

# DON'T PANIC IT'S 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

# 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



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## OVERNIGHT OATS

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- Orange, soaked figs and toasted almonds || 77k
- Dragonfruit, passionfruit, pumpkin seeds and raw cacao || 88k
- Mango, fresh berries, coconut and rosewater || 77k

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## SUNRISE SMOOTHIE BOWLS

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- **MANGO PASSION BOWL** || 88K  
Mango, pineapple, coconut flesh & yoghurt, topped with passion fruit, mango, banana, grated coco, starfruit, crushed granola  
+ cinnamon granola: 10k
- **BLACK VELVET CACAO BOWL** || 98K  
Cacao mass, banana, coconut cream, Irish moss, coconut sweetener, granola, sesame seeds  
+ peanut butter & peanut butter cream: 10k
- **PEANUT BUTTER JELLY BOWL** || 88K  
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

# THE BRUNCH TRIBE

For those who skip  
breakfast and savor  
the art of late-mor-  
ning feasts, The  
Brunch Tribe gathers!



(Until 5PM)



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Here, brunch is a ritual of nourishment, laughter, and bliss. Join the tribe!

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## CLASSIC AVOCADO TOAST || 88K

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

## JAPANESE-ISH AVOCADO TOAST || 88K

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

## BREAKFAST BRUSCHETTA || 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 || 98K

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'.



ROYAL BREAKFAST



MANGO STICKY RICE ROLL



JAPANESE-ISH TOAST



PANCAKE STACK



BRUSCHETTA



MANGO PASSION BOWL





# 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

...



# NATURAL SWEET TREATS

Who says you  
can't have dessert  
for breakfast?



## MANGO STICKY RICE ROLL || 82K (Seasonal)

Filled with büb coconut icecream, peanut brittle and fresh coconut cream

## PANCAKE STACK || 108K

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

## STRAWBERRIES AND CREAM WAFFLES || 88k

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

## PUMPKIN, LEMON AND CINNAMON WAFFLES || 82k

With salted caramel, rosella flowers and cinnamon ice cream

## SAVOURY SEAWEED WAFFLES (Must Try!) || 108k

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

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## ADD ON EXTRA

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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

# HIGH VIBES MENU

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



## SPICY YOUNG PAPAYA SALAD || 88K

w/ kintamani orange, young coconut, fresh herbs, crushed peanut, cashews and lime

## CURRIED CAULIFLOWER SALAD || 98K

w/pickled capsicum, shallots, cashews, mint yoghurt and greens

## CHOPPED SALAD || 82K

The simple salad you can eat with a spoon. Mixed lettuce, cherry tomato, cucumber, carrot, black olive and pickled shallots. On the side: house dressing, cashew Parmesan, umami seed mix.

Add gluten-free banana flour garlic bread. (+20k)

## PLANT POWERED POKE BOWL || 98K

Coconut 'calamari', watermelon 'tuna', edamame, daikon, crispy nori, sprouts, sesame rice, spicy tahini dressing

## CAESAR 2.0 ½ SERVE (SIDE DISH) || 50K FULL SERVE || 88K

Romaine lettuce, Caesar dressing, cashew 'parmesan', sourdough croutons, daikon 'bacon', cherry tomato and tempura mushrooms

Side serve: 55k || Full portion: 88k

## RAW 'SPAGHETTI' || 98k

Zucchini, carrot and radish 'pasta' tossed with fresh basil pesto, semi dried tomatoes and pinenuts

## RAW "LASAGNA" || 108k

Raw Zucchini 'Lasagna' with probiotic tomato sauce, cashew cream cheese, basil pesto, yellow pepper and fresh basil

Add Gluten free garlic bread + 20K

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## ZESTY INFAMOUS WINGS || 77K

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Sweet and Smokey cauliflower wings w/ ailoli

Curried cauliflower wings w/ mint yoghurt

Wasabi broccoli wings w/ radish + ginger drizzle

MUST TRY!

# ZEST SOUL MEDICINE

Hugs in a bowl to  
make the sun shine on  
a rainy day.



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## PLANT POWERED PHO || 98k

Vietnamese inspired Noodle soup. Shiitake broth, mushrooms, boy choy.

## ZINGY LAKSA || 98k

Ocean inspired noodle soup. Home-made noodles, mushroom, cherry tomatoes & tempura broccoli.

## PEANUT MISO RAMEN || 88k

Nutty, creamy buckwheat noodle soup w/ chickpea omelet, crispy jackfruit, enoki mushroom, miso roasted leek and chili oil

## BANGING BUCKWHEAT NOODLES || 88k

Bangkok street food inspired wok noodles w/ chickpea omelet, broccoli, carrot, crushed peanut, coriander + lime

## SUPER GREEN BOWL || 88k

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

## ZEST KITCHARI || 88k

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

## MORINGA MEDICINE BOWL || 98k

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

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## SOUP DU JOUR || 65k

Ask us for today's special soup. Served in a mug. Sip slowly.

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## TREENUT CHEEZERY AGED CHEEZE BOARD || 188k

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



# ZESTY PLATES

Order a few  
to share,  
or not to share.



MUSHROOM SCHNITZEL 'PARMIGIANO' || 92K

w/ rucola & ratatouille stack

JACKFRUIT 'FILLET STEAK' || 108K

Wrapped in daikon 'bacon' w/ asparagus, crispy mushroom & onion gravy

BABY JACK SUGARCANE RIBS || 98K

w/ pineapple Coleslaw Salad & sticky sweet corn

THAI INSPIRED TARO CAKES || 65K

w/sweet chili, cucumber & mint

SPICY CORN RIBS w/ kaffir lime glaze & tomato salsa || 50K

JACKFRUIT EMPANADAS + SALSA || 65K

ROMAINE LETTUCE WRAPPERS || 60K

w/ Beetroot, cauliflower, asparagus, sharp vegan cheese, walnut, dill

UNAMI ASPARAGUS + wasabi mayo || 70K

HUMMOUS, Pitta bread & crudités || 80K

SWEET POTATO WEDGES + sweet chili sour cream || 55K

CRUSHED&CRISPY BABY POTATOES + chipotle mayo || 55K

STEAKHOUSE POTATO FRIES + homemade ketchup || 55K

BAKED POTATO PUREE || 45K

PATATAS TORTILLA w/ rucola & walnut salad || 60K

CRISPY NORI CRISPS + wasabi mayo || 35K

...  
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**

# FOOD FOREST PIZZA

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



Choose your crust

100k

- Classic Sourdough Crust
- Gluten Free rice&potato flour crust
- Grain free cauliflower & almond crust (+20K)

## THE NAUGHTY NAPOLI

Foodforest papaya Napoli sauce, notzarella cheeze, fresh basil, cherry tomato

## ROMAN JACK

Jackfruit, mushroom, vegan cheddar, shiitake sausage, notzarella cheeze

## TEX MEX JACK

BBQ Jackfruit, spicy corn, vegan cheddar, cashew sour cream, coriander, lime

## THE LEAN GREEN MACHINE

Moringa, spinach, miso, seaweed, avocado, pickled radish and coriander

## THE MIGHTY MUSHROOM

Mushroom patê, mushroom melange, truffle oil, balsamic, cashew parmesan

## RATATOUILLE

Zucchini, aubergine, marinated tomato, basil pesto, rucola & garlic olive oil

## THE BOMBAY TRAIN

Curried cauliflower, notzarella, herb yoghurt, pickled ginger

# BURGER & SUSHI MAFIA

Our Sushi is  
shamelessly  
inauthentic and  
brutally delicious.  
We steal jackfruit  
from the tree and let  
the tuna swim free.



## BURGERS

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**BIG GRILL BURGER** + fries of your choice || 108k (GF+10K)  
Shiitake patty, iceberg lettuce, mayo ketchup, shallots. pickles

**ZEST BURGER SLIDERS** + fries of your choice || 108k  
3 MINI BURGERS:

Mini Zest, Tex Mex Corn Burger , Chicken of the forest burger

**THE KING OF ANATOLIA** || 128k

Big grilled pitta pocket loaded with sweet potato Köfte, salad, garlic sauce , mint  
yoghurt and spicy raw tomato relish on the side

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## SUSHI 8 Pieces

88k

w/ pickled ginger, wasabi and soy sauce (Tamari + 10K)

**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**

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





WE ARE  
ALL DIVINE  
AND THAT  
INCLUDES OUR  
STAFF, SO PLEASE,  
MAKE SURE TO  
TREAT THEM  
KINDLY, AND TIP  
THEM HARD.

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WITH LOVE,  
YOUR SOULMATES FROM TEAM ZEST

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   zestubud

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