

DON'T PANIC. ITS ORGANIC

BUT MOST OF ALL OUR FOOD IS
MEDICINE TO SOOTHE YOUR SOUL
AND BRIGHTEN YOUR MIND SO YOU
TOO CAN BE ANGELIC.

GET IT?

LET'S DROP OUR GUARD AND KNOW
YOU ARE LOVED ESPECIALLY FOR
THOSE HIDDEN POCKETS OF DARK-
NESS. OWN IT, DON'T SPOIL IT YOU
ARE A ROCK STAR AND IF YOU CAN'T
SEE IT WE WILL SHOW Y O U.

**HEAR IT .
YOU ARE GOD**

EMBODIED IN A FLESH SUIT MADE
WITH PARTICLES FROM THE STARS.

ZEST ALL DAY BREAKFAST

'We shall forage the forest and make creamy sweet porridge that nourishes our bodies and sets fire to our auras' - Shri-Mon, in-house Elf of the Zest Forest



GET OUT OF BED AND INTO THE ZONE

(Until 5PM)

OVERNIGHT OATS || 77k

Creamy oat&chia pudding + banging toppings:

CHOOSE WISELY:

- Orange, soaked figs and toasted almonds
- Dragonfruit, passionfruit, pumpkin seeds and raw cacao

Mango, fresh berries, coconut and rosewater

SUNRISE ACTIVATION BOWLS || 88K

Signature smoothie bowls celebrating the bounty of the Earth

· MANGO PASSION BOWL

Mango, pineapple, coconut flesh & yoghurt, topped with passion fruit, mango, banana, grated coco, starfruit, crushed granola

+ cinnamon granola: 10k

· BLACK VELVET CACAO BOWL

Cacao mass, banana, coconut cream, Irish moss, coconut sweetener, granola, sesame seeds

+ peanut butter & peanut butter cream: 10k

· PEANUT BUTTER JELLY BOWL

Peanut butter, banana, strawberries, coconut yoghurt & mylk, granola, sesame seeds, peanut butter cream

+ chocolate sauce : 10k

· SNAKESKIN PORRIDGE || 80K

Warm oat porridge with red rice, chia, apricot, pili nuts, stewed snakeskin fruit, mango, apple and mint

· FRUIT CELEBRATION SALAD || 70K

Pineapple, papaya, dragonfruit, passionfruit, coconut yoghurt and granola

BRUNCH SELECTION

(Until 5PM)

AVOCADO TOAST

CLASSIC || 88K

Sliced avocado, tomato, daikon 'bacon', radish, olive oil on bananafLOUR toast

JAPANESE-ISH || 78K

'Wasabified' avocado, kim chi, broccoli, umami asparagus on bananafLOUR toast

BREAKFAST BRUSCETTA || 88K

Black pepper 'cheeze', pesto, marinated tomato, cucumber, rucola and coriander on sourdough

WAKE UP BURGER || 88K

Shiitake burger patty, daikon bacon, grilled onion, cheeze, tomato, ketchup
+ avo: 10K // + freedom fries: 25K

GANGSTA GORENG || 78K

Dopest Nasi Goreng on the island. Fried heritage rice, lemongrass sate, chickpea omelet strips, crispy spinach, durian sambal

BIG BREAKFAST SALAD STACK || 88K

Sweet potato and taro hash browns, crispy mushroom, avocado, grilled tomato, jackfruit sausage, rucola and papaya chutney, pickle.

ROYAL BREAKFAST || 98K

Grilled mushrooms, cheesy tomato, avocado, jack sausage, chickpea omelet, wilted spinach, bbq sauce, toast+butter

ZESTY CHICKPEA OMELET || 88K

With wilted spinach, mushroom, notzarella, sundried tomato, rucola and cashew 'parmezan'.

WAFFLES & PANCAKES

PANCAKE STACK || 72K

Triple pancake stack with strawberries, chocolate sauce and whipped coconut cream
+ coconut icecream: 15k / scoop)

STRAWBERRIES AND CREAM WAFFLES || 80k

With strawberry jam, sliced strawberry, cookie crumble
ice cream and coconut sprinkle

PUMPKIN, LEMON AND CINNAMON WAFFLES || 72k

With salted caramel, rosella flowers and cinnamon ice cream

SAVOURY SEAWEED WAFFLES (Must Try!) || 99k

With tree nut 'camembert', avocado, sweet chilli, shiitake mushroom and toasted sesame

THE ZEST FOREST

AN ENCHANTED FOREST OF
HUMAN DIVERSITY.

A SAFE HAVEN FOR AIMLESS TRAVELERS,
REBELS ON THE RUN FROM MEDIOCRACY
AND COLORFUL SOULS WHO REFUSE TO
CHOOSE BETWEEN BLACK OR WHITE.

A PLAYGROUND FOR PARTY ANIMALS,
LIVING ROOM OF THE MODERN NOMADIC
AND A HUB FOR AUTHENTIC HUMAN
CONNECTION.

WE HOPE TO MASSAGE YOUR SPIRIT
WITH SMOOTH SOUNDS AND EPIC VIBES.
MAY WE TICKLE YOUR TASTEBUDS WITH
PLANT POWERED COMFORT FOODS
COOKED UP WITH THAT UNMISTAKABLE
ZESTY TWIST

...



HIGH VIBES MENU

This is 5d ascension
cuisine for rebels on
the run from
mediocrity

The farm gates are
wide open
'Run piglet, Run!'

(11AM - Late)



SALADS

This ain't no rabbit food

Organic&Seasonal salad mix - umami toppings - zingy dressings
sprinkled with sprouts, seeds and angel dust.

KYOTO MOJO || 108K

Umami asparagus, marinated daikon, grilled pumpkin, broccoli, cherry tomato, sprouts
& pumpkin seeds, pomelo, soy sauce vinaigrette on the side.

FA LOVE ALL Y'ALL || 108K

Chickpea falafel, baby cucumber, vine tomato, walnuts, avocado, tabouleh, red onion
pickle, mint yoghurt, alfalfa, tahini dressing on the side.

AN ORIENTAL AFFAIR || 108K

Zucchini 'noodles', BBQ corn ribs, Jackfruit sate, marinated long beans, choyote, Kim
Chi, pickles, kaffir lime cashews, sprouts, peanut dressing on the side.

CAESAR 2.0 || 78K

Romaine lettuce, caesar dressing, croutons, daikon bacon bits,
cherry tomato and tempura mushroom

CALAMARI POKE BOWL || 90K

Plant-based 'calamari', avocado, quinoa+red rice blend, romaine lettuce, red+daikon
radish, cherry tomato, seaweed and spicy tahini dressing

SMALL/SNACK/SIDE/SHARE

To share.. Or not to share

Smokey cauliflower wings + aioli || 65K

Sweet potato wedges + sweet chili sour cream || 55K

Crushed & crispy baby potatoes + chipotle mayo || 55K

Umami asparagus + wasabi mayo || 55K

Broccoli wasabi puree || 55K

Triple Cheeze Balls + gravy || 55K

Jackfruit Empanadas + salsa || 65K

Small House Salad || 55K

Wok Fried broccoli, mushrooms & Thai Basil || 55K

Cauliflower N' Cheeze || 55K

Hummous - Pitta - Herbs&Veggies || 70K

ZEST SOUL MEDICINE



To ask myself , what
to feed the little
creatures in my gut?
after listening
I heard...
that I should put my
body first.
So I savour every bite
Before I give it all
back to the Earth



HUGS IN A BOWL TO MAKE THE SUN SHINE ON A RAINY DAY.

SUPER GREEN BOWL || 85k

Broccoli, quinoa, moringa, asparagus, okra, spinach, avocado, parmesan cheese, mint yogurt and lemon dressing

ZEST KITCHARI || 78k

Nourishing mungbean and rice porridge with long bean, spinach, pumpkin, mushrooms, fresh herbs and toasted almonds

PLANT POWERED PHO || 88k

The famous Vietnamese soup with a zesty twist. Ricenoodles, mushrooms, bok choy, chili and lime on the side

MORINGA MEDICINE BOWL || 82k

Fresh moringa leaves, broccoli, shiitake mushroom, galangal, chilli, peanut, cashews, coriander, heritage rice
+sauerkraut: 15K

SHARING IS CARING

TREENUT CHEEZERY AGED CHEEZE BOARD || 188k

Smokey Cheddar, camembert, cranberry walnut, black pepper cheeze and Jackfruit pate. Pickles, fruits, nuts and crackers

ADD ON EXTRA

Plant-based butter || 10K

Extra mayo, chipotle, tartar, ketchup or chutney || 12K

Cashew parmezan || 15K

Sauerkraut || 15K

Smashed avocado || 20K

Small bowl of coconut yoghurt || 25K

2 slices sourdough toast with plant-based butter || 25K

2 slices banana flour toast with plant-based butter || 25K

Fire roasted pitta bread with roasted garlic oil || 28K

Small fruit salad || 30K

MAMA'S MAIN COURSES

Tastes like home... even if home is a place you've never been before

PLANT POWERED PASTA || 88k

- Gluten Free rice 'fettucine' with pesto, mushroom and sundried tomato
- Buckwheat Soba with Mushroom, Wakame, Miso, coriander and daikon

'CHICKEN' OF THE FOREST || 98K

Oyster mushroom schnitzel, taro puree, braised red cabbage, 5 spice jus

THE VEGAN FISHERMAN || 98K

Teriyaki Banana Blossom fillet, champ potato mash, crispy carrot noodles

BABY JACK RIBS || 98k

½ rack of sugarcane & shiitake BBQ ribs, garden salad with potato fries or champ mash

THE CONSCIOUS COWBOY || 108K

Jackfruit 'steak', silky mushroom sauce, cassava fries, wilted spinach, truffle oil

SOUP DU JOUR

55K

Ask us for today's special soup.

Served in a mug.

...
BUT MOST OF ALL,
MAY YOU FEEL CELEBRATED AND LOVED FOR
YOUR UNIQUE PLACE IN OUR ECO SYSTEM.
MAY YOU FIND COMFORT ON OUR COUCH,
PEACE IN YOUR HEART AND PLENTY OF NEW
FRIENDS ALONG THE WAY

**YOU ARE HOME, YOU ARE LOVED
AND WE ARE ONE.**

HUG. HUGE HUG.

YOUR ZEST FAMILY

ZEST GUILTY PLEASURES

I spy

Not a shred of guilt in
my eyes

As I live my life
For burgers and fries
And all things nice



FOOD FOREST PIZZA

88k

Italian Mama's frown but Pacha Mama Smiles as we make the pizza
without milking the cow. Mama Mia!

Choose: Regular sourdough crust or signature bananafLOUR crust (recommended)

ROMAN JACK

Jackfruit, mushroom, cheddar, sausage, notzarella,

NAUGHTY NAPOLI

Notzarella, tomato, basil, garlic oil

THE THAI AND I

Spicy base, mushroom, cashew sour cream, cheddar,
pickled veggies, coriander, sesame oil

ALL MUSHROOMS

Oyster , shiitake and button mushrooms, lemongrass cream sauce.

L'AUBERGINE

Tomato, shallots, smokey eggplant, fresh basil and Parmezan Cheeze.

THE BURGER MAFIA

I'll make you a burger you can't refuse

-Don Gustalini, underboss of the Zest Burger Mafia-

For all burgers choose: freedom fries or sweet potato wedges, spicy sweet potato or saute broccoli.

GF bun: Add 10K

CLUB ZEST TRIPLE DECKER SANDWICH || 98k

Grilled zucchini, eggplant, capsicum, crispy mushroom and basil pesto on toasted sourdough w/ crispy sweet potato

BIG GRILL BURGER || 108k

Shiitake patty, lettuce, tomato, vegan cheddar, pickles, secret sauce

VEGAN FISHERMAN BURGER || 98k

Teriyaki bananablossom fillet, wasabi avocado, marinated daikon, ginger slaw

ZEST BURGER SLIDERS || 108k

3 MINI BURGERS:

Mini Zest, Vegan Fisherman Burger, Chicken of the forest burger

FALAFEL SALAD WRAP || 102K

Hummus, tabouleh, pickles, aioli, tomato sambal, rucola, cashew parmezan, sesame, sweet potato crisps in a sorghum dosa

SUSHI CRIMINALS 8 Pieces

77k

Shamelessly inauthentic and brutally delicious.

We steal jackfruit from the tree and let the Tuna swim free.

w/ pickled ginger, wasabi and soy sauce

SMOKED CAPSICUM AND BROCOLLI

Sweet potato crisp, broccoli, nori

JACKFRUIT 'TUNA' AND AVOCADO

Avocado, capers, dill, mayo

TEMPURA ONION

Avocado, onion, paprika pickle, nori, chipote mayo

TEMPURA MUSHROOM (* Don Corleone's favourite!)

Tempura mushroom, nori, tartar sauce

BURMESE 'EGG' (Grain Free)

Burmese Chickpea Tofu, sundried tomatoes, beansprouts, rucola, chipotle mayo

WAKAME (Grain Free)

Avocado, Jackfruit Tuna, wakame waffle, sprouts