



# for food

## Breakfast Choices (7.30-10.30am)

Traditional English Breakfast including tea or coffee

*2 sausages, 2 rashers of bacon, 2 fried eggs, mushrooms, tomatoes, baked beans, hash browns and toast*

Breakfast bloomer sandwich with sausage, bacon and fried egg

Breakfast wrap with sausage, bacon and fried egg

Eggs Benedict

*Two poached eggs, served on toasted English muffin with home cured ham, topped with Hollandaise sauce*

Breakfast roll with bacon, sausage or fried egg

Scrambled or poached egg on toast

Freshly baked Croissant with butter and homemade jam

Danish pastry or Pain au chocolat

Porridge with Summer fruit Compot or Honey

Toasted tea cake with butter

Toast with butter and jam (white or granary)

Fresh fruit and Yogurt

*Apple slices, grapes and banana, served with a low-fat natural yoghurt.*

## Lunch Meal Options

### Starters

Homemade soup of the day

*served with a freshly baked crusty roll and butter*

Greek Meze combo

*hummus, tzatsiki and feta cheese served with warm pitta bread on a bed of lettuce*

Homemade Chicken Liver pate

*served with home made red onion chutney, salad garnish and chunky toast*

Warm Tortilla chips to share

*served with jalapeno peppers, smothered in melted cheese with guacamole, salsa and sour cream on the side - why not add meat chilli con carne*

### Mains

Chilli con Carne

*served on a bed of rice with tangy salsa, cheese and sour cream topping and warm garlic bread*

Home Made Chicken Pie

*accompanied by crushed minted new potatoes, seasonal vegetables and gravy*

Chicken Caesar Salad

*Succulent chicken breast sliced with crispy bacon on a bed of coss lettuce dressed with creamy Caesar salad dressing and shaved parmazan cheese*

Greek Salad

*hummus, tzatsiki, olives and feta cheese served with warm pitta bread on a bed of lettuce*

Home Made Quiche Lorraine *a large tasty slice of this classic savoury cheese, bacon and*

*egg delight, served with chips, new potatoes and veg of the day*

Ploughman's Platter

*Mature English cheddar and stilton cheese with homemade chicken liver pate, onion chutney & rustic bread*

Oven baked Jacket potato

*served with a choice of delicious fillings from simple cheese, coleslaw, tuna, tuna mayonnaise, chilli, vegetarian chilli, baked beans*

Choice of salads made to order

Daily Specials

*see our daily menu for specials and the soup of the day*

### Sweets and Desserts

Warm Chocolate Fudge Cake and ice cream

Cornish ice cream and fresh fruit salad

Cheese board

## Food To Go

### Salad and Pasta Bowls

Caesar Salad with romano lettuce crispy croutons, bacon & anchovies

Vinaigrette Salad with mixed green leaves and special vinaigrette dressing

Nicoise Salad with tuna, boiled egg, anchovies, new potatoes and greens

Traditional plated salads - *with a choice of roast chicken, ham and turkey,*

*mature cheddar, egg, tuna, tuna mayonnaise, and egg mayonnaise.*

Italian Pesto with pine kernels, and shaved parmezan cheese

Chicken and bacon penne pasta supreme with lemon and garlic mayo

Tuna, cucumber and tomato with basil and vinaigrette dressing

Roast chicken in honey and mustard zest salad

Tuna and sweetcorn

### Sandwiches Galore

Corner cut white or brown bread Sandwiches

*A wide selection of traditional hand cut sandwiches with a large selection of fillings, including cheese, home roasted ham, chicken salad, cheese salad, BLT, ploughmans, egg and cress, tuna and sweetcorn, roast ham salad, egg mayo and crispy bacon, prawn mayo with salad.*

Rustic Viennas, thick cut bloomer or Crispy Baguette

### LUNCH MEGA MEAL DEAL (TAKEAWAY)

*Any of our Selected Sandwiches + Crisps, snack bar or fruit + soft drink to take away.*

### The Connoisseur Range

Caesar Wraps

*Succulent strips of roasted chicken soaked in a tangy caesar dressing with crispy bacon and crunchy lettuce*

Smoked salmon Bagels

*Oak Smoked salmon drizzled with lemon juice and black pepper laid on a generous layer of cream cheese*

Double Decker American Club Sandwich

*A double layered flavour filled feast of prime chicken fillets, crispy bacon, juicy tomatoes on a bed of crispy lettuce with mayo.*

### Hot Griddled Paninis

*Tasty "made while you wait" crispy paninis with a choice of cheese and onion, sundried tomato and mozzarella, cheese, ham and branstion pickle, turkey brie and cranberry, chicken and sweetcorn mayo, cheese and crispy bacon - why not make your own recipe..*

### Drinks

330ml drinks from

500ml drinks from

Freshly ground *illy* Italian coffee

Espresso

Macchiato

Cappuccino

Cafe Latte

Cafe Mocha

Americano

Hot chocolate

*All coffees available as full strength or de-caffeinated. Flavoured syrups - vanilla, hazelnut, caramel, Irish cream, cinnamon and amaretto*

Twinings Teas

*served the only way it should be... in a pot!*



To pre-order meals and sandwiches for collection,  
or meals and sandwiches for delivery  
call 0161 432 4323 or  
email [zestcafefood@gmail.com](mailto:zestcafefood@gmail.com).

