

## SMOOTHIES

	12oz	16oz		12oz	16oz
Mix Any 2 .....	£4.00	£4.90	Mix Any 3 .....	£4.50	£5.50
• Banana			• Lemon		
• Apple			• Pineapple		
• Blackberry			• Raspberry		
• Strawberry			• Kiwi		
			• Pear		
			• Passion Fruit		
			• Avocado		
			• Spinach		
			• Mint		
			• Blueberry		

## SHOTS

Chilli Shot .....	£2.00	Ginger Shot .....	£2.00
Chilli Lemon, Apple		Ginger Apple	
Turmeric Shot .....	£2.00	Beet Shot .....	£2.00
Turmeric, Lemon, Apple		Beetroot, Apple	

## COLD DRINKS

Stil Water (Bottle) .....	£1.50	San Pellegrino Orange .....	£1.50
Sparling Water (Bottle) .....	£1.50	San Pellegrino Blood Orange,	
Fanta (Bottle) .....	£1.70	San Pellegrino Lemon,	
Coke / Diet Coke (Bottle) .....	£1.70	San Pellegrino Grapefruit,	
Sprite (Bottle) .....	£1.70	San Pellegrino Pomagranite.	

## HOT DRINKS

Espresso .....	S £1.60	D £2.00	Hot Chocolate .....	£2.70
Macchiato .....	S £1.80	D £2.20	Breakfast Tea .....	£1.70
Americano/Coffee .....	£2.40		Herbal Tea (Organic) .....	£2.40
Cappuccino .....	£2.70		Peppermint, comamile, lemon ginger,	
Latte .....	£2.70		green tea, wild berries, earl grey	
Moccachino .....	£2.90		Fresh Mint Tea .....	£2.60

## SOUPS

Vegetable Soup .....	Reg £3.50	Lrg £5.50	Meat Soup .....	Reg £4.50	Lrg £6.50
• Chunky Vegetables & Red Lentil			• Red Thai Chicken		
• Tuscan Tomato & Basil			• Chicken & Chorizo		

## YOGURT POTS & FRUIT BOWL

Beauty Raspberry, Banana, Avocado, .....	£4.90	Yummy Yogurt, Molasses & Blueberry .....	£4.50
Elderflower, Yogurt, Granola		Fruit Bowl .....	£4.00
Yo Ho Yogurt, Honey & Nuts .....	£4.50	Grape Bowl .....	£3.50

MADE WITH FRESH APPLE JUICE



Nutrition is not low fat.  
It's not low calorie. It's  
not about being hungry &  
feeling deprived.

It's about nourishing your  
body with real, whole  
foods so that you are  
consistently satisfied &  
energised to live life to  
the fullest!



#zestsalad

# ZEST

THE  
FRESH SALAD COMPANY

— —  
CHOP, CRUNCH, YUM

FRESH SALADS // PASTAS // CIABATTAS & PANINIS // JUICES // SHAKES

## DESIGNED BY YOU, MADE BY US

[www.zestsaladbar.co.uk](http://www.zestsaladbar.co.uk)

194 HIGH ROAD, LOUGHTON, ESSEX IG10 1DN

TEL: 020 8508 8006



# MAKE YOUR OWN SALAD

Why salads?.... because a healthy outside starts from the inside

## • CHOOSE

**REG SALAD £5.95**

1 Deli + 4 Ingredients  
+ 1 Dressing + 1 Garnish

**LARGE SALAD £6.95**

2 Deli's + 6 Ingredient  
+ 1 Dressing + 1 Garnish

## • BASE

Choose one

- Mixed Leaves
- Crunchy Leaves
- Rocket
- Spinach
- Couscous
- Whole Wheat Pasta
- Pasta Fuseli
- Lentils

## • DELI

Any additional Deli will be charged extra £1.20

- Avocado
- Bacon (Crispy)
- Blue Cheese
- Butternut Squash
- Grilled Artichokes
- Cooked Chorizo
- Feta
- Falafel
- Jack Cheese
- Mackerel (Smoked)
- Mild Salsa
- Mozzarella
- Parma Ham
- Parmesan
- King Prawns
- Roasted Peppers
- Roasted Chicken
- Breaded Chicken
- Smoked Salmon
- Sun Blushed Tomato
- Sun Dried Tomato
- Tuna
- Tuscun Beans
- Meatballs
- Honey Roasted Ham

## • INGREDIENTS

Any additional ingredients will be charged extra 80p

- Beetroot
- Black Olives
- Green Olives
- Carrots
- Capers
- Cherry Tomato
- Chickpeas
- Cucumber
- Eggs
- Gherkins
- Jalapenos
- Mushrooms
- Mixed Peppers
- New Potato
- Onions & Garlic
- Petit Pois
- Red Onions
- Sliced Tomato
- Sweet Corn
- Cabbage
- Celery
- Broccoli

## • DRESSINGS

Choose one

- Balsamic Dressing
- Basil Dressing
- French Dressing
- Hummus
- Lemon & Pomegranate
- Mayo (Low Fat)
- Olive Oil
- Ranch
- Sweet Chili
- Hot Salsa
- Medium Salsa
- Thousand Island
- Balsamic Vinegar
- Lemon Juice
- Low Fat Blue Cheese
- Low Fat Caesar

## • 1 GARNISH

Additional 50p

- Cranberries
- Croutons
- Crushed Chilli
- Mixed Fresh Herbs
- Seed Mix
- Tortilla Chips

# MAKE YOUR OWN HOT PASTA

Wholesome happiness found in a bowl pasta topped with your favourite healthy goodies

## • CHOOSE

**HOT PASTA REGULAR £5.95**

1 Deli, 4 Ingredients,  
1 Dressing & Garnish

**HOT PASTA LARGE £6.95**

2 Deli, 6 Ingredients,  
1 Dressing & Garnish

## • PASTA BASE

Choose one

- Fuseli Pasta
- Whole Wheat Pasta
- Tortellini (Spinach & Ricotta)

## • DELI

Any additional Deli will be charged extra £1.20

- Avocado
- Bacon (Crispy)
- Blue Cheese
- Butternut Squash
- Grilled Artichokes
- Cooked Chorizo
- Feta
- Falafel
- Jack Cheese
- Mackerel (Smoked)
- Mild Salsa
- Mozzarella
- Parma Ham
- Parmesan
- King Prawns
- Roasted Peppers
- Roasted Chicken
- Breaded Chicken
- Smoked Salmon
- Sun Blushed Tomato
- Sun Dried Tomato
- Tuna
- Tuscun Beans
- Meatballs
- Honey Roasted Ham

## • INGREDIENTS

Any additional ingredients will be charged extra 80p

- Beetroot
- Black Olives
- Green Olives
- Carrots
- Capers
- Cherry Tomato
- Chickpeas
- Cucumber
- Eggs
- Gherkins
- Jalapenos
- Mushrooms
- Mixed Peppers
- New Potato
- Onions & Garlic
- Petit Pois
- Red Onions
- Sliced Tomato
- Sweet Corn
- Red Cabbage
- Celery
- Broccoli

## • DRESSINGS

Choose one

- Basil Pesto
- Tomato & Basil
- Carbonara Sauce
- Olive Oil
- Arrabiata

## • 1 GARNISH

Additional 50p

- Cranberries
- Croutons
- Crushed Chilli
- Mixed Fresh Herbs
- Seed Mix
- Tortilla Chips

# FRESH JUICES

Add organic vitamin C 1000mg for 80p

Extra items £1.00

	12oz	16oz		12oz	16oz
Mix Any 2	£4.00	£4.90	Mix Any 3	£5.00	£5.90
Classic: orange, apple, pear, pineapple, carrots, grapefruit					

	12oz	16oz		12oz	16oz
Dr Zest Carrots, Ginger, Apple	£4.00	£4.90	Sweet Shot Red Bell Pepper, Lemon, Apple	£4.00	£4.90
Energiser Red grapefruit, Ginger, Apple	£4.00	£4.90	Hangover Cabbage, Pear, Ginger, Lettuce	£5.00	£5.90
Green Prince Cucumber, Lemon, Pineapple	£4.00	£4.90	Sunburst Orange, Red Bell Pepper, Carrots, Lemon	£5.00	£5.90
Veggie Mania Celery, Carrots, Apple	£4.00	£4.90	Immune Guard Turmeric, Black Peppers, Pineapple, Carrots	£5.00	£5.90
Dirty Appetite Ginger, passion fruit, apple	£4.00	£4.90	Detox Kale, Apple, Lemon, Ginger, Celery	£5.50	£6.50
S.A.P. Sea Buckthorn, Pineapple, Apple	£4.00	£4.90	Green Man Avocado, Lemon, Broccoli, Spinach, Apple	£5.50	£6.50
Calming River Strawberry, Kiwi, Apple	£4.00	£4.90	Beauty Detox Spinach, Kale, Celery, Pear, Lemon	£5.50	£6.50
Pick Me Up Rosebery, Banana, Apple	£4.00	£4.90	Green Shield Cucumber, Kale, Broccoli, Spinach, Apple	£5.50	£6.50
Stress Free Strawberry, Ginger, Apple	£4.00	£4.90	Spicy Balance Carrots, Broccoli, Ginger, Lemon, Chilli	£5.50	£6.50
AMG Apple, Mint, Ginger	£4.00	£4.90	Beet Up Beetroot, Avocado, Banana, Pineapple, Apple	£5.50	£6.50
Iron Monger Strawberry, Kiwi, Apple	£4.00	£4.90	Zest ID Cucumber, Kale, Broccoli, Spinach, Lemon	£5.50	£6.50
Sporty Pineapple, Passion Fruit, Apple	£4.00	£4.90	Herbal Turmeric, Ginger, Pineapple, Red Bell Pepper, Black Pepper, Apple	£6.00	£6.90

# SHAKES

	12oz	16oz		12oz	16oz
Power Shake Strawberry, Banana, Vanilla Milk	£4.00	£4.90	Energy Shake Rosebery, Banana, Vanilla Milk	£4.00	£4.90
Superstar Sea Buckthorn, Banana, Vanilla Milk	£4.00	£4.90	Avo Shake Banana, Avocado, Vanilla Milk	£4.00	£4.90
Veggie Shake Plant Protein, Banana, Chocolate, Almond Milk	£4.00	£4.90	Choco Shake Raw Coca, Banana, Vanilla Milk, Choc Almond Milk	£4.00	£4.90