



MENU

ZEST CLUB SANDWICH

€9.95

Chicken, Bacon, Tomato Relish, Cheddar Cheese, Tomato, Mayonnaise, Red Onion, Lettuce served with Chips

CIABATTA

Served with Wedges, Fries or Salad

Mediterranean Ciabatta

€8.95

Grilled Chicken Breast with Sundried Tomatoes, Basil, Pesto Mayonnaise and Mozzarella

Chicken Bacon Brie Ciabatta

€8.95

Chicken, Crispy Bacon, Brie and Cranberry Sauce

Bacon And Relish Ciabatta

€8.95

Bacon, Red Onion, Ballymaloe Relish and Cheddar Cheese

Ham & Cheese Ciabatta

€8.95

Ham, Cheese, Tomato, Red onion and Mayonnaise

OPEN BROWN BREAD SANDWICHES

Served with Side Salad

Open Brown Bread Chicken

€8.95

Roast Chicken, Mayonnaise and Stuffing on Homemade Brown Bread

Open Brown Bread Tuna

€8.95

Tuna Mayonnaise on Brown Bread

Open Brown Bread Smoked Salmon

€9.95

Smoked Salmon on Homemade Brown Bread with Cream Cheese, Capers and Lemon Wedges

SALADS

Mediterranean Salad

€9.95

Mixed Leaves with Sundried Tomatoes, Roasted Peppers, Caramelised Onion, Chicken Breast, Croutons, Goat's Cheese with Balsamic Dressing and a Drizzle of Pesto

Caesar Salad

€9.95

Mixed Leaves with Chicken Breast, Crispy Bacon, Parmesan Cheese, Croutons with Caesar Dressing

Oriental Mandarin Chicken Salad

€10.95

Baby Leaves, Mandarin Orange, Chicken, Crispy Noodles, Sesame Seeds, Toasted Almonds in an Orange and Ginger Dressing

Thai Beef Salad

€11.95

Baby Leaves, Chargrilled Steak, Spring Onions, Crispy Noodles, Red Peppers, Pickled Cucumber and Toasted Peanuts in a Sesame Soy dressing

SOUP

Soup of the Day served with Homemade Brown Bread (Supplement of €1.00 for Spelt or Gluten Free Breads)

€4.25

BAGELS

Served with Side Salad

Toasted Bagel with Smoked Salmon, Cream Cheese, Capers & Lemon Wedges **€9.95**

Toasted Bagel with Goat's Cheese, Mixed Leaves, Roasted Peppers, Sundried Tomato with Pesto **€8.95**

FOCCACCIA

Served with Wedges, Fries or Salad

Chicken Caesar Focaccia **€8.95**
Chicken, Bacon, Caesar Dressing, Cos Lettuce and Parmesan Cheese

Goats Cheese Melt **€8.95**
Goat's Cheese, Caramelised Onion, Mayo, Roasted Red Peppers and Tomato Relish

Chicken & Stuffing Melt **€8.95**
Chicken, Mayonnaise, Stuffing and Mozzarella

Tuna Melt **€8.95**
Tuna, Mayonnaise, Red Onion and Cheddar Cheese

WRAPS

Served with Chips, Wedges or Salad

Satay Chicken Wrap **€8.95**
Chicken, Pickled Cucumber and Cos Lettuce with a Peanut Satay Dressing

Mediterranean Wrap **€8.95**
Goat's Cheese, Caramelised Onion, Sundried Tomatoes, Roasted Red Peppers, Chicken, Cos Lettuce and Pesto

Caesar Wrap **€8.95**
Chicken, Bacon, Caesar Dressing, Cos Lettuce and Parmesan Cheese

WHEAT FREE OR GLUTEN FREE ARE AVAILABLE

All Sambo Combinations are available on Spelt or Gluten Free Bread served with Side Salad **€8.95**

Spelt or Gluten Free Pizza Bases (Supplement **€3.95**)

At Zest Cafe we make all our own dressing, pestos and Tapenades. Everything is made fresh to order!

PIZZA	9"	12"
Margherita Mozzarella and Tomato	€8.95	€12.95
Mediterranean Chicken, Pesto, Sun Dried Tomatoes and Mozzarella	€9.95	€15.95
Vegetarian Tomato, Red Onion, Mushroom and Mozzarella	€9.95	€15.95
Farmhouse Ham, Mushroom and Mozzarella	€9.95	€15.95
Italian Spiced Pepperoni and Mozzarella	€9.95	€15.95
Hot Chilli Pepperoni and Jalapeno Peppers and Mozzarella	€9.95	€15.95
Bar-B-Que Barbeque Sauce, Mushroom, Red Onion, Bacon, Chicken and Mozzarella	€9.95	€15.95
Rocket Tomato, Mozzarella, Parma Ham, Rocket and Parmesan Shavings	€9.95	€15.95
Tuscan Chorizo Sausage, Goat's Cheese, Red Onion Marmalade, Mozzarella and Rocket	€9.95	€15.95
Zest Roasted Red Peppers, Caramelised Onions, Grilled Chicken with Crumbled Goat's Cheese, Mozzarella, Basil Pesto and Rocket	€10.95	€15.95

KIDS OPTIONS

Margherita	€8.95
Sausage and Fries	€6.95
Chicken Nuggets and Fries	€6.95
Zest Ice-Cream Sundae	€4.95

SIDES

Garlic Bread	€3.95
Garlic Bread with Mozzarella	€4.95
Fries	€3.95
Wedges	€3.95
Side Salad	€2.95

BEVERAGES

	REG	LGE
Tea	€1.95	
Herbal Tea	€2.40	
Wild Berry, Peppermint, Camomile, Earl Grey, Lemon Verbena, Green Tea		
Coffee	€2.00	€2.60
Espresso	€1.95	€2.30
Cappuccino	€2.30	€2.70
Latte	€2.30	€2.70
Hot Chocolate with marshmallows		€2.75
Mint Choc Hot Chocolate with marshmallows		€2.75
Chai Latte Vanilla		€2.75
Chai Latte Spiced		€2.75
Mocha Latte		€2.75
Hazelnut Latte		€2.75
Vanilla Latte		€2.75
Caramel Latte		€2.75
Mint Latte		€2.75
Cinnamon Latte		€2.75
Cold drinks		€2.00
Coke, Diet Coke, Sprite, Fanta, Mineral Water		
Iced coffee Frappuccinos		€4.50
Cookies'n'Cream, Java Chip, Mocha, Mint Choc		

SMOOTHIE MENU

	REG	LGE
Breakfast Smoothie	€3.95	€4.95
Banana, Orange Juice, Muesli and Low Fat Pro Biotic Yoghurt ...Yumm and Healthy		
Zest Of Life	€3.95	€4.95
Strawberries, Raspberries, Blueberries, Orange Juice and Low Fat Pro Biotic Yoghurt		
Mango Jambo	€3.95	€4.95
Banana, Mango, Orange Juice and Low Fat Probiotic Yoghurt		
Pink Passion	€3.95	€4.95
Strawberries, Banana, Orange Juice and Low Fat Pro Biotic Yoghurt		
Caribbean Dream	€3.95	€4.95
Pineapple, Mango, Banana & Orange Juice and Low Fat Pro Biotic Yoghurt		
Berrissimo	€3.95	€4.95
Strawberry, Mango, Orange Juice and Low Fat Probiotic Yoghurt		

100% FRESH FRUIT JUICES

	REG	LGE
Power Packed C Orange Juice and Crushed Strawberries	€3.95	€4.95
Energy Lift Orange & Crushed Pineapple	€3.95	€4.95
Mango Madness Orange Juice with Crushed Mango	€3.95	€4.95
Berry Blast Raspberries, Strawberries, Blueberries Cranberries & Orange Juice	€3.95	€4.95

All our Juices & Smoothies are made from 100% pure fresh juice!

Alcohol

Montgras Sauvignon Blanc	€4.95
Montgras Chardonnay	€4.95
Montgras Merlot	€4.95
Montgras Cabernet Sauvignon	€4.95
Budweiser (bottle)	€4.00
Heineken (bottle)	€4.00

We have a selection of full bottles of wine available at the counter.

Desserts

Pure Indulgence

Please see display counter

Zest Café, School Road, Killorglin, Co. Kerry
Take away Order Line: 066 9790303