

9 was 7 lunch

ZESTWICHES

tortilla crusted fresh catfish filet with lettuce, tomato, red onion and pickled jalapeno tartar sauce on house flatbread 9.95

summer ripe tomatoes and melted fresh mozzarella with fresh basil pesto on homemade focaccia bread 8.95

pan-seared breaded boneless chicken breast with lettuce, red onion and green apple chipotle salsa on homemade focaccia bread 8.95

ground turkey burger with smoked gouda cheese, lettuce, tomato and sweet onion aioli on homemade focaccia bread 8.95

grilled french brie cheese, locally grown fig jam and arugula on homemade focaccia bread 8.95

- above zestwiches served with fresh honey poppyseed slaw -

BIG BOWL SALADS

zesty caesar salad – crisp romaine lettuce with pecorino romano cheese, toasted focaccia croutons and the most fantastic caesar dressing ever
regular 5.95 grande 7.95

the house – specially picked mixed greens surging from a cucumber wrap with your choice of zestmade raspberry balsamic, oregano vinaigrette, lemon tahini, buttermilk horseradish or honey-wasabi dressings
regular 5.95 grande 7.95

above salads with grilled
grilled shrimp add 4.00
salmon filet add 4.00
chicken breast add 3.00

SOUPER SOUPS OF THE DAY

choice of veg or not-veg
regular 3.95
grande 6.00

regular soup and salad combo 8.95

MAINS

grilled salmon filet on a salad of flat leaf spinach, red leaf lettuce, black mission figs, fresh pears, crumbled blue cheese and toasted pecans with raspberry balsamic vinaigrette 10.95

pan-seared salmon cake on grilled hearts of romaine with diced tomatoes, cukes, red onions and feta cheese drizzled with buttermilk horseradish dressing 9.95

spinach and mozzarella cheese stuffed ravioli tossed with toasted pine nuts, crushed tomato, garlic and fresh herbs with a mixed green salad 9.95

awesome quesadilla ...roasted chicken, poblano peppers and sweet potatoes with monterey jack cheese stuffed in a wheat tortilla - served with cuban black beans, lettuce and tomato salsa 9.95

tuna "nicoise" salad – white and light tuna, roasted potatoes, fresh tomatoes, green beans, kalamata olives and capers tossed with french-style vinaigrette on mixed greens with a balsamic reduction 9.95

tarragon chicken salad...chunks of chicken, roasted carrots and fresh celery tossed with an incredible tarragon-scallion dressing on mixed greens with a balsamic reduction 8.95

PEASANT CRUST PIZZESTAS

served with fresh honey poppyseed slaw :
#1 –baked chicken, oven cured tomatoes and asiago cheese with zesty marinara sauce 9.95

#2 – mediterranean style with artichoke hearts, garlic wilted spinach, fresh tomatoes, crumbled feta cheese and hummus spread 8.95

substitute house or caesar salad for slaw add .95

LIQUIDS

fresh brewed coffees

house blend reg/decaf 1.75
café au lait 2.50
espresso sing. 2.25 dbl. 2.75
cappuccino sing. 2.75 dbl. 3.25
latte sing. 3.00 dbl. 3.50
flavored syrups .50/ shot
(vanilla, sugar free vanilla, chocolate)

fresh brewed teas

pot/hot english breakfast tea
regular/decaf 2.50
pot/hot raspberry tea 2.50
pot/hot herbal hibiscus tea 3.50
(hibiscus/ rosehips/ lemon grass/ orange peel)
unsweetened iced tea 1.75
unsweetened iced raspberry tea 1.75

bottled drinks

san pellegrino sparkling water 3.00
fiji natural artesian water 2.00
fuze green tea 3.00
orangina sparkling citrus beverage 2.00
nantucket nectars lemonade 2.50
v8 vegetable drink 2.00

see table tents for our great selection of soda, milk, juice beers and wines

EXTRAS

middle eastern style hummus with bread 3.95
fresh fruit of the season 2.95
zest mix – chipotle-herb roasted baby red, yukon gold and nc sweet potatoes 2.50
fresh honey poppyseed slaw 1.95
bowl of tater chips .95
hot 'n spicy sauce .50
ramekin of non-fat sour cream .50