

BREAKFAST EVERY DAY



Served from 8.30am till 11.30am

A BOWL OF HOT PORRIDGE 3.50
maple syrup or fresh fruit

A BOWL OF CORNFLAKES 2.50
milk & summer berries

BREAKFAST GRILL PLATTER
large 7.95 small 5.95
eggs, crispy bacon, sausage,
grilled tomato,
sautéed mushrooms, toast,
orange juice

CRUMPETS 2.50
with jam and butter

CROISSANTS AND DANISH PASTRIES 2.55
please ask for the day's freshly baked selection

BREAKFAST MUFFIN 5.95
fried egg, bacon, sausage and tomato

STEAK BREAKFAST PLATTER 12.95
sirloin steak cooked medium
griddled egg, sautéed mushrooms,
tomato and toast

BREAKFAST BAGUETTE
choice of - bacon, egg, sausage,
sautéed mushrooms or grilled tomato
one filling 4.35
two fillings 4.95
three fillings 5.65

AMERICAN STYLE PANCAKES
maple syrup & crispy bacon **5.95**
fruit compote & whipped cream **5.95**

EGGS BENEDICT 6.75
poached eggs, ham and tomato
on a soft muffin
hollandaise sauce

HOT CROISSANT 4.95
melted cheese and roast ham

GRILLED MANX KIPPERS 3.95
buttered brown bread

OMETLETTE 'ARNOLD BENNETT' 7.95
smoked haddock, cheese,
mustard sauce

EGGS ROYALE 7.65
poached eggs, smoked salmon,
asparagus, on a soft muffin
hollandaise sauce

HOT BACON MUFFIN 3.95

HOT SAUSAGE MUFFIN 3.95

FLUFFY SCRAMBLED EGGS 4.95
on a hot bagel

TOAST 1.50

BAKED BEANS 1.50

BLACK PUDDING 1.45

THREE EGG OMELETTE 4.95
and hot toast

HASH BROWNS 1.25

Weekday special 5.45

**A BOWL OF CORNFLAKES, TOAST WITH BUTTER & PRESERVES,
ORANGE JUICE & A CHOICE OF TEA OR COFFEE**

ZEST

21 Market Square,
Lytham FY8 5LW
Telephone 01253 735253
inportofino@hotmail.com
www.portofino-zest.com

zest

21 Market Square, Lytham



CROSTINI & STUZZICHINI

TASTY NIBBLES

- FRESH BAKED BREAD 3.75**
olive oil & balsamic
- A BOWL OF MARINATED GREEN & BLACK OLIVES 4.50**
- GARLIC CIABATTA 3.25**
with cheese 3.75
- CALAMARI FRITTI 5.25**
tartare sauce & lemon wedges
- HOT TORTILLA CRISPS 2.95**
- MINI GREEK SALAD 4.50**
- MINI CAESAR SALAD 4.50**
- HOUMOUS & CROSINI 4.50**
- PARMA HAM CROSTINI 4.50**
rocket & parmesan flakes
- CHICKEN LIVER PATE 4.25**
crostini & fruit chutney
- MOZZARELLA CROSTINI 3.95**
roast peppers & rocket
- SMOKED SALMON CROSTINI & cream cheese 4.55**
- MIXED CROSTINI PLATE 5.95**

ANTIPASTO PLATTER 7.95
parma ham, salami, feta cheese, olives, mozzarella, homemade chutney & fresh baked bread

PANE BRUSCHETTA & PIADINE

SANDWICHES, BRUSCHETTA & WRAPS

- ROAST HAM & MELTED GRUYERE CHEESE CIABATTA 6.95**
fruit chutney
- TOMATO BRUSCHETTA 6.95**
red onions, basil, chilli, garlic & olive oil
- SHREDDED DUCK WRAP 7.50**
cucumber, spring onion & plum sauce
- STEAK BAGUETTE 8.95**
steak strips, mushrooms & melted cheese
- HOT SMOKED SALMON BAGEL 7.95**
cream cheese in a hot bagel
- ZEST CLUB 8.50**
grilled chicken, bacon, avocado, egg, lettuce, tomato & mayonnaise
- GRILLED CHICKEN & BACON CIABATTA 7.25**
mayonnaise
- SPICY CHICKEN WRAP 7.25**
peppers, onions & aioli
- MELTED BRIE & CRISPY BACON CIABATTA 7.25**
cranberry sauce
- ITALIAN SAUSAGE BAGUETTE 7.50**
saute onions
- TUNA MAYO WRAP 6.45**
spring onions, cucumber & cherry tomatoes
- GOATS CHEESE BRUSCHETTA 7.95**
roast red peppers & balsamic
- CRAYFISH & AVOCADO 8.95**
on wholemeal with rocket, lemon mayonnaise
- B.L.T. 7.25**
Bacon, lettuce & tomato on wholemeal, mayonnaise
- ROAST HAM 6.95**
on wholemeal with piccalilli
- HOUMOUS WRAP 6.95**
crunchy salad vegetables
- ASPARAGUS, AVOCADO & ROAST PEPPER BAGEL 7.25**
with cream cheese
- PRAWN SANDWICH 7.95**
on wholemeal with rocket & marie rose sauce
- TUNA MELT CIABATTA 6.75**
salad garnish
- CHEESE ON TOAST 4.95**
simple & delicious

ALL SERVED WITH A MIXED SALAD & CRISPS

PROSECCO
APEROL SPRITZ 6.95
prosecco with aperol & orange twist

PROSECCO 5.95
Italian light & dry prosecco

MILANO 6.95
Prosecco with Campari & orange

BELLINI 6.95
Prosecco with peach purée

ROSSINI 6.95
Prosecco with red berry purée

*Join us for
Aperitivo time*
free tasty nibbles at the bar everyday at 6pm

INSALATE

SALADS

- GREEK SALAD 7.45**
feta cheese, olives, mixed salad & a pot of houmous
- CAESAR 7.95**
grilled chicken & bacon, anchovies, parmesan & croutons
- CRAYFISH & AVOCADO 9.50**
rocket, cherry tomatoes, red onions, cucumber, lemon & lime wedges
- AVOCADO & CRISPY BACON 7.95**
salad leaves, peppers, red onions, cherry tomatoes & cucumber
- SALAD NICOISE 9.50**
fresh grilled tuna, olives, egg, green beans & mixed salad
- CAPRESE 7.45**
mozzarella, tomato, basil, rocket, extra virgin olive oil & black pepper
- SPICY MARINATED CHICKEN 7.95**
mango, cherry tomatoes, salad leaves, peppers, red onions, cucumber & aioli

OUR OWN PASTA
see the blackboard for our daily special



Bambini

KIDDIES (UNDER 10'S)

- CHEESE ON TOAST 2.95**
- CHICKEN GOUJONS & CHIPS 3.45**
- SAUSAGE, CHIPS & BEANS 3.45**
- HAM SANDWICH & CRISPS 2.95**
- GRILLED CHICKEN & CHIPS 3.45**
- TUNA SANDWICH & CRISPS 2.95**



CELEBRATING 10 YEARS OF FINE FOOD, WINE & ITALIAN COFFEE

SPECIALITA DELLA CASA

HOUSE FAVOURITES

- PERI PERI CHICKEN 8.95**
grilled breast, chilli peppers & garlic; salad, fries & chilli mayonnaise
- SEARED TUNA & ROAST MEDITERRANEAN VEGETABLES 10.95**
rocket & balsamic
- CHICKEN BURGER MILANESE 8.95**
breadcrumbed chicken breast on a soft bap, tomato, lettuce & mayonnaise & fries
- SAUTE OF KING PRAWNS & CHORIZO 9.95**
garlic, chilli & coriander, cherry tomatoes, peppers & crostini
- ZEST FRITTATA 7.95**
chorizo, spinach, potato & garlic; mixed salad bowl
- SALMON FISHCAKES 7.50**
mixed salad; aioli & sweet chilli dip
- GRILLED GOATS CHEESE 7.95**
roasted mediterranean vegetables, rocket salad & pesto
- SLOW ROAST BBQ RIBS 7.95**
served hot & sticky with salad & fries
- SMOKED HADDOCK 8.95**
stacked with bacon, poached egg black pudding & hollandaise
- A BOWL OF MUSSELS 8.95**
cream, white wine, parsley & spring onions, fries
- SEARED SALMON HOLLANDAISE 9.25**
grilled asparagus, salad & fries
- SINGAPORE VERMICELLI 9.25**
rice noodles, chicken, king prawns, crunchy veg, garlic, chilli & curry
- CHICKEN & CHORIZO SKEWERS 9.75**
mixed salad & fries
- CHICKEN GOUJONS 7.25**
salad & fries; aioli & sweet chilli dip
- GRILLED MARINATED LAMB 10.95**
greek salad, fries & pesto dip
- GRILLED RIB EYE STEAK TOSCANA 12.95**
tomato salad, grilled mushrooms & fries
- ZEST BURGER 8.95**
100% pure beef, melted cheese, saute onion, salad & dill pickle, fries & 1,000 island dip

CONTORNI side orders

- crisp thin fries 2.95**
- garlic fries 2.95**
- rocket salad with parmesan flakes 3.95**
- mixed salad bowl 3.95**
- mini caesar salad 4.50**
bacon, croutons & parmesan
- tomato & red onion salad 3.95**
- garlic ciabatta with cheese 3.75**
- onion rings 2.95**
- mini greek salad 4.50**
feta cheese & olives

DOLCE

SWEETS

- please see our display fridge for a selection of tempting cakes, pastries & meringues 3.95**
- MUFFINS 2.95**
blueberry, lemon & chocolate,
- FRUIT SCONES 2.75**
clotted cream & jam
- TOASTED TEACAKE 2.50**
butter & jam
- HOT CRUMPETS 2.50**
butter & jam
- DANISH PASTRY SELECTION 2.55**
- ICE CREAM 3.95**
vanilla, chocolate & strawberry

AFTERNOON DELIGHT

COFFEE & CAKE 4.95

weekdays 3 till 6pm

ALIMENTARI FOOD SHOP
extra virgin olive oil
artisan pasta

cantuccini & amaretti biscotti

VINO
balsamic vinegar
girasole, saccotino & brioche
torrone & cioccolata
pandoro & panettone
fine food to take home and enjoy

Cafe

COFFEE, TEA & HOT CHOCOLATE

- CAPPUCCINO 2.60**
espresso with steamed milk and froth
- ESPRESSO 1.95**
strong, short, black coffee
- AMERICANO 2.00 / 2.30**
small or large black coffee
- LATTE 2.60**
long steamed milk coffee with espresso and a touch of froth
- WHITE COFFEE 2.10 / 2.40**
small or large
- MOCHA 2.95**
long hot chocolate and coffee drink
- HOT CHOCOLATE 2.95**
rich, milky chocolate drink - add syrup, marshmallows & whipped cream 30p each
- TEA**
english breakfast tea 1.75
herb & fruit tea 1.95
earl grey 1.95

- ICE CREAM MILKSHAKE 3.25**
banana, chocolate & strawberry
- ESPRESSO CUMBANA 2.00**
strong, short, black coffee topped with cream
- ESPRESSO MACCHIATO 2.00**
strong, short, black coffee with a touch of froth
- ESPRESSO NAPOLI 2.00**
strong, short, black coffee with lemon zest

EXTRA COFFEE SHOT 1.50

HOT ALCOHOL all 4.95

- IRISH COFFEE**
Jamiesons Irish Whiskey, coffee, brown sugar & cream
- FRENCH COFFEE**
Courvoisier, cognac, coffee, brown sugar & cream
- CHOCOLATE BAILEYS**
Hot chocolate, baileys Irish Cream, marshmallow & whipped cream