

# Z Zest

The Indian Restaurant & Bar

## ALA-CARTE MENU

### Starters

Should you have any food related allergies, please consult with our management who will be please to assist in your choice. All products used in the preparation of our dishes are to the best of our knowledge free of GM ingredients.

\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

Mixed Platter (For 2)	£9.95
Onion Bhajee GF (s)	£3.50
Meat Samosa (S)	£3.50
Vegetable Samosa (S)	£3.50
Spring Roll (S)	£3.50
Sheek Kabab GF (P)	£3.50
Shami Kebab GF (P)	£3.50
Mixed Kebab GF (s)	£4.95
Tandoori Chicken GF (s)	£3.50
Tandoori Lamb Chops GF (S)	£4.95
Tandoori King Prawn GF (s)	£5.95
Chicken Tikka GF (s)	£3.50
Fish Tikka GF (s)	£4.95
Chicken Pakora (s)	£3.50



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ALA-CARTE MENU

## Starters



Panner Pakora (s)	£3.95
Vegetable Pakora (s)	£3.50
Mixed Pakora (s)	£4.95
King Prawn Rolls (P)	£4.95
Prawn on Toast	£3.95
King Prawn Butterfly (P)	£4.95
Chicken Chaat (P)	£4.95
Diced Chicken (P)	£3.95
Prawn Puri	£4.95
Channa Puri	£3.95
Spicy Fish Cake (s)	£4.95
Spicy Chicken Wings GF (s)	£3.95

(s) indicates Salad included

(P) indicates Puri

Please note that if you would like us to package the remainder of your meal to take home, a packaging charge of £2.50 will apply.



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## ALA-CARTE MENU

### Meat Specialities

Zesty Gosth Korma GF\*\* £8.95

Boneless lamb pieces cooked in a rich gravy of onions, cashew nuts and laced with cream. A Nawabi preparation.

North Indian Chilli Gosth GF \*\*\* £8.95

Tender lamb stewed in a spicy sauce with methi, fresh green chilli and coriander, garnished with a slice of fresh green chillies.

Narikeli Gosth GF \*\* £8.95

Stewed lamb with fresh green herbs, coriander and creamed coconut, garnished with coconut Powder.

Zesty Dhaba GF \*\*\* £8.95

Organically grown lamb cooked with spinach, shallots and mushrooms, simmered in a rich ginger and garlic tarka.

Beef Wan Ton GF \*\* £8.95

Sliced beef cooked in special tamarind sauce

Zesty Lamb Jabbula GF \*\* £9.95

Succulent lamb chops cooked in Zesty sauce, special combination of 9 herbs and spices.

Zesty Lamb Gushala GF \*\* £9.95

Succulent lamb chops cooked in Zesty sauce, Alone with Spinach & Chana Dall with special combination of herbs and spices.

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## ALA-CARTE MENU

### Zest Tandoori Specialities

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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot **GF** Gluten Free

**Yam Yam Mixed GF••** £10.95

Chicken tikka, Tandoori lamb Chops , tandoori chicken, tandoori chicken wings, paneer tikka, king prawn with Zesty Sause, cooked with cholesterol free vegetable oil.

**Chom Chom Mixed GF•** £10.95

Chicken tikka, Tandoori lamb Chop, tandoori chicken, tandoori chicken wings, paneer tikka, king prawn with Zesty mild Sause cooked with cholesterol free vegetable oil.

**Tandoori Chicken (half) GF ••** £7.95

Moist marinated organically grown chicken from the tandoor.

**Tandoori King Prawn GF ••** £12.95

Marinated, mildly spiced juicy jumbo Prawns.

**Tandoori Lamb Chops GF ••** £9.95

Marinated, mildly spiced juicy Lamb Chops.



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ALA-CARTE MENU

## Zest Tandoori Specialities



### Chicken Tikka GF ••

£7.95

Skewered chicken from the tandoor.

### Tandoori Mixed GF••

£9.95

A dish comprising of tandoori chicken, chicken tikka, chicken wings, sheek kebab, Tandoori lamb Chops, onion bahjee (served with curry sauce and salad).

### Zesty Tandoori Mixed GF••

£10.95

A dish comprising of tandoori chicken, chicken tikka, chicken wings, sheek kebab, Tandoori Lamb Chops, Panner tikka, cooked with special sauce and decoration with chips.

### Zesty Shaslick GF••

£9.95

Cubes of spring chicken, capsicum, diced onion lightly spiced and herbed, barbecued in a tandoor.

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# Z Zest

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## ALA-CARTE MENU

### Seafood Specialities



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

**AMRITH KING PRAWN GF\*** £12.95

Jumbo Juicy King Prawn cooked with very mild Mango Zesty Sauce

**AMRITH & COCONUT KING PRAWN GF\*** £12.95

Jumbo Juicy King Prawn cooked with very mild Mango Zesty sauce and coconut cream

**King Prawn Toka toak GF\*** £12.95

Jumbo Juicy King Prawn cooked with very mild Tamarind Sauce

**King Prawn Kata Mitta GF\*** £12.95

Jumbo Juicy King Prawn cooked with Sweet & Sour Sauce

**Tandoori King Prawn Masala N•** £13.95

Jumbo Juicy King Prawn from Tandoor cooked in a mild fresh sauce prepared with fresh cream.

**King Prawn in Tamarind Garlic Sauce GF •** £12.95

Grilled Jumbo king prawn topped with garlic tamarind sauce





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ALA-CARTE MENU

## Seafood Specialities



King Prawn with Cashew Nuts **N •** £12.95

King prawns with cashew nuts, mushrooms and onions.

Sag King Prawn **GF••** £12.95

King prawn lightly spiced with 15 different spices with spinach leaves Slowly cooked with fine cut green chillies.

King Prawn Tawa **GF •••** £12.95

Jumbo juicy king prawn cooked with specially blended rich Spicy flavour sauce.

Bengal King Prawn **GF •••** £10.95

Juicy tiger Jumbo prawns cooked with potatoes

King Prawn in Chilli Sauce **GF •••** £12.95

Grilled Jumbo king prawn with garlic and Coriander

King Prawn Choley **GF •••** £12.95

Juicy tiger Jumbo king prawn cooked with chickpeas in a tangy sauce

Jumbo Jinga Masala **GF •••** £12.95

Juicy Jumbo tiger prawn cooked with spices.

Jumbo Jinga Balusha **GF •••** £12.95

Juicy Jumbo tiger prawn cooked with whole garlic clove with fresh cut green chillies.



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## ALA-CARTE MENU

### Seafood Specialities

Jumbo Jinga Balucha + Spinach **GF** .... £13.95

Juicy Jumbo tiger prawn cooked with whole garlic clove with fresh cut green chillies and spinach.

Beans King Prawn **GF** ... £12.95

Juicy tiger prawn cooked with sliced beans and spices.

Jumbo Jinga Chillies **GF** .... £12.95

Juicy tiger prawn cooked with fine cut chillies and spices.

King Prawn Hara Piaz **GF** ... £12.95

Juicy tiger prawn cooked with sliced Onions.

MAI'S Prawn **GF**... £8.95

Prawns Cooked in a coconut and whole turmeric Gravy.

Chillies' Prawn **GF** .... £8.95

Prawn cooked with Fine cut green chillies.

Simm Prawn **GF**... £8.95

Prawn cooked with beans in a fairly hot sauce.

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# Z Zest

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## ALA-CARTE MENU

### Fish Dishes



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

<b>AMRITH FISH GF*</b>	£9.95
Cube of Grilled fish cooked with very mild Mango Zesty Sauces	
<b>AMRITH &amp; COCONUT FISH GF*</b>	£10.95
Coconut Cream & very mild Mango Zesty sauce and coconut cream	
<b>AMRITH SALMON GF*</b>	£10.95
Grilled Salmon cooked with very mild Mango Zesty Sauces	
<b>AMRITH &amp; COCONUT SALMON GF*</b>	£11.95
Grilled Salmon cooked with Coconut Cream & very mild Mango Zesty Sauces	
<b>Salmon Toka Toak GF*</b>	£10.95
Grilled Salmon cooked with very mild Tamarind Sauces	
<b>Fish Toka Toak GF*</b>	£9.95
Cube of Grilled fish cooked with very mild Tamarind Sauces	
<b>Zesty Fish GF ***</b>	£9.95

Cubes of fish marinated in herbs and spices. Cooked on skewers over flaming charcoal in the clay oven then finished in the pan with different spices.



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The Indian Restaurant & Bar

## ALA-CARTE MENU

### Fish Dishes



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

**Fish Milijuli Shabzi GF\*\*\*** £10.95

Cubes of fresh water fish cooked with different spices and finished with spring vegetables, fresh garlic, ginger, tomatoes, green chillies, coriander and flavoured with delicate herbs and spices.

**Mozadar Fish GF \*\*\*** £9.95

Cube fish cooked to Zest's special Recipe.

**Karahi Fish GF \*\*\*** £9.95

Cubes of fish specially prepared with fresh garlic, ginger, tomato, capsicum and flavoured with herbs and spices.

**Fish Jalfrezi GF \*\*\*\*** £9.95

Cubes of fish specially prepared with ginger, garlic, fresh green chillies and fresh coriander. Very hot and tasty.

**Chilli Fish GF \*\*\*** £9.95

Cubes of fish cooked with fresh spicy chillies and oriental spices.

**Fish La-Jawab GF\*\*\*** £12.95

Whole Fish with Zesty spices.

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# Z Zest

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## ALA-CARTE MENU

### Vegetarian

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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

Aloo Bhangan GF \*\* £7.95

Traditional mix of potatoes and aubergines cooked in herbs and spices.

Karahi Milijuli Shabzi GF \*\*\* £7.95

Spring vegetable cooked with fresh garlic, ginger, tomatoes, green chillies, coriander and flavoured with delicate herbs and spices.

Channa Dall Majaddar GF \*\*\* £7.95

Split chick peas cooked with fine cut spring green chilli, with Zesty advanced cooking method with cholesterol free cooking oil.

Zesty Sabji Biryani N \*\*\* £10.95

Our chefs 300 years old family recipe of vegetables and rice.

Paneer Tikka Masala N GF \*\*\* £8.95

Paneer tikka cooked in a mild sauce with masala spices prepared with cholesterol free vegetable oil, selection of spices and cream.

Aloo Choley GF \*\*\* £7.95

Chick peas and potatoes prepared with North Indian style.

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## ALA-CARTE MENU

### Vegetarian



Green Beans with Coconut **GF\*** £7.95

Tart, tangy and very peppery these quick fried vegetables often feature in South Indian meals and are favourite Tiffin box fillers.

Saag Channa **GF \*\*** £7.95

Spinach and chick peas cooked with spices.

Sabzi Panner Jalfrezi **GF \*\*\*** £8.95

Oriental cottage cheese and mixed vegetables steam cooked with fresh green chilli and coriander.

Lanka Vegetable **GF \*\*\*** £7.95

Popped mustard seeds teamed with crackling curry leaves make a classic combination. This dish promises to bring tropical coconut flavours to the coldest British Winter.

Lali Aloo **GF \*\*** £7.95

Kidney beans and potatoes prepared with North Indian style.

Chana Masala **GF \*\*** £7.95

Chick peas cooked with spices in a tangy sauce.

Mator Panner **GF \*\*** £8.95

Garden peas and cottage cheese, cooked with special vegetable cooking method with cholesterol free vegetable oil.



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## ALA-CARTE MENU

### Vegetarian



Bhindi Kootu **GF** •• £7.95

An authentic dish of fresh Okra in a yoghurt and coconut sauce, tempered with delicate south Indian spices.

Dall Mugali **GF**•• £7.95

Split chickpeas cooked with garlic and butter.

Saag Panner **GF** •• £8.95 small £5.95

Cottage cheese and spinach cooked with spices.

Chilli Mushroom **GF**•••• £7.95

Mushroom with Chillies and green Peppers.

Vegetable Balucha **GF** ••• £8.95

Zesty style sliced spring vegetable cooked with whole garlic clove with Zesty spicy sauce.

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## ALA-CARTE MENU

### Spicy Chicken

Chicken Balucha GF \*\* £9.95

Zesty style sliced chicken cooked with whole garlic with Zesty spicy sauce.

Zesty Tawa GF\*\*\* £8.95

Organically grown chicken cooked with Specially blended rich flavour, medium or hot.

Zesty Jeera GF\*\*\* £8.95

Organically grown chicken cooked with cholesterol free vegetable oil with fresh herbs and spices, Whole jeera, garlic and ginger garnished with fresh coriander

Akbori Chicken GF\*\*\* £8.95

Chicken tikka and minced cooked in a special sauce with Garlic.

North Indian Chicken Garlic GF\*\*\* £9.95

Organically grown chicken cooked with garlic Clove.

Zesty Achari GF \*\*\* £8.95

Organically grown chicken or lamb cooked with zest's traditional sauce with added special mixed pickle gives a flavour to the dish.

Zesty Masala GF\*\*\* £8.95

Chicken Tikka cooked Zesty sauce, prepared with cholesterol free vegetable oil, selection of spices, herbs and tomato.

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## ALA-CARTE MENU

### Spicy Chicken

#### Murgh Shajini GF ...

£8.95

Delicious combination of chicken tikka with fresh herbs, spinach & chillies.

#### Chicken Balucha + Spinach GF ....

£10.95

Organically grown corn-fed chicken cooked with whole garlic clove with fresh cut green chillies and spinach.

#### Chicken Chilli GF ....

£8.95

Organically grown corn-fed chicken with green chillies and oriental spices.

#### Chicken Tangy GF ..

£8.95

Corn-fed chicken cooked with Sweet and sour sauce.

#### Murugh Mirchi Ka salaam GF .....

£8.95

A spicy dish of corn fed chicken with coriander and whole green chillies.

# Z Zest

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## ALA-CARTE MENU

### Old Favourites



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

Korma Dishes **GF\*** (Chicken or Lamb or Vegetable) £7.95  
Prepared in Coconut and cream delicately spiced.

Dhansak Dishes **GF\*\*** (Chicken or Lamb or Vegetable) £7.95  
Choice lentils prepared to give a spicy lentil sauce

Medium Curry Dishes **GF\*\*** (Chicken or Lamb or Vegetable) £7.50  
The original classic Dishes which conquered the World.

Bhuna Dishes **GF** (Chicken or Lamb or Vegetable) £7.95  
A thick sauce with additional ginger and garlic.

Dupiaza Dishes **GF\*\*** (Chicken or Lamb or Vegetable) £7.95  
Aromatic dish cooked with an abundance of onions.

Patia Dishes **GF\*\*\*** (Chicken or Lamb or Vegetable) £7.95  
Organically grown corn-fed Chicken/Lamb cooked with sweet, sour & hot sauce.

Rogan Josh **GF \*\*** (Chicken or Lamb or Vegetable) £7.95  
A base of Bhoona Tarka with a flourish of fresh tomatoes.



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## ALA-CARTE MENU

### Old Favourites

- Sambar Dishes GF\*\*\*** (Chicken or Lamb or Vegetable) £7.95  
Corn-fed chicken or lamb cooked with Zest's traditional sauce with lentils.
- Madras Dishes GF\*\*\*** (Chicken or Lamb or Vegetable) £7.95  
Organically grown corn-fed Chicken or Lamb cooked with a tangy ,  
tasty & fairly hot sauce.
- Vindaloo Dishes GF \*\*\*\*** (Chicken or Lamb or Vegetable) £7.95  
Organically grown corn-fed Chicken or Lamb cooked with a tangy,  
tasty and very hot sauce.
- Vindaloo Dishes GF \*\*\*\*** (Chicken or Lamb or Vegetable) £7.95  
Organically grown corn-fed Chicken or Lamb cooked with a  
tangy, tasty and very hot sauce.
- Karahi Dishes GF\*\*\*** (Chicken or Lamb or Vegetable) £8.95  
Specially prepared with fresh garlic, ginger, tomato, capsicum with spices.
- Jalfrezi Dishes GF\*\*\*\*** (Chicken or Lamb or Vegetable) £8.95  
These dishes are prepared with ginger garlic, fresh green chillies  
and fresh coriander. Very hot and tasty.
- Biryani N** (Chicken or Lamb or Vegetable) £9.95
- Zesty Balti** (Chicken or Lamb or Vegetable) £8.95  
The dish is seasoned in special herbs and spices, ginger,  
garlic, methi, garnished with fresh coriander.

# Z Zest

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## ALA-CARTE MENU

### Mild Chicken



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot GF Gluten Free

Chicken Tikka Masala **N** \* £8.95

Corn-fed chicken cooked in a mild fresh sauce prepared with fresh cream & almond powder.

Chicken Toka Toak **GF** \* £8.95

Corn-fed chicken tikka cooked in a mild Zesty sauce.

Zesty Pasanda **N** \* £8.95

Organically grown chicken in rich cream sauce with almond powder.

Butter Chicken **N** \* £8.95

Organically grown corn-fed chicken cooked with Zest's advanced cooking method in coconut cream.

Zesty Makhani **N** \* £8.95

Organically grown corn-fed chicken in a mild creamy sauce with ground almond and mango with fresh cream.

Chicken Chasni **N** \* £8.95

Chicken tikka & almond powder cooked in a creamy sweet sauce.



# Z Zest

The Indian Restaurant & Bar

## ALA-CARTE MENU

### Mild Chicken

Chicken Badami **N** \* £8.95

Organically grown chicken cooked with mild almond sauce the traditional way.

Mali Chicken **N** \* £8.95

Marinated chicken, cooked with cream, yogurt and ground almonds.

Chicken Mango **N**\* £8.95

Corn fed chicken cooked with fresh mango & almond powder garnished with fresh Cream.

Chicken Lajawab \* £8.95

Corn-fed chicken covered with special coating then cooked with special Sause.

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# Z Zest

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## ALA-CARTE MENU

### Breads

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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot **GF** Gluten Free

Nan	£2.50
Peshwari Nan	£2.95
Chilli Paneer Nan	£2.95
Paneer Nan	£2.95
Garlic Nan	£2.95
Keema Nan	£2.95
Garlic & Coriander Nan	£2.95
Paratha	£2.50
Chapatti	£1.95

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## ALA-CARTE MENU

### Side Dishes



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\* Mild \*\* Medium \*\*\* Hot \*\*\*\* Very Hot **GF** Gluten Free

Bombay Potato	£3.50
Aloo Spinach	£3.95
Onion Bhajee	£3.50
Bhindi Bhajee	£3.95
Tarka Dall	£3.50
Aloo Methi	£3.50
Spinach Bhajee	£3.95
Aloo Gobi	£3.95
Mushroom Bhajee	£3.50
Vegetable Bhajee	£3.50
Cauliflower Bhajee	£3.95

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The Indian Restaurant & Bar

ALA-CARTE MENU

## Sundries



Pilau Rice	£2.50
Boiled Rice	£2.40
Egg Rice	£2.95
Peshwari Pilau	£2.95
Mushroom Rice	£2.95
Vegetable Rice	£2.95
Keema Rice	£2.95
Pappadom	£0.70
Chips	£2.50
Chutney tray (per cover)	£0.70

## Zest Spice Guide

GF Gluten Free, N indicates nut present

\* Mild    \*\* Mildly Hot    \*\*\* Quite Hot    \*\*\*\* Hot!

