



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 £4.95**

Mushrooms on Toast

Sautéed creamy garlic mushrooms on toasted ciabatta bread. **V £5.95**

Zest's Onion Bombs

Red onion coated in Zest's homemade beer batter and fried until light and crisp. Served with garlic mayo and sweet chilli dips. **VE £5.95**

Chicken & Bacon Caesar Salad

With creamy Caesar dressing, croutons, parmesan cheese and anchovies. **£7.25**

Curry Spiced Cauliflower Fritters

With Kashmiri tomato chutney. **VE £5.95**

King Prawns with Chorizo

Cooked in chilli, lemon and garlic butter. **GF £8.95**

Deep Fried Crispy Squid

Coated in Zest's own recipe seasoning with sweet chilli, mayo and lime wedges. **£7.95**

Spinach & Ricotta Ravioli

With pesto, cherry tomatoes, light tomato sauce and shaved parmesan. **V £6.95**
Available as a main course **£11.95**

Tomato & Roasted Red Pepper Soup

Homemade soup served with ciabatta roll. **V £4.95**

BOWLS TO SHARE

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

Pulled Beef

Slow cooked shredded beef in Zest's delicious rich gravy topped with Yorkshire pudding. **£9.95**

Zest Harbourside's Signature Wok Chicken

Delicious sweet chilli chicken breast with spring onion, crème fraiche and coriander. **GF £9.95**

Pulled Pork

Zest's pork shoulder cooked until meltingly tender and served with your choice of either barbecue or piri piri sauce. **£9.95**

Smoky Joe's Meatballs

Succulent pork meatballs blended with selected herbs and spices in a lightly spiced tomato sauce. **£7.95**

Add mozzarella cheese **£0.95p**

Mini Sausages

In Zest's classic honey and mustard glaze. **£9.50**

PIZZA & PASTA

Enjoy our delicious freshly cooked pasta dishes and our fresh stone baked pizzas

Creamy Chicken Pasta

Tasty chicken with penne pasta in a creamy white wine and tarragon sauce. **£8.95**

Meatball Pasta

Smoky Joe's meatballs with penne pasta in a lightly spiced tomato and herb sauce. **£7.95**
Add mozzarella cheese **£0.95p**

Tomato Pasta

Penne pasta with tomato sauce and fresh parmesan shavings. **V £5.50**

King Prawn & Chorizo Pasta

King prawn and chorizo with penne pasta in a tomato, chilli and garlic sauce. **£9.95**

Spinach & Ricotta Ravioli

With pesto, cherry tomatoes, light tomato sauce & shaved parmesan. **V £11.95**

Vegan Mushroom Pizza

Stone baked tomato pizza with mushrooms and melting vegan friendly cheese. **VE £6.95**

Margherita Pizza

Classic tomato pizza topped with melting mozzarella cheese. **V £6.95**

Pepperoni Pizza

Stone baked pepperoni pizza with melting mozzarella cheese. **£8.95**

Like it extra spicy?

We'll add chilli flakes to your pizza!

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. **£6.95**
Add Yorkshire Pudding **£1.50**

Minute Steak & Chips

Griddled 8oz minute steak served with skinny chips, peppercorn sauce and Zest's dressed salad **£11.95**

Upgrade your Steak to Surf & Turf

Add our freshly cooked king prawn skewer brushed with garlic butter to complement your steak **£2.95** per skewer

Pan Fried Seabass Fillet

Topped with king prawn skewer, served with lemon, garlic and spinach sautéed new potatoes with salsa verde. **£14.95**

Try our Picpoul De Pinet wine with this dish, works wonderfully with seafood

Mature Cheddar & Caramelised Onion Tart

With Zest's dressed salad. **V £6.95**

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. **£12.95**

A glass of our Gavi La Luciana will make this dish Zing

Flying Scotsman Chicken

Chicken breast topped with grilled haggis and peppercorn sauce served with creamy mashed potato. **£12.95**

Slow Roasted Belly of Pork

Topped with crispy crackling, roasted garlic and chive mash, sautéed pickled red cabbage and Zest's gravy. **£14.95**

Cauliflower, Chick Pea, Spinach and Coconut Curry

Made with Zest's own lightly spiced curry paste finished with coriander, served with Zest's baked onion rice. **GF VE £9.95**

Delicious Beer Battered Fish & Chips

Beer battered cod with skinny or rustic chunky chips. **£6.95**

Add mushy peas for **75p**

Add bread and butter for **75p**

Veggie Omelette

Freshly made omelette with roasted red pepper, red onion and cheddar cheese served with Zest's dressed side salad. **V GF £6.95**

The Super Salad

Cous cous with chick peas, sweet potato, red pepper, tomato, cucumber, spring onion, apricots, pumpkin seeds, pea shoots and loaded with fresh herbs served with lemon, olive oil and pomegranate molasses dressing. Topped with:

Grilled Chicken **£12.95**

Roasted Salmon Fillet **£13.95**

Griddled Halloumi **V £9.95**

Our Vegan Burger Pattie **VE £9.95**

Pulled Beef, Ale and Wild Mushroom Pot Pie

Topped with stilton mash served with creamy leeks and peas. **£14.95**

If looking for the perfect wine, our Jam ridden Vinà Ventisquerò Carmentere, makes it the best beef ever

BUTTIES & BURGERS

Our delicious freshly prepared hot sandwich and burger selection

Hot & Kicking Chicken

Sweet chilli chicken breast, fresh bunch coriander, creme fraiche, spring onion and Zest's dressed salad. Served in your choice of tortilla wrap or rustic ciabatta roll. **£8.95**

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. **£8.95**

Mozzarella Chicken Buttie

Tasty chicken breast topped with chorizo and melting mozzarella cheese. Served in your choice of tortilla wrap or rustic ciabatta roll. **£8.95**

The Big V Burger

Our vegan burger packed full of the good stuff - beans, seeds and lentil loveliness.

Topped with caramelised onions, beetroot and vegan friendly cheese. Served in a ciabatta roll with Zest's dressed salad on the side. **VE £8.95**

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. **£10.95**

Zest's Classic Cheese Burger

Zest's beef burger topped with melting cheese served in a brioche bun with garlic mayo and dressed salad on the side. **£7.95**
Add crispy bacon **£1.00**

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. **£10.95**

Whole Hog Burger

Zest's beef burger topped with our favourite porky bits: Pulled pork, chorizo and crispy bacon, served in a brioche bun with barbecue sauce and dressed salad on the side. **£10.95**

Go the whole hog and enjoy a glass of our Rib Shack Shiraz/ Pinotage with this bad boy- Smoke-alicious

Very Veggie Halloumi Burger

Roasted halloumi cheese topped with caramelised onion, roasted red pepper and pesto served in a brioche bun with dressed salad on the side. **V £8.95**

SPUDS AND 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.

Rustic Chunkies
Skin on, rustic homemade chunky chips. **GF VE £3.25**

Sweet Potato Fries
One of your 'superfoods'. **GF VE £3.95**

Skinny Chips
Our delicious skinny fries. **GF VE £3.25**

Garlic Bread
Classic, tasty garlic bread. **V £3.50**

Plain Creamy Mash
Zest's classic yet tasty creamy mashed potato. **V GF £3.75**

Roasted Garlic & Chive Mash
Creamy mashed potato with sweet roasted garlic and fresh chives. **V GF £4.50**

Side Salad
Zest's dressed salad of cherry tomatoes, red onion, cucumber and baby leaves. **GF VE £3.95**

Creamy Garlic Mushrooms
Roasted mushrooms in creamy garlic sauce. **V £4.95**

Baked Onion Rice
Zest's classic rice dish. **GF VE £3.95**

Cabbage & Chorizo
A classic combo of freshly sautéed shredded cabbage with chorizo pieces. **GF £3.95**

Rustic Bread Bowl
Rustic bread, freshly baked and sliced. **V £3.25**

Fresh Cauliflower Cheese
Cauliflower florets baked in a homemade cheese sauce. **V £3.95**

Bowl of Yorkshires
With gravy. **£3.75**

Cheesy Garlic Bread
Garlic bread with cheese. **V £3.75**

Mozzarella Chilli Garlic Bread
Garlic bread with a kick! **V £4.15**

Loaded Chunkies
Rustic chunkies loaded with spicy tomato sauce, melted cheese and topped with garlic mayo. **V GF £5.95**

Creamy Leeks & Peas
Sautéed leeks with peas in a delicious creamy sauce. **V £3.95**

Zest's Classic Coleslaw
Zest's delicious coleslaw. **V GF £3.50**

Side Order Super Salad
Cous cous with chick peas, sweet potato, red pepper, tomato, cucumber, spring onion, apricots, pumpkin seeds, pea shoots and loaded with fresh herbs served with lemon, olive oil and pomegranate molasses dressing. **VE £3.95**

EAT YOUR GREENS!

See our specials board for today's selection of freshly cooked vegetables!

LITTLE ZESTIES

These special smaller portions are great for kids!

Cheese & Tomato Pizza
Pizza with homemade tomato sauce and melting cheese (contains onions), with skinny chips on the side. **V £5.50**

Saucy Cheesy Pasta
Tasty pasta with a delicious, creamy cheesy sauce. **V £4.25**

Mini Tomato Pasta
Penne pasta coated with homemade tomato sauce. **V £4.25**

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. **£5.50**

Little Zestie Burger
Zest's beef burger served in a sesame seed bun with skinny chips on the side **£5.50**

Plain Pasta with Butter
Yummy penne pasta. **V £2.50**
Add grated cheddar on the side. **V £0.75**

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. **£5.95**

ZEST GIFT VOUCHERS

The perfect present for the foodie in your life. You can purchase a voucher here in the restaurant or online at our website www.zestwhitehaven.com

8 West Strand, Whitehaven, Cumbria CA28 7LR | www.zestwhitehaven.com | Tel: 01946 66981 • Open 7 Days - All Day!

V = Vegetarian • GF = Non-Gluten containing ingredients • VE = Vegan • Please note Zest does not operate a nut free kitchen

SWEET TREATS

Delicious desserts, perfect to finish off your meal!

Sticky Toffee Pudding
A Cumbrian classic with delicious rich toffee sauce, served with pouring cream. **V £5.95**

Why not add a scoop of our luxury ice cream to your sticky toffee?

Eton Mess
A mixture of crushed meringue with whipped cream, ice cream and red berry compote. **V GF £5.25**

Hartley's Traditional Ice Cream
Any 3 scoops of Hartley's Cumbrian quality traditional ice cream. **V £3.75**
Choose from: Vanilla, Strawberry or Chocolate

Baked Lemon Curd Cheesecake
Served with lemon sherbet drizzle. **V £5.95**

Chocolate Brownie
Moist chocolate brownie full of chocolate chunks served warm with chocolate sauce. **V £5.95**

Why not add a scoop of Hartley's ice cream to your brownie?

Blackcurrant Crumble Slice
Warm oaty blackcurrant crumble slice served with dairy free vanilla ice cream. **VE GF £5.95**

Banoffee Pie
Caramel toffee and banana on a biscuit base topped with lashings of cream. **V £5.95**

Apple Crumble & Custard
Tender apples with crunchy demerara crumble topping served with vanilla custard **V £5.95**

Classic Vanilla Crème Brulee
Served with homemade shortbread. **V £5.95**

Ice Cream on the Side
Add ice cream on the side to any dessert. **V £1.25**

SPECIAL DESSERT OF THE WEEK

Please see our specials board for details.

Take a Look!

DESSERT COCKTAILS

Try one of our deliciously indulgent cocktail treats.

Espresso Martini
Absolut vanilla, Kahlua and vanilla syrup shaken with espresso **£6.95**

After Eight Martini
Chocolate, Creme de Menthe, Baileys and Absolut vanilla **£6.95**

HOT DRINKS

Tasty hot drinks, the perfect accompaniment to one of our sweet treats. Add a splash of flavoured syrup for 45p. Choose from: cinnamon, caramel, vanilla or hazelnut.

Pot of Tea
Choose from English, Earl Grey, camomile, peppermint or lemon. **£2.00**

Cappuccino
The frothy one. **£2.75**

Espresso
The little strong one. **£2.00**

Mocha
The coffee - chocolate one. **£2.75**

Latte
The milky one. **£2.75**

Almond milk available by request

Hot Chocolate
Yummy hot chocolate. **£2.75**
Add whipped cream for **45p**

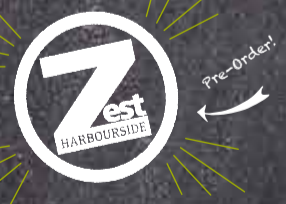
Double Espresso
The double whammy. **£2.50**

Americano
The straight long one. **£2.00**

Liqueur Coffee
Delicious liqueur coffee. **£4.50**

Fancy it stronger?
Add an extra shot for 50p

ZEST
EXPRESS



Visit us in your lunchbreak for express service!

If you are in a hurry you can pre order your food in advance of your visit and we will have it ready for you on arrival – handy for your weekday lunch break or any other time when you are in a rush!

We have an allergens list available to view if you have any questions regarding our menu. Our waiting staff would be delighted to assist you in any way possible.