



This is our **MAIN MENU** – Don't forget we also have specials available every week – the freshest local meats and fish please see our selection

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## TO NIBBLE

Juicy olives marinated in chilli and garlic olive oil **V GF £3.95**

Burt's hand fried sweet chilli or sea salt flavour crisps **V £2.00**

## TO START

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### Soup **v**

Check out our specials list for today's finest homemade flavour

### Fishcake **£7.95**

Homemade crispy fishcake with luxurious lobster and herb bisque sauce

### Cumberland sausage pattie **£6.95**

on a toasted English muffin with caramelised onions and a poached egg from Zest's own free range hens

### Boom Boom sticky chicken **GF £6.95**

Juicy chicken breast skewers char grilled and glazed with our sticky, sweet, spicy and smoky 'Boom Boom' dressing

### Or try our Boom Boom prawns **GF £7.25**

Succulent King prawns wok fried and glazed with our 'Boom Boom' dressing

### Roasted garlic mushrooms **v £5.95**

on crusty toasted bruschetta with peppery rocket leaves

### Salt and pepper squid **£6.95**

Deep fried seasoned crispy squid served with garlic mayonnaise and sweet chilli

### Thai curry spring rolls **v £5.95**

with coconut and sweet chilli dipping sauce

### Potted prawns **£7.25**

Blended in our own special spiced butter, served warm with fresh lemon and toasted English muffin

**Our rustic bread, baked to perfection with various flavours - enough for one as a starter or for you to share** also

available as a side order

### Hot buttery blue cheese bread **v £4.50**

### Garlic bread **v £3.50**

### Chilli, tomato and mozzarella garlic bread **v £4.75**

## OUR STEAKS

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Our steaks are sourced locally from Cumbria and surrounding counties. Hand cut by our chefs and char grilled to your liking. Our steaks are served with your choice of chips or mashed potato

### 10oz Lakeland Rump steak GF £13.95

Specially trimmed for the best of both worlds, lean and incredibly flavoursome

### 8oz Cumbrian Fillet steak GF £22.95

A real luxury - The finest cut of steak, extremely lean and tender

### 10oz Lakeland Ribeye steak GF £17.95

In our opinion, one of the more flavourful steaks – contains more fat, but that's what gives you the flavour

### 8oz Lakeland Sirloin steak GF £14.95

Great classic cut steak, with just a strip of fat along one edge to give flavour

## UPGRADE YOUR STEAK

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### Surf and turf – king prawns £4.00

King prawns in a creamy garlic sauce

### Surf and turf – calamari £4.00

Crispy fried salt and pepper calamari

Peppercorn sauce GF £1.00

Garlic mushroom sauce GF £1.00

Port and onion gravy GF £1.00

Blue cheese butter GF £1.00

Smokin' hot chilli butter GF £1.00

Garlic and herb butter GF £1.00

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Our **burgers** are made from prime steak (we also have a chicken option) served in a toasted English muffin with iceberg lettuce, tomato and red onion salsa and chips. Ketchup and mayonnaise are served on the side. Add as many additional toppings as you like...to cheese or not to cheese THAT is the Question?

THE CLASSIC (4oz) £5.00

THE DOUBLE (8oz) £9.50

THE BIG NASTY (12oz) £12.50

THE CAJUN CHICKEN BREAST BURGER £9.95

**TOPPINGS** Add to your burger or any steak

Mozzarella V GF 75p

Cheddar cheese V GF 75p

Crispy bacon GF £1.00

Fried egg V GF 75p

Blue cheese V GF 75p

Caramelised onions V GF 75p

## MORE MAINS

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### Four hour lamb £17.95

Zest's classic dish - boneless shoulder of lamb cooked in ale with creamy mashed potatoes

GF = Non Gluten containing ingredients  
V = Vegetarian

### Locally caught Catch of the day

The very freshest fish - see our specials board

### Roasted duck breast GF £17.95

With chorizo bubble and squeak and port and onion gravy

**Crispy Cumbrian pork belly** GF £13.95

Cooked slowly until super tender in gravy and served with creamy mash topped with apple and sage compote

**Zest's fishcakes** £10.95

Served with herby mayonnaise, fresh lemon and seasoned chips

**Zest's British Classic**

A classic British favourite dish done with a twist of Zest – see our specials board for details

**Zest's bangers and mash** £8.95

Our own recipe Cumberland sausages handmade by our chefs, served with creamy mashed potato and caramelised onion gravy

**From the Char Grill**

Served with or without Cajun seasoning, with chips or mash and tomato salsa

**Salmon fillet** £12.95

**Chicken breast** £9.95

## THE VEGGIE CHOICES

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**Spicy chilli bean cake** V £9.95

With tomato, red onion and sweet corn salsa and rocket salad

**Wild mushroom shepherd's pie** V GF £9.95

A combination of wild and button mushrooms in rich vegetarian gravy with mashed potato topping

**Crispy bubble and squeak cake** V £9.95

Blended with cheddar cheese, served with tomato sauce and topped with a poached egg from Zest's own free range hens

## SIDE ORDERS

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**Chunky chips** V GF £2.95

**Chorizo BBQ baked beans**

*Great with steak!*

White beans and chorizo in a tangy, spicy BBQ sauce £2.95

**Cabbage and bacon** GF £3.25

**Onion rings** *Great with steak!* V £1.95

Homemade onion rings in crispy Lakeland beer batter

**Creamy mashed potato** V GF £2.95

**Zest's wedge salad** *Great with steak!*

Wedge of crispy iceberg lettuce topped with bacon, blue cheese and Caesar dressing £2.95

**Skinny chips** V GF £2.95

**Green beans** with garlic and chilli V GF £3.50

**Garlic mushrooms** V *Great with steak!* £3.50

## DESSERTS

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### Baked chocolate mousse cake

With vanilla mascarpone V GF £5.75

### Zest's cheesecake

Please see our specials list for today's homemade cheesecake £5.75

### Sticky toffee pudding

With toffee sauce and double jersey ice cream V £5.75

### Eton mess sundae

A mixture of crushed meringue with cream, ice cream and red berry compote V GF £4.95

### Zest's crème brulee

Please see our specials list for what's on offer V £5.75

### Cheese selection

Served with crackers and Zest's chutney – please see the specials list for what's on offer

£6.95

### Double Jersey ice cream V GF £3.95

Why not try a shot of peach schnapps or Bailey's poured over your ice cream?

### Special dessert of the day

Please see our specials list for what's on offer

## DESSERT WINE

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### Late Harvest Riesling Vendemia Tardia

Attractive old gold colour with an elegant and spirituous aroma. Dense and intriguing on the palate with a myriad of flavours reminiscent of honey, flowers and spices

Curicó, Chile - 14.5% ABV

125ml glass £5.25

375ml (Half bottle) £14.95

## HOT DRINKS

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Filter coffee	£1.75	Double Espresso	£2.10
Cappuccino	£2.10	Liqueur Coffee	£3.95
Latte	£2.10	Liqueur Latte	£3.95
Americano	£1.90	Tea - English, Earl Grey, Camomile, Peppermint	£1.75
Espresso	£1.90		