

## Soups

Our home-made soups are very popular. They are made using seasonal ingredients and are served on their own or with farmhouse bread.

Bowl of soup	£3.50
Bowl of soup with bread	£4.50

See the board for today's soup

## Jacket Potatoes

A more filling healthy snack, served with butter and a fresh salad.

Plain and simple	£3.50
Beans, Cheddar Cheese, Tuna,	£4.70
Cottage Cheese or Coleslaw	£4.70
Freshly Grilled Bacon	£5.20
Prawns	£5.20

## Salads

Cheddar Cheese or Cottage Cheese or Tuna or Ham	£5.25
Omelette salad with choice of fillings: ham, cheddar cheese, tomato or onion	£5.75
Prawns with seafood sauce	£5.75
Simple salad	£4.20

## Coffee and Tea

Filter coffee	£1.60 / £1.90
Americano	£1.90 / £2.20
Caffé latte	£2.20
Cappuccino	£2.20 / £2.40
Mocha	£2.30 / £2.50
Espresso	£1.65 / £1.95
Hot chocolate	£2.20 / £2.40

Pot of tea for one	£1.70
Pot of tea for two	£3.40
Decaffeinated tea	£1.80
Earl Grey tea	£1.80
Green tea	£1.80
Peppermint tea	£1.80
Camomile tea	£1.80



All our coffee and standard tea are Fairtrade

## Cold Drinks

Coke, Diet Coke, Fanta, Lemonade	£1.50
Fresh orange juice	£1.80
Pressed apple juice	£1.80
Milk	£1.30
Mineral water	£1.50
Ice cream float	£2.00
Iced milk shake (Banana, Strawberry or Chocolate)	£2.40
Iced coffee	£2.40

café zest

relax eat drink



## Sandwiches

wholemeal bread with salad and crisps

Marmite, Peanut Butter or Jam	£1.90
Ham, Cheddar Cheese or Salad	£3.40
Tuna or Egg Mayo	£3.40
Prawn Mayo	£3.90

## Toasted Sandwiches

wholemeal bread served with salad

Cheddar cheese	£3.50
Cheddar cheese and tomato	£3.80
Grilled bacon	£4.20
Cheddar cheese and grilled bacon	£4.50
Egg and grilled bacon	£4.50
Egg, cheese and grilled bacon	£4.90

## Panini

served with salad

Cheddar cheese and tomato	£3.80
Tuna melt	£4.00
Ham, cheese and tomato	£4.20
Grilled bacon	£4.60

## Little Bites

Buttered wholemeal toast	65p
Buttered wholemeal toast with...	75p
Peanut Butter, Marmite, Jam or Marmalade	

Beans on toast	£2.40
Cheese on toast	£2.50
Scrambled egg on toast with free range eggs	£2.60

Omelette filled with cheese and ham or cheese and tomato served with fresh salad and bread and butter	£4.50
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café zest special:

Scrambled free range egg, beans, grilled bacon and hot buttered toast	£5.25
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Free range poached egg on a toasted muffin	£2.70
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## Cakes & Scones

Home-made cakes	£2.20
Home-made scone with butter	£1.70
Toasted teacake with butter	£1.70

Take-away food available  
Open Mon-Fri 9am-4pm  
café zest - 01622 757095

## Food

We serve delicious, fresh and healthy food. Tempting cakes and wholesome soups always available to eat here or to take away.

## Facilities

Fully equipped rooms are available for hire. We can cater too if that is what you would like.

e-mail: [bookings@thelifechurch.org.uk](mailto:bookings@thelifechurch.org.uk)  
Free WiFi available.

## Friendship

café zest is part of The Life Church.

You are welcome to join us at our Sunday morning service, pick up a newsletter for more information.

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