

ZEST PRESENTATIONS

Starters

Mixed Platter (For 2) £8.95
Mixed Platter Seafood 2 £11.95

Onion Bhajee £3.25
Meat Somosa £3.25
Vegetable Somosa £3.25
Spring Roll £3.25

Sheek Kabab with Puri £3.80
Shami Kabab with Puri £3.80
Mixed Kabab with Salad £4.95

Tandoori Chicken with Salad £3.50
Tandoori Lamb Chops £4.95
Tandoori King Prawn with Salad £4.95
Chicken or Lamb Tikka with salad £3.50
Fish Tikka with Salad £3.95

Chicken Pakora with Salad £ 3.50
Panner Pakora with Salad £3.50
Vegetable Pakora with Salad £3.50
Mixed Pakora with salad £4.50

King Prawn Rolls £4.95
Prawn on Toast £3.95
King Prawn Butterfly with Puri £4.95

Chicken Chaat with Puri £3.95
Diced Chicken Puri £3.95
Egg Puri £3.95
Prawn Puri £3.95
Channa Puri £3.95
Mixed Puri £4.50

Spicy Fish Cake with Salad £3.95
Spicy Chicken Wings with Salad £3.95

Important – Food Allergies

Should you have any food related allergies, please consult with our management who will be obliged 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.

FISH PRESENTATIONS

*****Zesty Fish £7.95**

Cubes of fish marinated in herbs and spices and primarily cooked in skewer over flaming charcoal in the clay oven then secondary cooked in the frying pan with different spices.

*****Fish Milijuli Shabzi £7.95**

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

***** Mozadar Fish £7.95**

Pangash fish cooked with Zest's special cooking formula

*****Karahi Fish £7.95**

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

******Fish Jafrezi £7.95**

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

*****Chilli Fish £7.95**

Cubes of fish cooked with fresh spicy chillies and oriented spices

*****Fish La-jawab £9.95**

Whole Fish with Zesty spices..

VEGETARIAN PRESENTATIONS

****Aloo Bhngan £6.95**

Traditional mix of potatoes and aubergines cooked in herbs and spices

*****Karahi Milijuli Shabzi £7.50**

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

*****Channa Dall Majaddar £6.95**

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

****Zesty Sabji Biryani £8.50**

Our chefs 300 years old family recipe of vegetables and rice

***Panner Tikka Massala £7.95**

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

*****Aloo Choley £6.95**

Chick peas and potatoes prepared with North Indian style

***Green Beans with Coconut £6.95**

Tart, tangy and very peppery these quick fried vegetables are regular visitors to South Indian meals and favourite Tiffin box fillers

****Saag Channa £6.95**

Spinach and chick peas cooked with spices

*****Sabzi Panner Jalfrezie £7.50**

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

*****Lanka Vegetable £7.50**

Popped mustered 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 £6.95**

Kidney beans and potatoes prepared with North Indian style

****Chana Massala £6.95**

Chick peas cooked with spices in a tangy sauce

DENOTES SPICE STRENGTH OF DISH

*Mild **Mildly Hot ***Moderately Hot
****Hot

****Mator Panner £7.50**

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

****Bhindi Kootu £7.50**

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

****Dall Mugali £6.95**

Split chickpeas cooked with garlic and butter

****Saag Panner £7.50**

Cottage cheese and spinach cooked with spices

****** Chilli Mushroom £7.50**

Mushroom with Chillies and green Peppers

Zest Tandoori specialities

****Yam Yam Mixed £8.50**

Chicken tikka, lamb tikka, tandoori chicken, panner tikka, king prawn with Zest cooking formula with cholesterol free oil

****Chicken Castoori £8.50**

Chicken sliced cooked with Zesty style with cholesterol free oil

****Tandoori Chicken (half) £6.95**

Moist marinated organically grown chicken from tandoor

****Tandoori King Prawn £9.95**

Marinated mildly, spiced juicy jumbo prawns

****Tandoori Lamb Chops £8.95**

Marinated mildly, spiced juicy Lamb Chops

****Chicken or Lamb Tikka £6.95**

Skewered chicken or lamb from the tandoor

****Tandoori Mixed £8.50**

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

*****Zesty Tandoori Mixed £8.95**

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 Shaslick £8.95**

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

****Tandoori Phool £7.95**

Most marinated cauliflower from tandoor

ZEST

Indian * Bar * Restaurant

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*Mild **Mildly Hot ***Moderately Hot
****Hot

Duck Specialties

****Duck grilled with Tamarind £10.95**

Thai style grilled duck topped with dry chilli and tamarind sauce

****Duck roasted with Sweet Chillies £10.95**

Roasted duck topped with Thai style chilli sauce

***Honey Roasted Duck £10.95**

Marinated duck, roasted in home made honey sauce .

****Crispy Duck £10.95**

Skewered duck from the tandoor then cooked in the frying pan with 20 herbs and spices

*****Bengal Duck £10.95**

Thin sliced duck meat cooked with Rajastani cooking method

Meat Specialities

******North Indian Chillie Gosth £7.95**

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 £7.95**

Stewed lamb of medium consistency with fresh green chillies, coriander and creamed coconut, garnished with sliced coconuts

*****Zesty Dhaba £7.95**

Organically grown lamb cooked with spinach, shallow onions and mushrooms, simmed in a rich ginger and garlic tarka

****Beef Wan Ton £7.95**

Sliced beef cooked with special sauce

*****Zesty Chaanp £8.95**

Succulent Lamb Chops Cooked in Zesty Sauce (special combination of 9 herbs & Spices)

Sea Food Specialties

*****King Prawn Tawa £10.95**

Jumbo juicy king prawn cooked with specially blended rich flavour sauce

***Tandoori King Prawn Massala £10.95**

Same as above but this dish consists of tandoori king prawn

*****Bengal King Prawn £10.95**

Juicy tiger prawns cooked with potatoes

*****King Prawn with Chilli Sauce £10.95**

Grilled king prawn with garlic and coriander

*****King Prawn Choley £10.95**

Juicy tiger king prawn cooked with chickpeas with tangy sauce

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

Grilled king prawn topped with garlic tamarind sauce

*****Jumbo Jinga Massala £10.95**

Juicy tiger prawn cooked with spices

*****Beans King Prawn £10.50**

Juicy tiger prawn cooked with sliced beans with spices .

****Saag King Prawn £10.50**

King prawn lightly spiced with 15 different spices with spinach leaves cooked in a slow gas with fine cut green chillies.

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

King prawns with cashew nuts, mushrooms and onions

*****Simm Prawn £7.95**

Prawn cooked with beans in a fairly hot sauce

******Jumbo Jinga Chillies £10.95**

Juicy tiger prawn cooked with fine cut chillies and spices

******Chillies' Prawn £7.95**

Prawn cooked with Fine cut green chillies.

*****King Prawn Hara Piaz £10.95**

Juicy tiger prawn cooked with sliced Onions.

***** MAI'S Prawn £7.95**

Prawns Cooked in a coconut and whole turmeric Gravey.

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Indian * Bar * Restaurant

DENOTES SPICE STRENGTH OF DISH

*Mild **Mildly Hot ***Moderately Hot
****Hot

Mild Chicken & Meat Specialities

***Chicken or Lamb Tikka Massala £7.95**

Corn-fed chicken or lamb tikka cooked in a mild sauce prepared with cream

***Chicken Tandoori Massala £7.95**

Corn-fed chicken cooked in a mild fresh sauce prepared with fresh cream

***Zesty Makhani £7.95**

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

***Butter Chicken or Lamb £7.95**

Organically grown corn-fed chicken or lamb cooked with zest's advanced cooking method in cholesterol free vegetable oil with

***Chicken Chasni £7.95**

Chicken Tikka cooked in a creamy sweet sauce

***Zesty Pasanda £7.95**

Organically grown chicken or lamb cooked in rich cream sauce and selected spices

***Chicken or Lamb Badami £7.95**

Organically grown chicken or lamb cooked with mild almond sauce the traditional way, then garnished with sliced almonds

***Mali Chicken £7.95**

Marinated chicken, cooked with cream, yogurt and ground almonds

Spicy Chicken Specialities

*****Murgh Shajini £7.95**

Delicious combination of chicken tikka with onions, coriander, Spinach and chillies

*****Chicken Chilli £7.95**

Organically grown corn-fed chicken with onions, tomato, green chillies and oriented spices

****Chicken Lajawab £7.95**

Corn-fed chicken covered with special coating then secondly cooked variety of fresh spices

****Chicken Tangy £7.95**

Corn-fed chicken cooked with Sweet and sour sauce

******Murugh Mirchi ka salaam £7.95**

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

Spicy Chicken & Meat Specialities

*****Zesty Tawa £7.95**

Specially blended rich flavour lamb or chicken, medium or hot

****Zesty Jeera £7.95**

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 £7.95**

Chicken tikka and minced lamb cooked in a special sauce, prepared with cholesterol free vegetable oil, selection of spices, herbs and tomato

*****North Indian Chicken Garlic £7.95**

Organically grown chicken or lamb cooked with chopped garlic

*****Zesty Achari £7.95**

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

*****Zesty Masala £7.95**

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

***Zesty Gosth Korma £7.95**

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

Zesty Balti

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

*****Chicken Balti £7.95**

*****Lamb Balti £7.95**

*****Vegetable Balti £7.95**

*****King Prawn Balti £10.95**

*****Prawn Balti £8.50**

* Korma Dishes

Prepared in yoghurt, Coconut and cream delicately spiced

Chicken.....	£6.50
Lamb.....	£6.50
Beef.....	£6.50
Prawn.....	£6.50
Vegetable.....	£6.50
King Prawn.....	£10.95

** Dhansak Dishes

Choice lentils prepared to give a spicy lentil sauce

Chicken.....	£6.50
Lamb.....	£6.50
Beef.....	£6.50
Prawn.....	£6.50
Vegetable.....	£6.50
King Prawn.....	£10.95

** Medium Curry Dishes

The original classic Dishes which conquered The World

Chicken.....	£5.95
Lamb.....	£5.95
Beef.....	£5.95
Prawn.....	£5.95
Vegetable.....	£5.95
King Prawn.....	£9.95

** Bhuna Dishes

A thick sauce with additional ginger and garlic

Chicken.....	£6.50
Lamb.....	£6.50
Beef.....	£6.50
Prawn.....	£6.95
Vegetable.....	£6.50
King Prawn.....	£9.95

** Dupiaza Dishes

Aromatic dish cooked with an abundance of onions

Chicken.....	£6.50
Lamb.....	£6.50
Beef.....	£6.50
Prawn.....	£6.50
Vegetable.....	£6.50
King Prawn.....	£9.95

** Rogan Josh

A base of Bhoona Tarka with a flourish of fresh tomatoes

Chicken.....	£6.95
Lamb.....	£6.95
Beef.....	£6.95
Prawn.....	£6.95
Vegetable.....	£6.95
King Prawn.....	£10.95

*** Samber Dishes

Corn-fed chicken or lamb cooked with Zest's Traditional Sauce with added lentils

Chicken.....	£6.95
Lamb.....	£6.95
Beef.....	£6.95
Prawn.....	£6.95
Vegetable.....	£6.95
King Prawn.....	£10.95

*** Madras Dishes

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

Chicken.....	£6.95
Lamb.....	£6.95
Beef.....	£6.95
Prawn.....	£6.95
Vegetable.....	£6.95
King Prawn.....	£10.95

**** Vindaloo Dishes

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

Chicken.....	£6.95
Lamb.....	£6.95
Beef.....	£6.95
Prawn.....	£7.95
Vegetable.....	£6.95
King Prawn.....	£10.95

*** Karahi Dishes

Specially prepared with fresh garlic, ginger, tomato, capsicum

Chicken.....	£7.95
Lamb.....	£7.95
Beef.....	£7.95
Prawn.....	£8.95
Vegetable.....	£7.95
King Prawn.....	£10.95

*** Patia Dishes

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

Chicken.....	£6.95
Lamb.....	£6.95
Beef.....	£6.95
Prawn.....	£6.95
Vegetable.....	£6.95
King Prawn.....	£10.95

**** Jalfrezi Dishes

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

Chicken.....	£7.95
Lamb.....	£7.95
Beef.....	£7.95
Prawn.....	£7.95
Vegetable.....	£7.95
King Prawn.....	£10.95

Side Dishes

Bombay Potato.....	£3.50
Aloo Spinach.....	£3.50
Onion Bhajee.....	£3.25
Bhindi Bhajee	£3.50
Tarka Dall.....	£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

** Birayani & Pilau Dishes

Chicken.....	£8.95
Lamb.....	£8.95
Beef.....	£8.95
Prawn.....	£8.95
Vegetable.....	£8.95
King Prawn.....	£10.95

Children's Specials

Chicken Mucha Lucha	£5.95
Prawn Mucha Lucha	£5.95

Breads

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.....	£2.95
Paratha.....	£2.50
Chapatti.....	£1.20

Sundries

Pilau Rice.....	£2.35
Boiled Rice.....	£2.30
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