

— Vegan Options —

Courgette Zoodle Salad with Avocado, €10.95
Sundried Tomato, Roasted Red Peppers, Toasted Walnuts
and in a Cashew and Coriander Dressing (V) (G)

Bruschetta with a Basil Vegan Pesto, €10.95
Sundried Tomatoes, Caramelised Onions
and served with Soup, Salad, Chips or Wedges (V)

Vegan Salad with Avocado, €11.95
Sundried Tomatoes, Roasted Red Peppers, Toasted
Hazelnuts, Caramelised Onions with a Balsamic Dressing (V)

— Kids —

Margherita (V) €10.95

Sausages and Fries €6.95

Chicken Goujons and Fries €6.95

Plain Pasta with Butter and Garlic Bread €5.95

Toasted Ham & Cheese Sandwich with Fries €6.95

Zest Ice-Cream Sundae €5.95

Garlic Bread €4.95

Garlic Bread with Mozzarella €5.95

At Zest Cafe

We make all our own dressing, pestos
and Tapenades. Everything is made fresh to order!

For a menu displaying
all the allergens please ask a member of staff
who will be delighted to assist you.

— Beverages —

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Americano	€2.95	€3.25

Cappuccino	€3.25	€3.50
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Latte	€3.25	€3.50
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Tea		€2.75
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Herbal Tea Wild Berry, Peppermint, Camomile, Earl Grey, Green Lemon Verbena, Green Tea		€3.25
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Espresso	€2.75	€3.00
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Matcha Green Tea Latte		€3.50
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Hot Chocolate /Mint Choc Hot Chocolate with Marshmallows		€3.50
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Vanilla Chai Latte / Spiced Chai Latte		€3.75
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Mocha Latte		€3.75
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Hazelnut / Vanilla /Caramel/ Mint/Cinnamon Latte		€3.75
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Cold Drinks Coke, Diet Coke, Sprite, Fanta		€2.95
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Mineral Water Sparkling & Still Water		€2.95
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— Iced Coffee —

Iced Coffee Mocha, Mint Choc, Caramel, Spiced Chai and 50c per shot of Espresso		€3.95
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Iced Coffee Frappuccinos Cookies'n'Cream, Mocha, Mint Choc		€4.95
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Lunch Menu

Zest Café, School Road, Killorglin, Co. Kerry

Tel: 066 9790303 | Email: info@zestcafe.ie

PLEASE SEE OUR BLACKBOARDS FOR DAILY SPECIALS

Smoothies

Breakfast Smoothie Banana, Orange Juice, Pineapple, Granola and Low Fat Pro Biotic Yoghurt... Yummy and Healthy	€5.95
Zest Of Life Strawberries, Raspberries, Blueberries, Orange Juice and Low Fat Pro Biotic Yogurt	€5.95
Pink Passion Strawberries, Banana, Orange Juice and Low Fat Pro Biotic Yogurt	€5.95
Caribbean Dream Pineapple, Mango, Banana and Orange Juice and Low Fat Pro Biotic Yogurt	€5.95
Super Matcha Matcha Green Tea Powder, Pineapple, Mango, Spinach, Banana, Low Fat Yogurt and Chia Seeds	€6.50

Burgers

Homemade Char-Grilled Beef Burger with Pickled Gherkins American Mustard, Tomatoes, Bacon, Cheddar cheese & Tomato Relish with Homemade Buttermilk French Fried Onions & Fries served with a Sweet Chili Dip.	€14.95
Homemade Char-Grilled Beef Burger with Blue Cheese Crispy Bacon, Carmelised Onions, Relish, Lettuce and Saute Onions served with Homemade Buttermilk French Fried Onion Rings & Fries served with a Garlic Dip	€14.95
Homemade Char-grilled Beef Burger with BBQ Sauce Saute Onions, Bacon, Dubliner Cheese and Lettuce Served with Homemade Buttermilk French Fried Onions & Fries and a Sweet Tomato Dip	€14.95

Bruschetta

Served with a choice of soup or salad.	
Pear, Walnut, Blue Cheese and Parma Ham with a drizzle of Honey	€11.95
Spanish Chorizo, Roasted Peppers, Carmelised Onions, Goat Cheese and Rocket	€11.95
Basil Pesto, Semi Sundried Tomatoes, Mozzarella, Rocket and Toasted Hazelnuts	€11.95

Ciabatta

Served with fries, wedges or salad	
Chicken, Bacon, and Brie Ciabatta Chicken, Crispy Bacon, Brie and Cranberry Sauce	€11.95
Bacon and Relish Ciabatta Bacon, Red Onion, Ballymaloe Relish and Cheddar Cheese	€11.95
Mediterranean Ciabatta Chicken, Sundried Tomatoes, Mozzarella and Pesto	€11.95

Open Brown Bread Sambos

Served with Side Salad	
Open Brown Bread Chicken Roast Chicken, Mayonnaise & Stuffing on Homemade Brown Bread	€11.95
Open Brown Bread Tuna Tuna Mayonnaise on Brown Bread (V)	€11.95
Open Brown Bread Smoked Salmon Smoked Salmon on homemade Brown Bread with Cream Cheese, Capers and Lemon Wedges (V)	€11.95

Foccaccia

Served with Fries, Wedges or Salad	
Chicken Caesar Foccaccia Chicken, Bacon, Caesar dressing, Cos lettuce and Parmesan Cheese	€11.95
Goat Cheese Melt Chicken, Goat Cheese, Caramelised Onion, Roasted Red Peppers and Tomato Relish (G)	€11.95
Tuna Melt With Cheddar Cheese, Red Onion and Relish (G) (V)	€11.95

Club Sambo

Chicken, Bacon, Tomato Relish, Cheddar Cheese, Tomato, Red Onion, Lettuce and Mayonnaise served with Fries	€12.95
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Wraps

Served with Fries, Wedges or Salad	
Mediterranean Wrap Chicken, Goat Cheese, Caramelised Onion, Sundried Tomatoes, Roasted Red Peppers, Dressed Cos Leaves with Pesto and Balsamic Dressing	€11.95
Caesar Wrap Chicken, Bacon, Caesar Dressing, Cos Leaves and Parmesan Cheese	€11.95

Salads

Mediterranean Salad - Mixed Leaves with Sundried Tomatoes, Roasted Peppers, Caramelised Onion, Chicken Breast, Croutons, Goat Cheese with Balsamic Dressing and a Drizzle of Pesto. (G Toasted Hazelnuts instead of Croutons)	€11.95
Caesar Salad - Mixed Leaves with Chicken Breast, Crispy Bacon, Parmesan Cheese, Croutons and Caesar Dressing (G Toasted Walnuts instead of Croutons)	€11.95
Oriental Mandarin Chicken Salad - Mixed Leaves, Mandarin Orange, Chicken, Crispy Noodles, Sesame Seeds, Toasted Almonds in an Orange and Ginger Dressing	€11.95
Sweet Chilli Salad - Sweet chilli chicken, picked cucumber, spring onion, cashew nuts, red peppers, sesame seeds in a cashew and coriander dressing.	€12.95

Zoodles

Our Zoodle Salads are Noodles which are made up of 100% Raw Courgette Really Tasty and Healthy! Carb Free!	
Raw Courgette 'Zoodle' Salad Sweet Chili Chicken, Sundried Tomatoes, Roasted Red Peppers, Courgette Noodles and Parmesan Cheese, with Toasted Walnuts and dressed in a Coriander and Cashew Nut Dressing.	€11.95

Pizza

Mediterranean Chicken Pesto, Sundried Tomatoes, Rocket and Mozzarella	€13.95
Soho Toasted Sundried Tomatoes, Caramelised Onions, Mozzarella, Rocket and pesto. (V)	€13.95
Farmhouse Ham, Mushroom and Mozzarella	€13.95
Italian Spiced Pepperoni and Mozzarella	€13.95
Bar-B-Que Barbeque Sauce, Mushroom, Red Onion, Bacon, Chicken and Mozzarella	€13.95
Rocket Tomato, Mozzarella, Parma Ham, Rocket and Parmesan Shavings	€13.95
Tuscan Chorizo Sausage, Goat Cheese, Red Onion Marmalade, Mozzarella and Rocket	€13.95
Brooklyn Roasted Red Peppers, Caramelised Onions, Chicken, Goat Cheese, Mozzarella, Pesto and Rocket	€13.95
Manhattan Blue Cheese, Parma Ham, Pear, Rocket and Walnuts	€13.95
Fungi Mushroom, Parmesan, Saute onions, Mozzarella, Parma Ham, Rocket and Truffle oil	€13.95

Soup

Soup of the Day served with Homemade Brown Bread	€5.95
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Gluten Free Pizza Bases (Supplement €2.00 9" only)