

Z Zest

The Indian Restaurant & Bar

Takeaway 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.

Zest Spice Guide:

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* Mild ** Mildly Hot *** Quite Hot **** Very Hot!

Mixed Platter (For 2)	£9.95
Onion Bhajee GF (s)	£3.10
Meat Samosa (S)	£3.25
Vegetable Samosa (S)	£3.25
Spring Roll (S)	£3.25
Sheek Kabab GF (P)	£3.50
Shami Kebab GF (P)	£3.50
Mixed Kebab GF (s)	£4.95
Tandoori Chicken GF (s)	£3.25
Tandoori Lamb Chops GF (S)	£4.95
Tandoori King Prawn GF (s)	£4.95



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Chicken Tikka GF (s)	£3.25
Fish Tikka GF (s)	£3.95
Chicken Pakora (s)	£3.25
Panner Pakora (s)	£3.50
Vegetable Pakora (s)	£3.25
Mixed Pakora (s)	£4.80
King Prawn Rolls (P)	£4.95
Prawn on Toast	£3.95
King Prawn Butterfly (P)	£4.95
Chicken Chaat (P)	£3.95
Diced Chicken (P)	£3.95
Prawn Puri	£3.95
Channa Puri	£3.95
Spicy Fish Cake (s)	£3.95
Spicy Chicken Wings GF (s)	£3.95

(s) indicates Salad included

(P) indicates Puri

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Takeaway Menu
Meat Specialities

North Indian Chilli Gosth **GF ****** £7.95

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 **** £7.95

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

Zesty Dhaba **GF***** £7.95

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

Beef Wan Ton **GF **** £7.95

Sliced beef cooked in special tamarind sauce

Zesty Lamb Jabbula **GF **** £8.95

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



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Takeaway Menu

Tandoori Specialities

- Chicken Balucha GF **** £7.95
Zesty style sliced chicken cooked with whole garlic with Zesty spicy sauce.
- Tandoori Chicken (half) GF **** £6.95
Moist marinated organically grown chicken from the tandoor.
- Tandoori King Prawn GF **** £10.95
Marinated, mildly spiced juicy jumbo Prawns.
- Tandoori Lamb Chops GF **** £9.95
Marinated, mildly spiced juicy Lamb Chops.
- Chicken Tikka GF **** £6.95
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 Shaslick GF**** £9.95
Cubes of spring chicken , capsicum, diced onion lightly spiced and herbed, barbecued in a tandoor.
- 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.
- Yam Yam Mixed GF**** £9.95
Chicken tikka, Tandoori lamb Chops , tandoori chicken, tandoori chicken wings, paneer tikka, king prawn with Zesty Sause, cooked with cholesterol free vegetable oil.

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Takeaway Menu Seafood Specialities

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AMRITH KING PRAWN GF* £10.95

Jumbo Juicy King Prawn cooked with very mild Mango Zesty Sauce

AMRITH & COCONUT KING PRAWN GF* £10.95

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

King Prawn Toka toak GF* £10.95

Jumbo Juicy King Prawn cooked with very mild Tamarind Sauce

King Prawn Kata Mitta GF* £10.95

Jumbo Juicy King Prawn cooked with Sweet & Sour Sauce

Tandoori King Prawn Masala N* £11.95

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



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Takeaway Menu

Seafood Specialities



King Prawn in Tamarind Garlic Sauce **GF*** £10.95

Grilled Jumbo king prawn topped with garlic tamarind sauce

King Prawn with Cashew Nuts **N *** £10.95

King prawns with cashew nuts, mushrooms and onions.

Sag King Prawn **GF**** £10.95

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

King Prawn Tawa **GF ***** £10.95

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***** £10.95

Grilled Jumbo king prawn with garlic and Coriander

King Prawn Choley **GF ***** £10.95

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

Jumbo Jinga Masala **GF ***** £11.95

Juicy Jumbo tiger prawn cooked with spices.



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Takeaway Menu
Seafood Specialities

Beans King Prawn **GF ***** £10.95

Juicy tiger prawn cooked with sliced beans and spices.

Jumbo Jinga Chillies **GF ****** £10.95

Juicy tiger prawn cooked with fine cut chillies and spices.

King Prawn Hara Piaz **GF ***** £10.95

Juicy tiger prawn cooked with sliced Onions.

MAI'S Prawn **GF***** £7.95

Prawns Cooked in a coconut and whole turmeric Gravy.

Chillies' Prawn **GF ****** £7.95

Prawn cooked with Fine cut green chillies.

Simm Prawn **GF***** £7.95

Prawn cooked with beans in a fairly hot sauce.

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Takeaway Menu

Fish Presentations

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

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Takeaway Menu

Fish Presentations

Zesty Fish GF ***

£8.95

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.

Fish Milijuli Shabzi GF***

£9.95

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 ***

£8.95

Cube fish cooked to Zest's special Recipe.

Karahi Fish GF ***

£8.95

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

Fish Jalfrezi GF ****

£8.95

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

Chilli Fish GF ***

£8.95

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

Fish La-Jawab GF***

£10.95

Whole Fish with Zesty spices.

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The Indian Restaurant & Bar

Takeaway Menu Vegetarian

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Aloo Bhangan GF ** £6.95

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 *** £6.95

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

Zesty Sabji Biryani N *** £9.95

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

Paneer Tikka Masala N * £7.95

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

Aloo Choley GF *** £6.95

Chick peas and potatoes prepared with North Indian style.

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Takeaway Menu Vegetarian

Green Beans with Coconut **GF*** £6.95

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

Saag Channa **GF **** £6.95

Spinach and chick peas cooked with spices.

Sabzi Panner Jalfrezi **GF ****** £7.95

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

Lanka Vegetable **GF ***** £6.50

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 **** £6.95

Kidney beans and potatoes prepared with North Indian style.

Chana Masala **GF **** £6.95

Chick peas cooked with spices in a tangy sauce.

Mator Panner **GF **** £7.95

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

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Takeaway Menu Vegetarian

Bhindi Kootu **GF **** £6.95

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

Dall Mugali **GF**** £6.95

Split chickpeas cooked with garlic and butter.

Saag Panner **GF **** £7.95

Cottage cheese and spinach cooked with spices

Saag Panner (small) **GF **** £5.95

Cottage cheese and spinach cooked with spices..

Chilli Mushroom **GF****** £6.95

Mushroom with Chillies and green Peppers.

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Takeaway Menu

Spicy Chicken and Meat

Zesty Tawa GF*** £6.95

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

Zesty Jeera GF*** £6.95

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*** £6.95

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

North Indian Chicken Garlic GF*** £6.95

Organically grown chicken cooked with garlic Clove.

Zesty Achari GF *** £6.95

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*** £6.95

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

Zesty Gosth Korma GF*** £6.95

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

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The Indian Restaurant & Bar

Takeaway Menu

Traditional Dishes

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Korma Dishes **GF*** (Chicken or Lamb or Vegetable) £5.95
Prepared in Coconut and cream delicately spiced.

Dhansak Dishes **GF**** (Chicken or Lamb or Vegetable) £5.95
Choice lentils prepared to give a spicy lentil sauce

Medium Curry Dishes **GF**** (Chicken or Lamb or Vegetable) £5.50

The original classic Dishes which conquered the World.

Bhuna Dishes **GF**** (Chicken or Lamb or Vegetable) £5.95

A thick sauce with additional ginger and garlic.

Dupiaza Dishes **GF**** (Chicken or Lamb or Vegetable) £5.95

Aromatic dish cooked with an abundance of onions.

Patia Dishes **GF***** (Chicken or Lamb or Vegetable) £5.95

Organically grown corn-fed Chicken/Lamb cooked with sweet, sour & hot sauce.

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The Indian Restaurant & Bar

Takeaway Menu

Traditional Dishes

Rogan Josh **GF **** (Chicken or Lamb or Vegetable) £5.95

A base of Bhoona Tarka with a flourish of fresh tomatoes.

Sambar Dishes **GF***** (Chicken or Lamb or Vegetable) £5.95

Corn-fed chicken or lamb cooked with Zest's traditional sauce with lentils.

Madras Dishes **GF****** (Chicken or Lamb or Vegetable) £5.95

Organically grown corn-fed Chicken or Lamb cooked with a tangy, tasty & fairly hot sauce.

Vindaloo Dishes **GF ****** (Chicken or Lamb or Vegetable) £5.95

Organically grown corn-fed Chicken or Lamb cooked with a tangy, tasty and very hot sauce.

Karahi Dishes **GF***** (Chicken or Lamb or Vegetable) £6.95

Specially prepared with fresh garlic, ginger, tomato, capsicum with spices.

Jalfrezi Dishes **GF****** (Chicken or Lamb or Vegetable) £6.95

These dishes are prepared with ginger garlic, fresh green chillies and fresh coriander. Very hot and tasty.

Biryani **N** (Chicken or Lamb or Vegetable) £8.95

Zesty Balti **GF***** (Chicken or Lamb or Vegetable) £6.95

The dish is seasoned in special herbs and spices, ginger, garlic, methi, garnished with fresh coriander.

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Takeaway Menu

Mild Chicken

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Chicken Toka Toak **GF** * £6.95

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

Zesty Pasanda **N** * £6.95

Organically grown chicken in rich cream sauce with almond powder.

Butter Chicken **N** * £6.95

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

Zesty Makhani **N** * £6.95

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

Chicken Chasni **N** * £6.95

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

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Takeaway Menu

Mild Chicken

Chicken Badami **N** * £6.95

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

Mali Chicken **N** * £6.95

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

Chicken Mango **N*** £7.95

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

Chicken Lajawab * £6.95

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

Chicken Tikka Masala **N** * £6.95

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



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Takeaway Menu

Spicy Chicken Special



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Murgh Shajini GF*** £6.95

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

Chicken Chilli GF**** £6.95

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

Chicken Tangy GF** £6.95

Corn-fed chicken cooked with Sweet and sour sauce.

Murugh Mirchi Ka salaam GF**** £6.95

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



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Takeaway Menu

Breads

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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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Takeaway Menu Side Dishes

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Bombay Potato	£3.50
Aloo Spinach	£3.50
Onion Bhajee	£3.10
Bhindi Bhajee	£3.50
Tarka Dall	£3.50
Aloo Methi	£3.50
Spinach Bhajee	£3.50
Aloo Gobi	£3.50
Mushroom Bhajee	£3.50
Vegetable Bhajee	£3.50
Cauliflower Bhajee	£3.50



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Takeaway Menu

Sundries



Pilau Rice	£2.15
Boiled Rice	£2.10
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

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