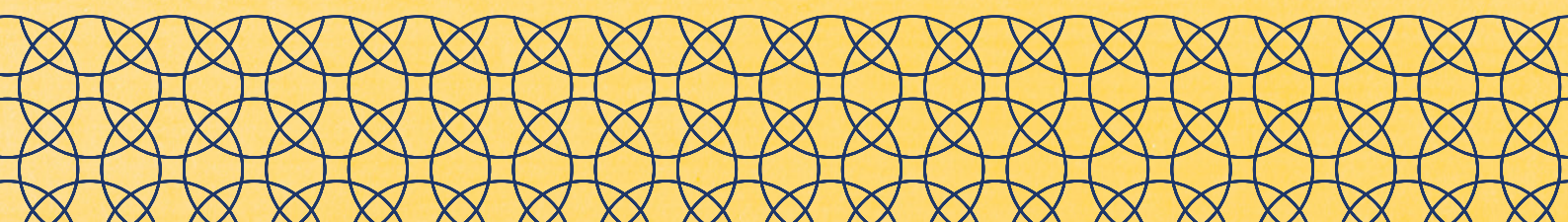




Menu

EAT • DRINK • ENJOY

zestsouthmolton.com





HOMEMADE CAKES, SLICES & SCONES

All our cakes, slices and scones are made right here at Zest to tried and tested recipes using carefully selected, quality ingredients from trusted suppliers. Our coffee and walnut cake is made with fresh espresso coffee. Our carrot cake is moist, dark and fruity. Both cakes are filled and iced with mascarpone cream.

Shortbread	£1.90
Flapjack	£1.90
Date slice	£2.50
Almond slice	£2.50
Chocolate fudge brownie	£3.20
Apple and almond cake ^{gf}	£3.20
Coffee & walnut cake	£4.35
Carrot cake	£4.35

Large plain or fruit scone

With butter	£3.10
With strawberry jam	£3.95

Large cheese scone

With butter	£3.25
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Traditional Devon cream tea

A large homemade plain or fruit scone served with strawberry jam and Rodda's Cornish clotted cream	£5.35
Served with a pot of tea	£6.50
Served with a large black or white coffee	£7.60

Large hot buttered teacake

Our popular teacakes are supplied by Bideford's Country Cottage Bakery	£4.70
With strawberry jam or Seville orange marmalade	£5.45
Please ask if you would like the butter, jam or marmalade served on the side	

GLUTEN & WHEAT FREE

Hot buttered teacake

Supplied by Bideford's Country Cottage Bakery	£5.25
With strawberry jam or Seville orange marmalade	£6.20

Plain, fruit or cheese scone

With butter	£4.70
With strawberry jam	£5.45
With strawberry jam and Rodda's Cornish clotted cream	£6.80

Zest's homemade apple & almond cake

£3.20

TOAST

Our white and malted grain bread is perfect for toast. It is hand sliced by us and supplied by local artisan baker, Country Cottage Bakery in Bideford. We also have gluten free bread.

With butter	1 slice £1.75
	2 slices £3.10
With strawberry jam or Seville orange marmalade, honey or Marmite	1 slice £2.10
	2 slices £3.85

ON TOAST

Our award-winning, free-range eggs are supplied by the happy hens of Fenton Farm, Wellington

Free-range poached or scrambled eggs	
Small two eggs on one toast	£5.45
Medium two eggs on two toasts	£6.45
Large three eggs on two toasts	£7.15
With two slices of grilled smoked back bacon	add £2.20
With flaked smoked salmon and chives	add £3.25

Baked beans	£4.95/slice
Mushrooms	£4.95/slice
Tasty farmhouse cheddar from the oldest surviving cheddar makers in the world, AJ & RG Barber in Somerset	£4.95/slice
Topped with sliced, grilled tomato or a free-range poached egg	£5.85/slice
Topped with both	£6.85/slice

Homemade Welsh rarebit

A tangy, savoury hit of mature tasty farmhouse cheddar and Lancashire cheeses, English mustard, Lea & Perrins Worcestershire sauce, butter and beer, spread on toast and grilled	£5.45/slice
Topped with sliced, grilled tomato or free-range poached egg	£6.50/slice
Topped with both	£7.65/slice

FRESH HERB OMELETTES

Made with three award-winning, free-range eggs from the happy hens of Fenton Farm, Wellington and seasoned with fresh chives and parsley

Fillings: sautéed mushrooms, ham, tomato, tasty farmhouse cheddar, red onion

On it's own	£6.10
1 filling	£7.40
2 fillings	£8.35
3 fillings	£9.00
4 fillings	£9.65
Just smoked salmon	£8.65

If you have any special dietary requirements please ask and we'll be happy to advise.



BREAKFASTS

All breakfasts are served with any medium coffee, a mug of tea, a large glass of milk or a large glass of blackcurrant squash, orange squash or elderflower cordial

Zest breakfast ^{gf} £11.95

Two slices of smoked back bacon and two pork sausages, free-range scrambled or poached egg from the happy hens at Fenton Farm, Wellington, sautéed mushrooms and potatoes, supplied by South Molton's Bray Valley Potatoes, baked beans

Zest brunch ^{gf} £9.10

A Zest breakfast, downsized. One slice of bacon, one pork sausage, free-range scrambled or poached egg, sautéed mushrooms and potatoes, baked beans

Vegetarian breakfast £10.85

Two vegetarian sausages, free-range scrambled or poached egg, sautéed mushrooms and potatoes, baked beans

Vegan breakfast £9.65

Two vegan sausages, sautéed mushrooms and potatoes, baked beans, grilled tomato

Eggs benedict £11.95

Two award-winning, free-range poached eggs from the happy hens at Fenton Farm, Wellington on a toasted muffin topped with hollandaise sauce, with two pieces of grilled, smoked back bacon and asparagus on the side

JACKET POTATOES

A large baking potato supplied by Bray Valley Potatoes, South Molton, topped with real butter, served with a salad garnish

Fillings: tasty farmhouse cheddar, baked beans, tuna mayonnaise, cool chilli

1 filling £8.95

2 fillings £9.95

SIDES

Zest salad £3.60

A generous portion of mixed leaves, cucumber, tomato and pepper dressed with our homemade tasty French dressing

Chunky, super-crunchy chips £3.60

Tyrrell's lightly sea salted crisps £1.40

Bread & butter £1.75

Buttered toast £1.75

Granary roll and butter £2.30

SANDWICHES

Our sandwiches are made with fresh, hand sliced white or malted grain bread supplied by local artisan baker, Country Cottage Bakery in Bideford, which does a proper job of containing our generous and tasty fillings. We also have ciabatta rolls and gluten free bread.

Just bacon £7.15

Four slices of hot, grilled smoked back bacon

Just sausage ^V on request £7.15

Hot, grilled pork and gluten free sausages, vegetarian or vegan sausages

The sandwiches below are all served with Tyrrell's lightly sea salted hand-cooked crisps on the side

B.E.L.T £8.25

Hot, grilled smoked back Bacon, Egg mayonnaise, Lettuce leaves, Tomato

Ham £8.25

Ham, wholegrain mustard, luxury mayonnaise, cheese, tomato, salad leaves

Egg £7.65

Chunky egg mayonnaise, made with free-range eggs from the happy hens at Fenton Farm, Wellington, luxury mayonnaise and a touch of salad cream, chives, salad leaves

Cheese £7.65

Tasty farmhouse cheddar from the oldest surviving cheddar makers in the world, AJ & RG Barber in Somerset, mixed with luxury mayonnaise, tomato, salad leaves

Tuna £7.65

Tuna, luxury mayonnaise, fresh basil, cucumber, salad leaves

TURN OVER FOR PANINIS,
PIZZAS & PUDDINGS

We don't serve fast food, we serve tasty, good quality food as fast as we can, so please allow time for our professional kitchen team to hand prepare and cook your order.



TOASTED PANINIS

We fill Italian style ciabatta rolls to order and serve them hot and well toasted, crispy on the outside and melting inside, with Tyrrell's hand cooked lightly sea salted crisps on the side

Breakfast £7.95

Hot grilled, smoked back bacon, egg mayonnaise, sliced tomato

French £7.95

Ham, cheese, sliced tomato

Salami £6.90

Milano salami, mozzarella, sun-dried tomatoes, fresh basil

Tuna £6.55

Tuna, mozzarella, sun-dried tomatoes, fresh basil

Vegetarian £6.55

Black olives, mozzarella, sun-dried tomatoes, fresh basil

HAVE YOU SEEN OUR SPECIALS?

HOMEMADE PUDDINGS

Lemon crunch £6.40

Creamy lemon topping on an almondy biscuit base served with amaretti biscuits

Chocolate fudge brownie £5.45

Served warm with local vanilla dairy ice cream or Rodda's Cornish clotted cream

PIZZA

All our pizzas are 12 inches and are hand-made with our home-made dough and tomato sauce.

They are topped with mozzarella cheese and stone baked in our traditional pizza oven.

Shipton Mill, a traditional mill in Gloucestershire, supplies our exceptional quality speciality pizza flour.

Zesti £15.35

Tomato sauce, mozzarella, Spinata Romana - mildly spicy speciality Italian salami, Milano salami, chorizo, rocket

Vesti £11.30

Tomato sauce, mozzarella, mushroom, pepper, red onion, olives

Margherita £11.30

Tomato sauce, mozzarella, basil

Romana £15.35

Tomato sauce, mozzarella, Spinata Romana - mildly spicy speciality Italian salami, parmesan

Bosca £15.35

Tomato sauce, mozzarella, sausage, mushroom

Capri £15.35

Tomato sauce, mozzarella, ham, mushroom, olives

Marina £16.35

Tomato sauce, mozzarella, mussels, squid, prawns

LOCAL ICES

Supplied by Bishop's Nympton dairy farmers, Verney's Molton Ice

Vanilla dairy ice cream

Vanilla ice cream with crushed amaretti biscuits 1 scoop £3.10
2 scoops £5.80

Dairy free mango and coconut ice cream 1 scoop £2.75
2 scoops £5.25

Elderflower & blackcurrant sorbet 1 scoop £2.75
2 scoops £5.25