



LUNCH

Some of the fresh produce featured on our menu comes from our very own InterContinental Chicago Farm located in **Bristol, Wisconsin**, grown especially for us by Farmer Larry.

Light Lunch

House Ginger-Marinaded Salmon 10.50
New potato salad and bacalao

Maryland Crab Cake 11.50
Roasted farm veggies and tartar sauce

Crispy Chicken Spring Roll 10
Soy wasabi sauce and mango relish

Fried Calamari 10.50
Lemon garlic aioli and guajillo tapenade

Mac & Cheese 10
Cajun chicken breast and tomato chutney

Smoked Baby Back Ribs 11
Red chili BBQ sauce and cabbage coleslaw

Grilled Asparagus, Mozzarella and Feta
Cheese Quesadilla 9.50
Red curry tomato jam and cilantro yogurt

Soup

Soup Du Jour 7
Chef's daily culinary delight

Pumpkin Soup 7
With jack daniels

Mama's Chicken Noodle 7
Matzo balls and cilantro

French Onion 7.50
Caramelized aged gruyere and a nest fried onions

Zest Soup and Sandwich Combo

Enjoy a cup of your favorite soup with one of the following salads or sandwiches:

*Chicago Reuben
Farm-Raised Chicken Panini
Club Sandwich
Curried Chicken Salad
House Salad
Caesar Salad
12*

Salads

Grilled Farm Raised King Salmon Salad 14
Watercress, arugula, oranges, dried champagne currents, spiced pecans, and blood orange vinaigrette

Curried Chicken Salad 10.50
Seedless grapes, pickled mango, and grilled naan bread

Tuna Nicoise 15.50
Fire-roasted red and yellow peppers, green beans, new potato salad, kalamata olives and baby greens

Roasted Green Asparagus and Mushroom Salad 9
Blue cheese, frisée salad, garlic toast, and chorizo vinaigrette

House Salad 7
Organic greens, zebra tomatoes, watercress and sherry vinaigrette

Zest Caesar Salad 13
Spiced grilled chicken breast, brioche croutons, shaved parmesan cheese

Sandwiches

Chicago Reuben 11
Corn beef with sauerkraut, thousand island dressing, and swiss cheese, on rye bread

Farm-Raised Chicken Panini 12
Grilled chicken with buffalo mozzarella, peppers, tomatoes, and sun dried tomato pesto

Club Sandwich 11
Turkey breast, tomato, lettuce, bacon and mayonnaise served on your choice of bread

Chili-Rubbed Rib-eye Steak 12
Ciabatta roll, with cilantro chimichuri, and zebra tomato salad

Blackened Swordfish Sandwich 12
Crawfish remoulade, watercress salad

Traditional Burger 11
½ pound beef patty topped with tomato, onion and lettuce

Salmon Burger 11
Mango relish, and mint chili mayonnaise. Served with a side of remoulade

Ground Chicken Burger 11
Lettuce, tomato, onion and cranberry relish

Pasta

Crawfish, Andouille, and Roasted Pepper Ravioli 14
With smoked ratatouille and lobster bisque

Penne Carbonara 14
Grilled chicken, pancetta, aged parmesan, and fresh herbs

Entrees

Blackened Barramundi 15.50
Mango salsa, arugula, lemon beurre blanc, and sesame seed rice

Pan-Roasted Chicken 14
Garlic mash, green asparagus, and natural jus

Crab Crusted King Salmon 16.50
Gorgonzola cheese mash, and broccoli rabe, red pepper coulis

Lamb Lollipops 20
With potato and gorgonzola gratin

Sautéed Couscous Cake 13
Roasted red peppers, grilled zucchini, yellow squash, eggplant, balsamic glaze

Chargrilled Prime Beef Medallions and Portobello Mushroom 16.50
Creamy spinach, portobello mushrooms and baked potato topped with bacon, crispy shallots and chive sour cream on the side