

What is Zest?

Zest Café is a social enterprise at the Four Leaf Clover Club which offers work experience to people recovering from mental health problems.

Our aims are:

To help people recovering from mental health problems by providing support, information and activities which promote integration into the community.

To raise awareness of mental health issues and reduce stigma surrounding mental illness.

To provide a resource centre for the community which includes a Café, internet access, Credit Union bank, IT access and volunteer opportunities.

We welcome new volunteers and have a comprehensive volunteer policy in place.

Zest Café
1 Abbey Road
Sherborne
Dorset
DT9 3LE

Charity No. 1073257

Take Away Menu

Teas	£0.75
Fresh ground coffees (Latté, Cappuccino)	£1.55
Hot Chocolate	£1.30
Fresh fruit smoothies	£2.35
Freshly squeezed fruit juices	£1.75

Home-made soup & roll £2.50

Toasted Panninis (2 fillings) £2.95

Fillings:

cheese, ham, coleslaw,
egg mayonnaise, tuna mayonnaise,
red onion, tomato, brie, cranberry

Toasted Sandwich £1.50

Oven baked jacket potato

1 filling £2.65

2 fillings £3.35

Fillings:

cheese, beans, coleslaw,
tuna mayonnaise, egg mayonnaise,
home-made vegetable chilli, red onion

Home-made cakes £1.00

ask for our selection or call in

Telephone Orders

Please call

01935 389192

The logo for Zest Café features the word 'Zest' in a large, stylized, orange-to-yellow gradient font. Below it, the word 'Café' is written in a smaller, black, cursive script font.

MENU

Opening Times

Friday 9.30 - 3.00

Saturday 9.30 - 3.00

Beverages

Coffee Cafetiere (small)	£1.50
Coffee Cafetiere (large)	£3.00
Coffee (cup)	£1.00
Coffee Cappucino/Latte	£1.65
Tea/Herbal/Speciality Tea	£1.25
Hot Chocolate	£1.35
Hot Chocolate, Whipped Cream & Marshmallows	£1.80
Orange /Apple Juice	£1.25
Still Mineral Water (bottle)	£1.15
Ice Cream Milkshakes (Banana, Strawberry, Raspberry, Chocolate, Lime, Turkish Delight)	£1.80

Fruit Smoothies

Choose from this week's cool fruit smoothies detailed on the blackboard. All our smoothies are freshly made to order using locally sourced fresh fruit or frozen whole fruit.

Fresh Fruit Juices

Freshly made to order - choose from:

Pure Orange, Apple or Carrot

Citrus Smack
(Orange, Grapefruit & twist of Lime)

Gardeners Juicing Time
(Carrot, Tomato, Cucumber & Apple)

Zest of Health
(Orange, Apple, Carrot & touch of Lemon)

Toasted Paninni

served with a salad garnish and your choice of two fillings:

cheddar cheese
tuna mayonnaise
free range egg mayonnaise
ham
brie
tomato
red onion
home made Zest coleslaw

£3.75

Home Made Four Bean Chilli

vegetable chilli served with rice or jacket potato

£4.50

Salads

choose between cheese, ham, tuna mayonnaise, egg

£4.50

Oven Baked Jacket Potatoes

served with salad garnish

Plain, with butter

One filling

Two fillings

£2.75

£3.65

£4.25

Fillings:

cheddar cheese
home made vegetable chilli
baked beans
tuna mayonnaise
free-range egg mayonnaise
ham
red onion
home made zest coleslaw

Home Made Soup of the Day

Freshly made & served with crusty white or granary roll & butter

£3.60

Brunch muffin

with:

freshly poached free range egg £2.00
baked beans £2.00
with both toppings £2.40

Beans on toast

with cheese £2.70

Toasted buttered crumpets (2)

£1.10

Toasted teacake & butter

£1.20

Home Made Cakes

Take your pick from the list on our blackboard

£1.30

Children's Meals

half portion / half price

includes a FREE piece of fruit