



Zest Café, School Road, Killorglin, Co. Kerry
Tel: 066 9790303 | Email: info@zestcafe.ie

Superfood Bowls

Matcha Green Tea Superfood Bowl €6.95

Blended Spinach, Banana, Matcha Green Tea Powder and Oat Milk topped with Zest Homemade Crunchy Granola and Fruit.

Açaí Superfood Bowl €6.95

Blended Strawberries, Blueberries, Raspberries, Cranberries, Banana and Oat Milk topped with Zest Homemade Crunchy Granola and Fruit

Smoothies

Breakfast Smoothie €4.95

Banana, Orange Juice, Pineapple, Granola and Low Fat Pro Biotic Yoghurt...
Yummy and Healthy

Zest Of Life €4.95

Strawberries, Raspberries, Blueberries, Orange Juice and Low Fat Pro Biotic Yogurt

Pink Passion €4.95

Strawberries, Banana, Orange Juice and Low Fat Pro Biotic Yogurt

Caribbean Dream €4.95

Pineapple, Mango, Banana and Orange Juice and Low Fat Pro Biotic Yogurt

Super Matcha €5.95

Matcha Green Tea Powder, Pineapple, Mango, Spinach, Banana, Low Fat Yogurt and Chia Seeds

Sandwiches

Chicken Caesar Focaccia €5.95

Chicken, Bacon, Caesar Dressing, Cos Lettuce and Parmesan Cheese

Club Sambo €5.95

Chicken, Bacon, Tomato Relish, Cheddar Cheese, Tomato, red Onion, Lettuce and Mayonnaise served with Fries.

Goat Cheese Melt €5.95

Chicken, Goat Cheese, Caramelised Onion, Roasted Red Peppers and Tomato Relish (G)

Tuna Melt €5.95

With Cheddar Cheese, Red Onion and Relish (G) (V)

Chicken, Bacon & Brie Ciabatta €5.95

Chicken, Crispy Bacon, Brie and Cranberry Sauce.

Bacon and Relish Ciabatta €5.95

Bacon, Red Onion, Ballymaloe Relish and Cheddar Cheese.

Mediterranean Ciabatta €5.95

Chicken, Sundried Tomatoes, Mozzarella and Pesto.

Cold Press Juices

Super Green €5.95

Spinach, Celery, Cucumber, Melon, Kiwi, Lime and Apple.

Un-beet-able €5.95

Beetroot, Apple, Lemon, Cucumber and Lemon.

Turmeric Tonic €5.95

Carrot, Orange, Cucumber, Lemon, Ginger and Turmeric Root.

Salads

Mediterranean Salad €7.95

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

Caesar Salad €7.95

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

Oriental Mandarin Chicken Salad €7.95

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

Buddha Bowl €7.95

Sweet Chilli Chicken, Spring Onion, Pickled Cucumber, Sesame Seeds, Noodles and Crushed Peanuts in a Satay Dressing.

Wraps

Mediterranean Wrap €5.95

Chicken, Goat Cheese, Caramelised Onion, Sundried Tomatoes, Roasted Red Peppers, Dressed Cos Leaves with Pesto and Balsamic Dressing.

Caesar Wrap €5.95

Chicken, Bacon, Caesar Dressing, Cos Leaves and Parmesan Cheese.

Kids

Chicken Nuggets & Chips €6.95

Ham & Cheese Toastie €2.95

Full Coffee & Iced Coffee Menu Available