

Korma Dishes •
Prepared in yoghurt, coconut and cream delicately spiced.

Chicken	£5.25
Lamb	£5.25
Beef	£5.25
Prawn	£5.25
Vegetable	£5.25
King Prawn	£8.95

Dhansak Dishes ••
Choice lentils prepared to give a spicy lentil sauce.

Chicken	£5.25
Lamb	£5.25
Beef	£5.25
Prawn	£5.25
Vegetable	£5.25
King Prawn	£8.95

Medium Curry Dishes ••
The original classic dishes which conquered the World.

Chicken	£4.95
Lamb	£4.95
Beef	£4.95
Prawn	£4.95
Vegetable	£4.95
King Prawn	£7.95

Bhuna Dishes ••
A thick sauce with additional ginger and garlic.

Chicken	£5.25
Lamb	£5.25
Beef	£5.25
Prawn	£5.25
Vegetable	£5.25
King Prawn	£7.95

Dupiaza Dishes ••
Aromatic dish cooked with an abundance of onions.

Chicken	£5.25
Lamb	£5.25
Beef	£5.25
Prawn	£5.25
Vegetable	£5.25
King Prawn	£7.95

Patia Dishes •••
Organically grown corn-fed Cheshire Chicken/Lamb cooked with sweet, sour and hot sauce.

Chicken	£5.75
Lamb	£5.25
Beef	£5.75
Prawn	£5.75
Vegetable	£5.75
King Prawn	£8.95

• Mild •• Mildly Hot
••• Quite Hot •••• Hot!

Rogan Josh ••
A base of Bhuna Tarka with a flourish of fresh tomatoes.

Chicken	£5.75
Lamb	£5.75
Beef	£5.75
Prawn	£5.75
Vegetable	£5.75
King Prawn	£8.95

Samber Dishes •••
Corn-fed chicken or lamb cooked with Zest's traditional sauce with added lentils.

Chicken	£5.75
Lamb	£5.75
Beef	£5.75
Prawn	£5.75
Vegetable	£5.75
King Prawn	£8.95

Madras Dishes ••••
Organically grown corn-fed Cheshire Chicken/Lamb cooked with a tangy, tasty and fairly hot sauce.

Chicken	£5.75
Lamb	£5.75
Beef	£5.75
Prawn	£5.75
Vegetable	£5.75
King Prawn	£8.95

Vindaloo Dishes ••••
Organically grown corn-fed Cheshire Chicken/Lamb cooked with a tangy, tasty and very hot sauce.

Chicken	£5.75
Lamb	£5.75
Beef	£5.75
Prawn	£5.95
Vegetable	£5.75
King Prawn	£8.95

Karahi Dishes •••
Specially prepared with fresh garlic, ginger, tomato, capsicum.

Chicken	£6.50
Lamb	£6.50
Beef	£6.50
Prawn	£6.95
Vegetable	£6.50
King Prawn	£8.95

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

Chicken	£6.50
Lamb	£6.50
Beef	£6.50
Prawn	£6.50
Vegetable	£6.50
King Prawn	£8.95

Biryani & Pilau ••

Chicken	£7.25
Lamb	£7.25
Beef	£7.25
Prawn	£7.25
Vegetable	£7.25
King Prawn	£8.95

Mild Chicken & Meat

Chicken or Lamb • £6.95
Tikka Massala
Corn-fed chicken or lamb tikka cooked in a mild sauce prepared with cream.

Chicken Tandoori • £6.95
Massala
Corn-fed chicken cooked in a mild fresh sauce made with fresh cream.

Chicken or Lamb • £6.95

Toka
Corn-fed chicken or lamb tikka cooked in a mild Barbecue sauce.

Zesty Pasanda • £6.95
Organically grown chicken or lamb cooked in rich cream sauce and selected spices.

Butter Chicken • £6.95
or Lamb
Cooked with Zest's special cooking method in cholesterol free vegetable oil.

Spicy Chicken

Murgh Shajini ••• £6.95
Delicious combination of chicken tikka with onions, coriander, spinach and chillies.

Chicken Chilli •••• £6.95
Organically grown corn-fed chicken with onions, tomato, green chillies and oriental spices.

Chicken Lajawab •• £6.95
Corn-fed chicken covered with special coating and cooked with a variety of fresh spices.

Chicken Tangy •• £6.95
Corn-fed chicken cooked with sweet and sour sauce.

Murugh Mirchi •••• £6.95
ka salaam
A spicy dish of corn fed chicken with coriander and whole green chillies.

Breads

Nan	£1.95
Peshwari Nan	£2.50
Chilli Paneer Nan	£2.50
Paneer Nan	£2.50
Garlic Nan	£2.50
Keema Nan	£2.50
Garlic & Coriander Nan	£2.50
Paratha	£2.15
Chapatti	£1.10

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

Chicken Balti	£6.50
Lamb Balti	£6.50
Vegetable Balti	£6.50
King Prawn Balti	£8.95
Prawn Balti	£6.95

Zesty Makhani • £6.95
Organically grown corn-fed chicken or lamb cooked in a mild creamy sauce with ground almond and fresh mango with fresh cream.

Chicken Chasni •• £6.95
Chicken tikka cooked in a creamy sweet sauce.

Chicken or Lamb £6.95
Badami •
Organically grown chicken or lamb cooked with mild almond sauce the traditional way, then garnished with sliced almonds.

Mali Chicken • £6.95
Marinated chicken, cooked with cream, yoghurt and ground almonds.

Side dishes

Bombay Potato	£3.50
Aloo Spinach	£3.50
Onion Bhajee	£2.75
Bhindi Bhajee	£3.50
Tarka Dhall	£3.50
Aloo Menthi	£3.50
Spinach Bhajee	£3.50
Aloo Gobi	£3.50
Mushroom Bhajee	£3.50
Vegetable Bhajee	£3.50
Cauliflower Bhajee	£3.50

Sundries

Pilau Rice	£1.95
Boiled Rice	£1.90
Egg Rice	£2.50
Peshwari Pilau	£2.50
Mushroom Rice	£2.50
Vegetable Rice	£2.50
Keema Rice	£2.50
Pappadom	£0.70
Chips	£2.20
Chutney tray	£0.70

Children's specials
Chicken Mucha Lucha £5.95
Prawn Mucha Lucha £5.95

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Starters

Mixed Platter (For 2)	£7.50
Mixed Platter Seafood	£10.95
Onion Bhajee	£2.75
Meat Samosa	£2.75
Vegetable Samosa	£2.75
Spring Roll	£2.75
Sheek Kabab +p	£3.10
Shami Kabab +p	£3.10
Mixed Kabab +s	£4.15
Tandoori Chicken +s	£2.90
Tandoori Lamb Chops	£3.95
Tandoori King Prawn +s	£4.15
Chicken or Lamb Tikka+s	£2.90
Fish Tikka +s	£3.25
Chicken Pakora+s	£2.90
Panner Pakora +s	£2.90

Meat Specialities

North Indian ****	£6.95
Chilli Gosth	
Tender lamb stewed in a spicy sauce with methi, fresh green chilli and coriander, garnished with a slice of lemon and fresh green chillies.	
Narikeli Gosth **	£6.95
Stewed lamb with fresh green chillies, coriander and creamed coconut, garnished with sliced coconut.	

Zest Tandoori Specialities

Yam Yam Mixed **	£7.50
Chicken tikka, lamb tikka, tandoori chicken, panner tikka, king prawn with Zest cooking formula with cholesterol free oil.	
Chicken Castoori **	£6.95
Chicken sliced cooked with Zesty style using cholesterol free oil.	
Tandoori Chicken **	£5.95
(half) Moist marinated organically grown chicken from the tandoor.	
Tandoori King **	£8.95
Prawn	Marinated, mildly spiced juicy jumbo prawns.
Tandoori Lamb **	£7.95
Chops	
Marinated, mildly spiced juicy Lamb Chops.	

All products used in the preparation of our dishes are to the best of our knowledge free of GM ingredients.

Should you have any food related allergies, please consult with our management who will be happy to assist in your choice.

Vegetable Pakora +s	£2.90
Mixed Pakora with +s	£3.80
King Prawn Rolls	£4.15
Prawn on Toast	£3.95
King Prawn Butterfly +p	£4.15
Chicken Chaat +p	£3.25
Diced Chicken Puri	£3.25
Egg Puri	£3.25
Prawn Puri	£3.25
Channa Puri	£3.25
Mixed Puri	£3.95
Spicy Fish Cake +s	£3.25
Spicy Chicken Wings +s	£3.25

+s indicates Salad included
+p indicates Puri included

Zesty Dhaba ***	£6.95
Organically grown lamb cooked with spinach, shallots and mushrooms, simmered in a rich ginger and garlic tarka.	
Beef Wan Ton **	£6.95
Sliced beef cooked in special sauce	
Zesty Chaanp ***	£7.95
Succulent Lamb Chops cooked in Zesty Sauce (a special combination of 9 herbs & Spices)	

Chicken or Lamb **	£5.95
Tikka	
Skewered chicken or lamb from the tandoor.	
Tandoori Mixed**	£7.50
A dish comprising of tandoori chicken, chicken tikka, sheek kebab, lamb tikka, tasty tikka, onion bahjee (served with curry sauce and salad).	
Zesty Tandoori ***	£7.50
Mixed	
A dish comprising of tandoori chicken, chicken tikka, sheek kebab, lamb tikka, tasty tikka, Lamb Chop,cooked with special sauce and served with chips.	
Zesty Shashlik **	£7.50
Cubes of spring chicken or lamb, capsicum, diced onion lightly spiced and herbed, barbecued in a tandoor.	
Tandoori Phool **	£6.50
Moist marinated cauliflower, cooked in the tandoor oven.	

Duck Specialities

Duck with Tamarind**	£8.95
Thai style grilled duck topped with dry chilli and tamarind sauce.	
Honey Roasted **	£8.95
Duck	
Marinated duck, roasted in home made honey sauce.	
Crispy Duck **	£8.95
Skewered duck from the tandoor finished in the pan with 20 herbs and spices.	

Seafood Specialities

King Prawn Tawa ***	£8.95
Jumbo juicy king prawn cooked with specially blended rich flavour sauce.	
Tandoori King *	£8.95
Prawn Massala	
As above but with tandoor king prawn.	
Bengal King Prawn ***	£8.95
Juicy tiger prawns cooked with potatoes.	
King Prawn ***	£8.95
in Chilli Sauce	
Grilled king prawn with garlic and coriander.	
King Prawn Choley ***	£8.95
Juicy tiger king prawn cooked with chick peas in a tangy sauce.	
KP in Tamarind *	£8.95
Garlic Sauce	
Grilled king prawn topped with garlic tamarind sauce.	
Jumbo Jinga ***	£8.95
Massala	
Juicy tiger prawn cooked with spices.	
Beans King Prawn ***	£8.95
Juicy tiger prawn cooked with sliced beans and spices.	

Fish Specialities

Zesty Fish ***	£6.95
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 ***	£6.95
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 ***	£6.95
Pangash fish cooked to Zest's special recipe.	

Sweet Chilli **	£8.95
Roasted Duck	
Roasted duck topped with Thai style chilli sauce.	
Bengal Duck ***	£8.95
Thin sliced duck meat cooked with Rajastani cooking method	

Saag King Prawn **	£8.95
King prawn lightly spiced with 15 different spices with spinach leaves slowly cooked with fine cut green chillies.	
King Prawn with *	£8.95
Cashew Nuts	
King prawns with cashew nuts, mushrooms and onions.	
Simm Prawn ***	£6.95
Prawn cooked with beans in a fairly hot sauce.	
Jumbo Jinga	£8.95
Chillies ****	
Juicy tiger prawn cooked with fine cut chillies and spices.	
Chilli Prawn ****	£6.95
Prawn cooked with Fine cut green chillies.	
King Prawn ***	£8.95
Hara Piaz	
Juicy tiger prawn cooked with sliced onions.	
MAI'S Prawn ***	£6.95
Prawns cooked in a coconut and whole turmeric gravy.	

Karahi Fish ***	£6.95
Cubes of fish specially prepared with fresh garlic, ginger, tomato, capsicum and flavoured with herbs and spices.	
Fish Jalfrezi ****	£6.95
Cubes of fish specially prepared with ginger, garlic, fresh green chillies and fresh coriander. Very hot and tasty.	
Chilli Fish ***	£6.95
Cubes of fish cooked with fresh spicy chillies and oriental spices.	
Fish La-jawab ***	£7.95
Whole Fish with Zesty spices.	

Vegetarian Specialities

Aloo Bhngan **	£5.95
Traditional mix of potatoes and aubergines cooked in herbs and spices.	
Karahi Milijuli ***	£6.50
Shabzi	
Mixed spring vegetable cooked with fresh garlic, ginger, tomatoes, green chillies, coriander and flavoured with delicate herbs and spices.	
Channa Dall ***	£5.95
Majaddar	
Split chick peas cooked with fine cut spring green chilli, with special advanced cooking method with cholesterol free cooking oil.	
Zesty Sabji **	£6.95
Biryani	
Our chef's 300 year old family recipe of vegetables and rice	
Panner Tikka *	£6.95
Massala	
Panner tikka cooked in a mild sauce with massala spices prepared with cholesterol free vegetable oil, a selection of spices and cream.	
Aloo Choley **	£5.95
Chick peas and potatoes prepared with North Indian style.	
Green Beans with	£5.95
Coconut *	
Tart, tangy and very peppery these quick fried vegetables often feature in South Indian meals and are favourite Tiffin box fillers.	
Saag Channa **	£5.95
Spinach and chick peas cooked with spices.	

Spicy Chicken & Meat Dishes

Zesty Tawa ***	£6.95
Specially blended rich flavour lamb or chicken, medium or hot.	
Zesty Jeera **	£6.95
Organically grown chicken or lamb cooked with cholesterol free vegetable oil with fresh herbs and spices, jeera, garlic and ginger garnished with fresh coriander.	
Akbori Chicken **	£6.95
Chicken tikka and minced lamb cooked in a special sauce, prepared with cholesterol free vegetable oil, selection of spices, herbs and tomato.	
North Indian ***	£6.95
Chicken Garlic	
Organically grown chicken or lamb cooked with chopped garlic.	

Sabzi Panner ****	£6.50
Jalfrezi	
Oriental cottage cheese and mixed vegetables steam cooked with fresh green chilli and coriander.	
Lanka Vegetable ***	£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 **	£5.95
Kidney beans and potatoes prepared with North Indian style.	
Chana Massala **	£5.95
Chick peas cooked with spices in a tangy sauce.	
Mator Panner **	£6.50
Garden peas and cottage cheese cooked with special vegetable cooking method with cholesterol free vegetable oil.	
Bhindi Kootu **	£6.50
An authentic dish of fresh Okra in a yoghurt and coconut sauce, tempered with delicate South Indian spices. Delicious with rice.	
Dall Mugali **	£5.95
Split chick peas cooked with garlic and butter.	
Saag Panner **	£6.95
Cottage cheese and spinach cooked with spices.	
Chilli Mushroom ****	£6.50
Mushroom with chillies and green peppers.	

Zesty Achari ***	£6.95
Organically grown chicken or lamb cooked with Zest's traditional sauce with added special mixed pickle giving extra flavour to the dish.	
Zesty Massala ***	£6.95
Chicken or Lamb Tikka cooked in Zesty sauce, using cholesterol free vegetable oil, and a selection of spices, herbs and tomato.	
Zesty Gosth Korma *	£6.95
Boneless lamb pieces cooked in rich gravy of onions, cashew nuts and laced with cream. A Nawabi preparation.	

Zest Spice Guide
• Mild •• Mildly Hot
••• Quite Hot •••• Hot!