




Visit our website
www.zestfood.ie




or email your enquiry to
info@zestfood.ie



Crowd-Pleasers

Denotes our coeliac friendly dishes 

These meals come in trays to feed 10 adults, and cost 40 euros per tray. Simply follow the reheating instructions, makes feeding a crowd really easy!

- Buttered Curry Chicken
- Traditional Chicken Curry
- Thai Green Chicken Curry 
- Beef Stroganoff (with mushrooms, sour cream and brandy) 
- Beef Bourguignon (red wine, garlic, herbs, bacon)
- Moroccan Lamb Tagine (tomato-based mildly spicy fruity sauce) 
- Chicken à la King

Are all served with Basmati Rice or Fruity Couscous

- Italian Beef Lasagne & Tossed Salad

Vegetarian Options - €35 euros per tray

- Thai Squash Curry w/ Cashew nuts
- Moroccan Chickpea Tagine w/rice or couscous
- Vegetarian Lasagne & Tossed Salad

Fish Options - €40 euros per tray

- Posh Fishermans Pie
- Crab Bake (Sauteed Leeks, Crab Claw Meat, Topped w/ Fresh Breadcrumbs)

For the Little Ones...

€5.50 per child

- Pasta with meatballs
- Half portion of Hot Dishes
- Kiddie Canapé Selection (Chicken goujons, cocktail sausages and wedges)

Finger Lickin' Party Food

€7.95 p.p.

(Combine any four items from this list)

- Golden Fried Crispy Chicken Drumsticks
- Loaded Potato Skins with Cheddar Cheese, bacon and spring onion
- Clonakilty Black Pudding with Red Onion Marmalade
- Large Vegetable Spring Roll
- Quiche Lorraine slice
- Goats Cheese and Red Onion Quiche slice
- Crispy Coated Hot 'n Spicy Chicken Wings
- Mini Gourmet Sausage Rolls
- Tempura Prawns

Cold Meat Platters

- Honey & Lime Chicken Supreme €4.00 p.p.
 - Sweet Chilli Glazed Salmon Supreme €4.00 p.p.
 - Irish Sirloin Rump of Beef – 2 slices €3.50 p.p.
 - Irish Roast Crown of Turkey – 2 slices €3.00 p.p.
 - Glazed Baked Ham – 2 slices €3.00 p.p.
 - Vegetarian Nut Loaf Slice €4.00 p.p.
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- Whole Dressed-Ham €75
 - *or* Half Dressed-Ham €35
 - Whole Poached Salmon €55

Sharing Platters

serves 6-8 people

- Continental Meats & Hummus €45.00
- Irish Cheese Board with fruit and crackers €45.00
- Seafood Platter (selection of seasonal smoked and fresh seafood) served with marie-rose sauces and lemon wedges
Small (serves 2) €16.00 or Large (serves 4-6) €36.00
- Platter of Sandwiches (serves 6-8 adults) €30.00
- Fresh Fruit Platters €4.95 p.p.

Quiche Selection

- Our Quiches are 8" round, serve 6-8 portions.
- Quiche Lorraine or Red Onion & Goats Cheese €20.00 each

Handmade Breads

Chia Seed Bread
Spelt & Honey Bread
Brown Treacle Soda
Pesto Bread
Chilli Bread
Garlic & Herb Foccacia
Bavarian Malt Bread

Seasonal Salads

(may be subject to change seasonally)

Large Bowl €15 serves 8 adults or €7.50 for a Half Bowl

- Chargrilled Broccoli, Garlic & Chilli Salad
- Cucumber with Sour Cream & Dill
- Fruity Couscous
- Indian Spiced Potato Salad
- Asian Coleslaw
- Heritage Carrot & Hazelnut Salad
- Pasta Pesto with Sun Blushed Tomatoes and Bacon
- Roasted Beetroot Salad
- Kale & Edamame Bean Salad
- Mexican Three Bean Salad
- Traditional Coleslaw
- Traditional Potato Salad

Why not add some of our freshly baked breads to your order? Our most popular ones are Spelt & Honey, Chia Seed, and Bavarian Malt.



Cold Canapés €5.50 p.p.

(suitable for drinks receptions - we provide 6 pieces p.p.)

- Fillet of Beef with Horseradish Cream & Fried Beetroot
- Sliced Beef Tenderloin w/ Red Onion Confit on a mini blini
- Grilled Vegetable Crostini
- Oak Smoked Organic Salmon on brown bread w/ lemon & dill
- Dublin Bay Prawns in Marie Rose Sauce
- Chicken with a Thai Green Curry Mayonnaise on Naan Bread
- Courgette and Sundried Tomato
- Buffalo Mozzarella & Baby Tomato Spears



Catering for a small number of guests?

Why not try our fine range of “family” meals, which are ideal for small dinner parties or family get-togethers, perfect for busy Mums and Dads too! The range includes:

- Buttered Chicken Curry & Rice
- Traditional Chicken Curry & Rice
- Beef Lasagne
- Fish Pie
- Fish Bake
- Beef Stroganoff
- Beef Bourguignon
- Thai Squash Curry with Cashew Nuts (v)

All of these can be ordered through our cafes for next day

The meals are handmade by our Chefs, and ready for you to pop them into the oven for 30 minutes at 180 degrees – easy, peasy!

Large Desserts

Whole

Posh Sherry Trifle	€15.00
Fresh Fruit Pavlova	15.00
Meringue Roulade	€7.50
Bowl of Rocky Road & Brownie Bites	€25.00

Cheesecake Pre-sliced with each slice decorated

	Med	Lge
Fresh fruit Tartlet	€10	€15
Strawberry Tartlet	€10	€15
Lemon Meringue Pie	€10	€15
Banoffee Pie	€10	€15
	Whole	Pre-sliced
Baileys Cheesecake	€13.95	€14.95
Snickers Cheesecake	€13.95	€14.95
Featured Cheesecake	€13.95	€14.95

Don't Wait Until It's Too Late!

3 working days notice required for cake & catering orders
10 working days notice required for custom & speciality cakes



Cakes by Zest!

Wedding Cakes

To create the cake of your dreams, Head Chef Danny Miller would be delighted to meet with you to discuss your wishes and budget. If you'd like to contact him directly on danny@efg.ie and email him a picture of what you have in mind, he can price it for you by return email and then meet with you to discuss your options and delivery or collection.

*"If there's no chocolate in heaven,
I'm not going"*

Jane Seabrook

Every celebration, big or small, deserves a cake... and at Zest! our talented team of bakers can create your perfect celebration treat. Our best seller is the deliciously indulgent double-coated Chocolate Ganache Cake, but there are lots of options in different sizes and shapes to suit your pocket and occasion.

(Gluten Free Option)

6" Square Cake	€15	€20
8" Round Cake	€20	€25
8" Square Cake	€25	€30
10" Round Cake	€25	€30
10" Square Cake	€30	€35
12" Round Cake	€40	€50
12" Square Cake	€50	€60
14" Round Cake	€60	€70
14" Square Cake	€80	€90
Rainbow Cake	€35	
M&M Cake	€40	



Sponge Choices

Vanilla Light, Vanilla Madeira, Red Velvet, Carrot, or Chocolate

(For gluten-free cakes, vanilla is the only recommended option)

Filling Choices

Chocolate ganache (Dark, Milk or white chocolate) or Chocolate Mousse

Chantilly Cream or Creme Patisserie or Buttercream or Hazelnut Praline Cream

Strawberries & Cream

Extra Inclusions to go inside cake along with filling

Fresh Strawberries or Blackberries or Raspberries

Strawberry Jam or Raspberry Jam or Lemon Curd

Icing Options

- Chocolate Ganache (Dark or Milk)
- Rolled Icing (If this option is chosen no fresh cream or fresh fruit can be the filling)
- Fresh Cream
- Buttercream in most colours (strong blues or reds not recommended)

Any internet image (or if you want to email a picture, logo or photograph to us) can be printed in sugar for an extra five euro for the top of the cake

Sugar work in the form of handmade characters or 3D sugar forms can be priced separately.

“Chocolate is nature’s way of making up for Mondays”

Anon



Biscuit Cake

(We keep it simple, with amazing Belgian chocolate and biscuit, but if you would like marshmallows or fruit added, let us know!)

Shape	Size	Portions	Price
Square	6" (15cm)	8 – 10	€25
Square	8" (20cm)	10 – 14	€35
Square	10" (25cm)	12 – 20	€50
Square	12" (30cm)	20 – 40	€80
Square	14" (35cm)	40 – 60	€140
Round	6" (15cm)	8 – 10	€20
Round	8" (20cm)	10 – 12	€30
Round	10" (25cm)	12 – 16	€40
Round	12" (30cm)	16 – 30	€60
Round	14" (35cm)	30 – 50	€100

*"Nine out of ten people like chocolate.
The tenth person always lies"*

John Q. Tullius





Our Services

- All pre-ordered foods can be collected directly from our kitchens at Knockbeg Point, or from any one of our branches.
- Glasses, plates & dishes can be hired for €1 p.p., and chaffing dishes can also be hired and collected from our HQ in Shannon (Knockbeg Point).
- Chaffing Dishes can be hired for parties @ 20 euros each (10 euros refunded on return)

Terms & Conditions

- A deposit is required to secure your booking.
- For detailed quotations, please contact **Sharon Alyward**, *Catering Coordinator* at **info@zestfood.ie**



Who we are

Zest! is a locally owned Irish company, employing over 230 great people. Our first café opened in Ennis in 2010, followed quickly by three in Limerick and we have a strong following in the mid-west, with lovely loyal customers. We make all our food by hand at our kitchens in Shannon (Knockbeg Point) and use the very best ingredients.

- We make it, we sell it, so our prices stay competitive...
- Our Bakers and Chefs are all committed to quality, overseen by our Production Manager & Q.C.

Where we are

- **Zest!** @ Market Place, Ennis, Co. Clare **(065) 6821014**
- **Zest!** @ The Gallery, Pery Square, Limerick **(061) 319449**
- **Zest!** @ EZ Living, City East Retail Park, Limerick **(061) 603370**
- **Zest!** @ Casey's, Raheen **(061) 441019**
- **Zest!** Order Collections @ Knockbeg Point **(087) 907 9051**

