



FISH

"Table five want their soup and make it snappy"

Our top Chefs checking the fresh fish quality at Openshaws



MEAT

"Boys will be boys"

Martin, our MD and top Chefs down on the farm at Prospect Farm, Harrogate. The source of our lamb and beef



BREAD

"You flaming catch it Steve, its red hot!"

Dave & Steve our development Chefs baking bread at Bondgate Bakery, Otley

FOOD MENU

DESSERT

BANOFFI WAFFLE (V) (N) £4.95

Topped with caramelised sliced bananas, butterscotch & chocolate sauce and a choice of ice cream or cream

CHOCOLATE BROWNIE (V) (N) £4.95

Warmed chocolate brownie served with fruit compote, chocolate sauce & cream or ice cream

FILLED BRANDY SNAP BASKET (V) £4.95

Crisp brandy snap basket filled with mixed summer berries, ice cream, chocolate shavings and crème Chantilly drizzled with dark chocolate sauce

VANILLA CHEESECAKE (V) (N) £4.95

Served with fresh strawberries, crème Chantilly and chocolate shavings

LUXURY ICE CREAM (V) (N) £3.95

Brymore real dairy Ice cream made on the farm from the whole milk & cream from the herd of pedigree Guernsey cows. Only the best fruit and flavours are used. Choose 3 scoops from clotted cream, wild strawberry and double chocolate

SUNDAY ROAST

Why not try our fantastic locally reared roast, served with roast potatoes, fresh seasonal vegetables, mash potatoes, Yorkshire pudding and gravy

- ROAST LAMB £9.50
 - ROAST BEEF £9.50
 - ROAST CHICKEN £8.95
 - TOAD IN THE HOLE £8.95
- Yorkshire pudding, pork & leek sausages and served with mash potato, seasonal vegetables and gravy

TWO COURSES FOR £12.25 -

Choose from one of the starters below then enjoy our locally reared roast

STARTERS

HOMEMADE SOUP OF THE DAY (V)

Served with warmed bread

BREADED HALLOUMI AND MUSHROOMS (V)

Served with salsa and garlic mayo

CHAR-GRILLED HARRISA CHICKEN SKEWERS (N)

Served with orange sour cream dip

YORKSHIRE PUD

Yorkshire pudding, served with onion gravy



HOT BEVERAGES

All our coffee is supplied from Mathew Algie the UK's leading independent coffee roaster. Our Crema coffee beans are blended from the highest quality beans; they are double roasted, with a sweet nutty aroma, medium bodied with hints of smoke.

AMERICANO £2.20

CAPPUCCINO £2.45

LATTE £2.40

FLAVOURED LATTE £2.75

ESPRESSO £2.15

DOUBLE ESPRESSO £2.55

MACCHIATO £2.25

MOCHA £2.75

Topped with cream

HOT CHOCOLATE £2.45

Topped with cream

IRISH COFFEE £3.95

BAILEYS LATTE £3.95

Smooth and laid back with a shot of Baileys

ESPRESSO MARTINI £5.60

Coffee or cocktail you decide?

SUKI TEA £2.30

The name SUKI means Tea Master in Japanese. It is SUKI tea's ethos to return tea to a ritualistic event – something to enjoy and spend a little more time over. Our SUKI tea is served in a traditional teapot with loose tea leaves. A far cry from a musty tea bag dropped into a mug of hot water. Choose from Breakfast Tea, Earl Grey, Blue Flower, Green Tea Sencha (steamed rolled leaf), Peppermint, Red Berry, Camomile and Apple Loves Mint

PAGO PREMIUM FRUITS

All juices £2.50

Available in the following flavours:



ORANGE

APPLE

LEMON LIME (Great with Vodka)

MANGO

ACE (High vitamin mix for vitality)

TOMATO (Fantastic in a Bloody Mary)

100% natural & part of your 5 a day

ZED BAR

16/18 STAINBECK LANE, CHAPEL ALLERTON, LEEDS, YORKSHIRE, LS7 3QY

T. 0113 266 8618 | E. MANAGERS@ZEDLEEDS.CO.UK

WWW.ARCINSPIRATIONS.COM





All products are sourced where possible from local suppliers in our relentless pursuit of entirely fresh produce

WE WOULD LIKE TO THANK OUR LOCAL SUPPLIERS

Fruit & Veg – RK Harris, Headingley

Meat & Game – Alan Morton, Horsforth

Bread & Cakes – Sally, Bondgate, Otley

BRUNCH

Served until 4pm everyday

ZED'S BIG BREAKFAST £6.95

'A hearty Yorkshire breakfast' of bacon, pork & leek sausage, hash browns, grilled tomato, sautéed mushroom, baked beans, toast and served with fried, poached or scrambled eggs

EGGS BENEDICT £6.25

Free range poached eggs and bacon on toast topped with hollandaise sauce

EGGS FLORENTINE (V) £6.25

Fresh baby spinach and free range poached eggs on toast topped with hollandaise sauce

POACHED EGGS AND MUSHROOMS (V) £6.25

Sautéed button mushrooms and free range poached eggs with hollandaise sauce on toast

SALMON ROYAL £6.95

Free range poached eggs & Scottish smoked salmon on toast topped with hollandaise sauce

ZED OMELETTES £6.25

Spinach, tomato and Gruyere cheese (v) or ham, mushroom and Monterey Jack cheese

TOAST (V) £2.95

With strawberry jam (v) or Nutella (n)

CRUMPETS (V) £2.95

With butter and strawberry jam

BREAKFAST CLUB TRIPLE DECKER £6.75

Triple Decker sandwich layered with sausage, bacon, fried or scrambled eggs, hash browns, tomatoes & cheese

CROQUE MONSIEUR £5.75

It was accidentally created when French workers left the tins containing their lunches of sandwiches on hot radiators whilst they worked. By the time they came to eat them, the heat of the radiators had melted the cheese! Hand sliced bread filled with thinly carved ham, Gruyere cheese, Dijon mustard, topped with béchamel sauce, more Gruyere and oven baked. Served with brown sauce

DELI SANDWICHES & HOMEMADE SOUP

All our deli sandwiches are served in either freshly baked thick cut white or brown sliced bread, honey & sunflower roll or a tortilla wrap. All served with house fries or upgrade to curly fries for 75p

ZED CLUB TRIPLE DECKER £8.95

Zed's awesome triple decker in hand cut white or brown bread with char-grilled chicken fillets, crisp bacon, egg & rocket mayonnaise, vine tomatoes and mixed leaves
Not available on discounted offers

ZED DELI TOSTADA (V) £7.25

Zed's twist on a classic Mexican dish. A crisp tortilla topped with red onion chutney, Gruyere cheese, rocket, spring onion and cherry tomatoes. Topped with ripped baby mozzarella, parmesan shavings and drizzled with a balsamic glaze

BBQ CHICKEN TOSTADA £7.95

A crisp tortilla topped with smoky BBQ sauce, Monterey Jack cheese, chicken fillets, bacon, mixed peppers, baby spinach and fiery jalapeños

ORIENTAL STEAK MELT (N) £8.50

Locally reared rump steak marinated in teriyaki and hoi sin sauces, sour cream, melted Monterey Jack cheese, mixed peppers, cucumber, spring onion and mixed leaf

CHICKEN FAJITA £7.95

Char-grilled Cajun marinated chicken fillets, melted Monterey Jack cheese, salsa, sour cream, jalapeños, guacamole and roast peppers

ROAST FIELD MUSHROOM, PEPPER & PESTO (V) (N) £7.25

Thyme and garlic roasted field mushrooms, mixed peppers, Gruyere & creamy feta with crisp leaves and pesto mayo

MOROCCAN CHICKEN £8.25

Char-grilled chicken, chunky beetroot, mixed peppers and tomato with crisp leaves and spicy HARRISA mayo

TOMATO & BASIL SOUP (V) £4.25

Served with warmed bread

LEAVES

All our salad ingredients are grown locally where possible and served with warm pitta bread

SORRENTO SALAD £8.50

Char-grilled chicken fillets & crispy bacon, mixed leaves, tomatoes, cucumber, red onion and parmesan with a honey & mustard dressing

GREEK SALAD (V) (N) £8.25

Cubes of feta cheese, olives, mixed peppers, vine tomato, cucumber, red onion & mixed leaves bound in balsamic dressing and served with a pot of houmous

DOLPHIN FRIENDLY TUNA NICOISE £8.25

Flakes of tuna combined with mixed leaf, cucumber, red onion, tomato, green beans and mixed olives bound in house dressing and topped with marinated anchovies and a hard boiled free range egg

ZINGY CHICKEN £8.50

Chicken fillets marinated in a zingy honey, soy & ginger dressing with crisp leaves, chunks of avocado, mango & slow roast tomatoes

CHICKEN & CHORIZO (N) £8.75

Served with sautéed new potatoes, green beans, sweet peppers and topped with a poached egg

HERB CRUSTED FIELD MUSHROOM SALAD (V) (N) £8.25

With goat's cheese, basil crumb, sautéed new potatoes, green beans, mixed leaves, red onion, pesto and peppers

SHARE & SHARE ALIKE

VEG MEZE (V) £13.50

Boxed baked camembert, red onion chutney, rosemary baked vegetable wedges, baby Caesar salad, garlic mayo, breaded Halloumi and mushrooms, tomato salsa, vegetable crudités. All served with warmed pitta, garlic ciabatta & balsamic oil for tearing & sharing

MED MEZE £14.95

Prosciutto ham, HARRISA chicken skewers, rosemary baked vegetable wedges, breaded Halloumi and mushrooms, crisp king prawns, tartare sauce, roasted garlic mayo, baby Caesar salad and all served with warmed pitta, garlic ciabatta & balsamic oil for you to tear and share

GOURMET BURGERS

All our burgers are made freshly on the premises using meats sourced locally where possible by our 'Butchers of distinction Alan Morton' where traditional methods are still in place. 'Local people eating local produce'. All served with baby gem lettuce, sliced vine tomato, red onion and house fries or upgrade to curly fries for 75p

THE CLASSIC £8.45

Our very own classic burger served with cheese, salsa & mayo.

Lineham Farm 50p from the sales of this dish will go to Lineham farm which offers deserving, disabled and disadvantaged local children an exciting and fascinating free "access for all" activity holiday at the farm in Eccup.

MEXICAN £8.75

Guacamole, sour cream, fiery jalapeños, Monterey Jack cheese & salsa

SWEET CHILLI CHICKEN BURGER (N) £8.25

Sweet chilli marinated chicken fillets, bacon, mixed peppers and Monterey Jack cheese finished with mango chutney & jalapeño peppers

THE ICONIC £11.95

"Zed's Ultimate Burger" this double burger is coated in Monterey Jack cheese, bacon, guacamole, sour cream, jalapeños & salsa

GRILLED HALLOUMI & HARRISA (V) £8.50

Grilled Halloumi cheese, warmed beetroot, peppers, mint yoghurt and spicy HARRISA mayo

SOUTHERN FRIED CHICKEN 'BLT' £8.25

Crisp southern fried chicken fillets, bacon, mayo, tomatoes and guacamole

GOAT'S CHEESE BURGER (V) £8.25

Breaded goat's cheese with pineapple salsa, char-grilled peppers and mayo

TERIYAKI BURGER (N) £8.50

Our classic cheese burger topped with mixed peppers, spring onion, cucumber and smothered in teriyaki sauce

GREEK BURGER (V) (N) £8.75

Our house burger topped with baby spinach, olives, peppers, feta, houmous and served with rosemary baked vegetable wedges

MAINS

'ZED' STYLE SOUTHERN FRIED CHICKEN £10.25

Chicken fillets coated in our own spicy batter, served with hand cut chips, corn cobbette, coleslaw and BBQ dip

WILD MUSHROOM LASAGNE (V) £9.50

Mixed woodland mushrooms bound in a mascarpone and parmesan cream sauce and layered with lasagna sheets, baby spinach and béchamel, served with roast tomato sauce and glazed with goat's cheese, Monterey Jack cheese and parmesan

STEAK AND ALE PIE £9.95

Chunks of prime steak and farmhouse vegetables, gently braised in a rich ale, herb and beef gravy served with green beans and either hand cut chips or parmesan mash

'ZED' STYLE SCAMPI £10.25

Classic 'scampi' with a Zed Twist. King prawns in a crisp Japanese breadcrumb, served with minted pea puree, tartare sauce and hand cut chips

SIRLOIN STEAK £16.75

Locally reared 21 day aged steak served with peppercorn sauce, garlic roasted field mushrooms, vine tomatoes, beer battered onion rings, rocket and hand cut chips

SIZZLING FAJITA (FA HEE TAS) £10.45

Choice of Cajun spiced chicken, prawn or beef with peppers and onions served with warmed tortilla wraps, guacamole, sour cream, cheese and salsa

SIZZLING VEGETABLE FAJITAS (FA HEE TAS) (V) £10.25

Cajun spiced mange toute, sweetcorn, broccoli, peppers and onions served with warmed tortilla wraps, guacamole, sour cream, cheese and salsa

SIDES

BREAD & OIL £3.95

GARLIC BREAD WITH TOMATO OR CHEESE (V) £3.95

MARINATED OLIVES (V) £2.50

HOUSE SALAD (V) £2.75

HAND CUT CHIPS (V) £3.50

Served with a pot of garlic mayo

HOUSE FRIES (V) £2.75

BEER BATTERED ONION RINGS (V) £3.50

PITTA & HOUMOUS (V) (N) £4.50

With marinated black & green olives

CURLY FRIES (V) £3.50

Served with a pot of salsa

VEG CHIPS (V) £3.50

Oven roasted Rosemary and garlic rubbed parsnips, sweet potato and jacket potato

MASH POTATO (V) £2.75

(V) VEGETARIAN (N) CONTAINS NUTS

We cannot guarantee our food has not come into contact with nuts. If you have a food allergy or are sensitive to certain ingredients, please ask our manager for assistance. A full list of ingredients used in each dish is available for your peace of mind. Service charge is not included, however an optional service charge of 10% will be added to parties of six or more.

ALL TIPS ARE SHARED BETWEEN THE SERVICE AND KITCHEN TEAMS ON DUTY DURING YOUR VISIT. THE MANAGEMENT OF ARC INSPIRATIONS DOES NOT TAKE ANY MONEY WHATSOEVER FROM TIPS

SPECIALS

PLEASE ORDER YOUR FOOD AND DRINKS AT THE BAR