

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



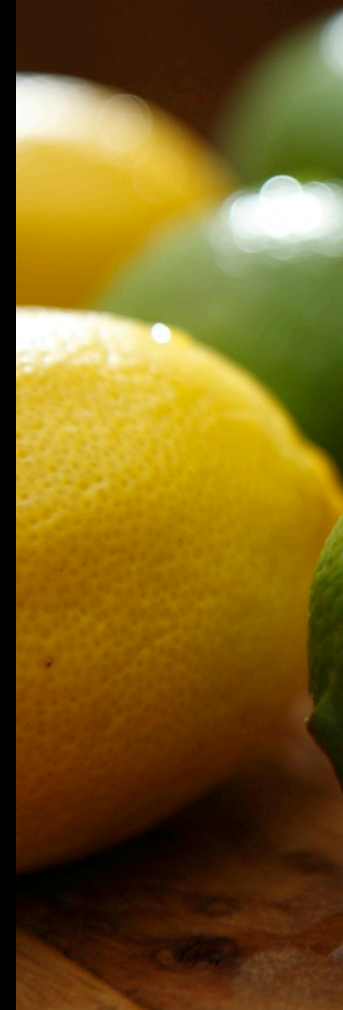
All our coffee and standard tea are Fairtrade

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... Peanut Butter, Marmite, Jam or Marmalade	75p

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
---	-------

café zest special:

Scrambled free range egg, beans, grilled bacon and hot buttered toast	£5.25
--	-------

Free range poached egg on a toasted muffin	£2.70
---	-------

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
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.

The Life Church
13-15 Brewer Street
Maidstone
ME14 1RU
Registered Charity No. 1123130
Phone - 01622 757095
www.thelifechurch.org.uk