



Drinks

We offer a variety of hot and cold beverages we feature fair trade, organic, de-Caf coffee and flavoured teas.

Coffee

Zest Americano	£1.50
Zest single espresso	£1.20
Zest double espresso	£2.00
Zest latte	£1.60
Zest cappuccino	£1.60
Zest mocha	£1.70
Zest hot chocolate	£1.70
Fair Trade instant	£1.00
De-Caf	£1.00
All coffee can be made with skinny, full fat or Soya milk.	
Treat yourself with an added shot of syrup - why not try hazelnut or caramel	Extra 50p

Flavoured teas

Zest fair trade tea	£0.80
Earl grey	£0.80
Assorted Twinings teas	£1.00

Milkshakes and thick shakes

Chocolate mocha thick shake made from chocolate powder, ice cream, coffee and milk (this is not for the one on a diet)	£3.00
Malted mocha thick shake cafe zest secret malted recipe	£3.00
Banana, chocolate milkshake	£2.50

Final temptations

Joe's Ice Cream	£1.05
Assorted Cakes	from £1.00

(V) - Suitable for vegetarians

All prices are in £ sterling and include 17.5% vat

Some menu items may contain nuts, we endeavour to source non-GM foods, menu items are subject to availability.

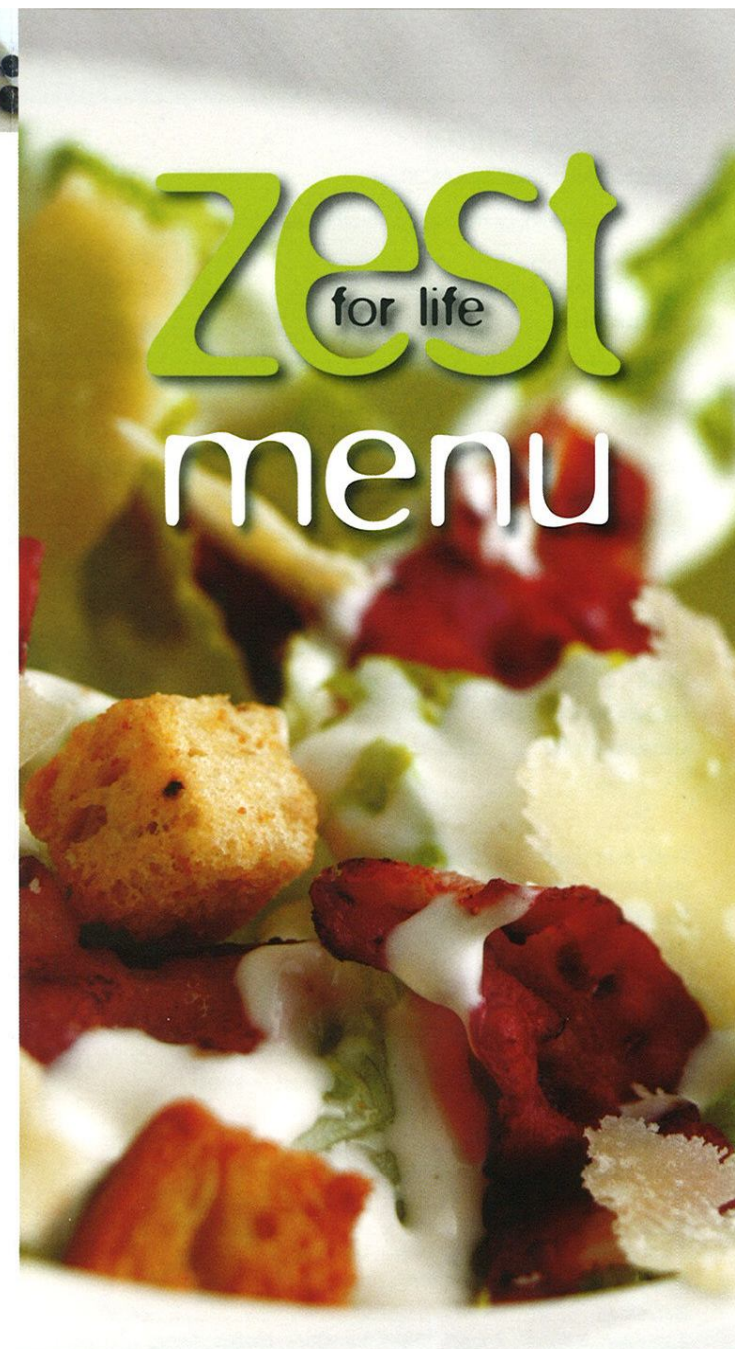
Zest for life

ZEST FOR LIFE CAFE IS WHOLLY OWNED BY THE GORSEINON DEVELOPMENT TRUST, A NON-PROFIT ORGANISATION AND A CHARITY.

Zest for Life Cafe

Canolfan Gorseinon Centre, Millers Drive, Gorseinon,
Swansea, SA4 4QN

Tel: 01792 897657



Breakfast Menu

Served all day

On Toast Choose from white or wholemeal bread

Beans	£2.25
Eggs scrambled or poached	£2.40
Cheese	£2.25

Breakfast/Brunch Sides

Toast	£0.40
Teacakes	£1.00
Crumpets	£1.00
Beans or Tomatoes	£0.60
All other breakfast items each	£0.80

Breakfast - served with tea/coffee (specialist coffee 50p extra)

Bont	£3.00
Sausage, bacon, egg, beans or tomatoes, toast or bread and butter.	
Gorseinon (V)	£4.00
Quorn Sausage, mushrooms, egg, potato, beans or tomatoes and 2 toast or bread & butter	
Loughor	£4.00
2 sausage, 2 bacon, 2 eggs, beans or tomatoes, 2 toast or bread and butter.	
Penllergaer	£4.50
2 sausage, 2 bacon, 2 eggs, beans, black pudding, mushrooms and potatoes, 2 toast	
Breakfast Baguette	£3.00
Bacon, sausage, egg and beans	
Bacon Baguettes	Small £1.50
.....	Large £2.75
Sausage Baguettes	Small £1.50
.....	Large £2.75

Lunch Menu

Sunshine bruschetta - toasted ciabatta with ripped basil and fine chopped tomato infused in a light olive oil and garlic drizzle (V)	£3.80
Baby Caesar salad - crisp romaine lettuce with pan seared garlic croutons, fresh parmesan cheese shavings (V)	£3.75
Pitta bread and olives - warm pitta bread served with homemade hummus, olives and yoghurt, mint dip (V)	£3.60

Salads

All served with warm pitta bread

Beach Salad - mixed salad with ham & seasonal fruit	£4.50
Caesar Salad - crisp romaine lettuce with pan seared garlic croutons, fresh parmesan cheese (V)	£4.50
Cheese Salad - mixed salad leaves, tomato, cucumber & cheese (V)	£4.00
Add £1.75 for chicken or steak.	

Panini And Baguettes

All served with side salad and crisps

Ham and cheese	£4.00
Teriyaki chicken and sweet chilli sauce ...	£4.50
Bacon & tomato	£4.00
Cheese & red onion (V)	£3.50
Chicken Mayo	£4.00

Please see boards for Daily Special's

Jacket Potatoes

- with side salad and crisps

Tuna with low fat mayonnaise	£3.00
Baked beans (V)	£2.75
BBQ chicken	£3.50
Cheese and red onion (V)	£2.75
Garlic mushrooms (V)	£3.50
Chicken Mayo	£3.50

Sandwiches

Assorted freshly made sandwiches	from
served with side salad and crisps	£2.00

On The Side

Garlic bread	£1.00
With cheese	£1.50
Olives (V)	£0.75
Side salad lettuce, tomato, red onion & cucumber	£1.00

Children's Menu (under 12's only)

All children's meals are £2.80 with a Drink & Ice Cream

- Potato Hedgehog & Beans
- Fish finger sandwiches with potato smiles

Also Children's breakfast menu available please ask