Loweswater Gold	500ml £4.95
Peroni Nastro Azzurro	330ml £4.50
Corona	330ml £4.50
Moretti Zero	330ml £3.95
Rekorderlig Mango & Raspberry	500ml £5.95
Rekorderlig Strawberry & Lime	500ml £5.95
Old Mout Berries & Cherries	500ml £5.95
Rekorderlig 0% Non Alcoholic Strawberry & Lime	500ml £4.95



COCKTAILS

Why not add a shot of Tequila Rose? £3.00.

MOJITOS

Dark & Stormy Havana 7 with mint, lime and sugar topped with fiery ginger beer	£8.95
Classic With fresh lime, sugar, mint, topped with soda water	£8.95
Berry Blast Bursting with raspberry and blueberry	£8.95
Fruity No-jito – Non-alcoholic Lashing of mixed berries crushed with fresh lime, mint and sugar, topped with refreshing soda	£5.95

SPRITZ

A refreshing range of spritz cocktails all made with Frizzenti, our house Italian sparkling wine.

Aperol Spritz Aperol, orange, frizzenti and soda	£8.95
Limoncello Spritz Limoncello, frizzenti and soda	£8.95
Sarti Rosa Spritz Blood orange, mango & passion fruit, frizzenti and soda	£8.95
Strawberry Gin Spritz Strawberry gin, strawberry, frizzenti and rose lemonade	£8.95

ZEST FAVES

Porn Star Martini Passion fruit liqueur, fresh passion fruit, vanilla vodka and vanilla syrup shaken with pineapple served with a shot of our refreshing Italian sparkling wine.	£9.25
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Espresso Martini Vanilla vodka, Kahlua, and vanilla syrup shaken with espresso.	£8.95
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Rosy Pink Sangria Rose wine with Cointreau, lemon, orange, raspberries and rose scented lemonade.	£8.95
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Long Island Ice Tea Beefeater gin, Smirnoff vodka, Jose Cuervo silver tequila, Cointreau, Bacardi, sugar syrup and lemon, topped with cola.	£8.95
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Pimm's O'Clock Pimm's with bloom gin, strawberries, mint, cucumber and citrus fruit, topped with rose scented lemonade.	£8.95
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Tikki Mai Tai Classic Tiki punch of Havana rum, Cointreau, lime, pineapple, orange and almond. Finished with passion fruit.	£8.95
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Virgin Porn Star Martini – Non-alcoholic Pineapple and cranberry shaken with vanilla and passionfruit. Served with a shot of lemonade on the side.	£5.95
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SOFT DRINKS

All our drinks are served with ice and a slice- however just let us know if you would prefer your drink without.

Infamous Classic Cola, Diet Cola, Lemonade, Orangeade	½ Pint £1.75
Coca Cola, Diet Coke	330ml £2.95
Soda Water	½ Pint £0.60
J20 Apple & Mango, Apple & Raspberry, Orange, Passionfruit	275ml £3.25
Franklin's Raspberry Lemonade	275ml £3.25
Franklin's Rhubarb Lemonade	275ml £3.25
Fentiman's Ginger Beer, Sparkling Elderflower, Rose Lemonade	£3.25 each
Frobishers Juices	25cl £3.25
Juice with Lemonade or Soda Mixer	£3.95
Mineral Water Still & Sparkling	330ml £2.50