

Afters

Moreteaser Chocolate
Crunch Fudge Cake (v) (n) £5.25
Served with cream and raspberry coulis

Toffee & Chocolate
Baked Alaska (v) (n) £5.25
Served with cream and raspberry coulis

Baked Waffle (v) (n) £4.95
With vanilla ice cream, chocolate
& butterscotch sauce

Mixed Ice Cream (v) £4.95
Brymore real dairy ice cream, choose 3
scoops from clotted cream, wild strawberry
and double chocolate.

HOT DRINKS

Our crème coffee beans are blended from the highest quality beans. They are double roasted which gives them a sweet nutty aroma, a medium body & hints of smoke.

Americano	£2.20
Cappuccino	£2.40
Latte	£2.45
Add a shot of flavoured syrup 30p	
Espresso	£2.15
Double Espresso	£2.55
Macchiato	£2.25
Mocha	£2.75
Topped with cream	
Hot Chocolate	£2.45
Topped with cream	
Suki Tea	£2.30

Liqueur Coffees

Irish Coffee	£3.95
Made with Tullamore Dew Irish Whiskey	
Amarula Latte	£3.95
A cream liqueur made with the wild Marula fruit	
Espresso Martini	£5.80
Our take on this coffee based cocktail, the perfect pick-me-up	

All produce is 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 and Cakes – Sally Bondgate, Otley.

PLEASE ORDER YOUR FOOD
AND DRINKS AT THE BAR.



16/18 Stainbeck Lane,
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FOOD MENU

BRUNCH

Served until 4pm every day

Zed's Big Breakfast £7.50
'A hearty Yorkshire breakfast' of bacon, pork & leek sausage, hash brown, sautéed mushrooms, baked beans and toast served with fried, poached or scrambled eggs. Add black pudding for 85p
Vegetarian breakfast available on request.

Eggs Florentine (v) £6.25
Fresh baby spinach and poached eggs on toast topped with hollandaise sauce

Eggs Benedict £6.50
Poached eggs and bacon on toast topped with hollandaise sauce

Poached Eggs and Mushrooms £6.25
Sautéed button mushrooms & poached eggs with hollandaise sauce on toast

Salmon Royal £7.25
Poached eggs & Scottish smoked salmon on toast topped with hollandaise sauce

Breakfast Burrito £6.95
Pork sausage, chorizo, roasted peppers, potato, refried beans, Monterey Jack cheese, and avocado & tomato salsas – all topped with a fried egg

Zed Omelette £6.50
Spinach, tomato and parmesan cheese (v) or ham, mushroom and Monterey Jack cheese.

El Butty £6.95
Inspired by Spanish builders on their morning break – chorizo, potato bravas, salsa & a fried egg in a warmed ciabatta

Toast (v) £2.95
With strawberry jam or nutella (n)

SANDWICHES AND TOSTADAS

All our deli sandwiches are served in either thick cut hand sliced white bread or a healthy tortilla wrap and served with house fries. Upgrade to curly fries or chunky chips for 85p

Zed club £7.95
Chargrilled chicken fillets, bacon, beef tomatoes, mixed leaves & mayo

Fajita £7.95
Chargrilled Cajun marinated chicken fillets, melted Monterey Jack cheese, salsa, sour cream, jalapenos, guacamole and roast peppers.

New York Deli Tostada £8.25
A crisp tortilla topped with peppered pastrami, pickled gherkins, emmenthal cheese, red onion, mixed leaves, parmesan, balsamic reduction & Dijon mayo

When Halloumi Met Salad (v) £7.45
Halloumi, spinach, roast squash, sun blush tomato mayo & roast peppers

Steak Melt £8.50
Locally reared rump steak, melted Monterey Jack cheese, sautéed red onions, field mushrooms, Dijon mayo & mixed leaves

Tandoori Chicken Tostada (n) £7.95
A crisp tortilla topped with Tandoori marinated chicken, mango chutney, mint yoghurt, roast peppers, tomato salsa, mixed leaves & coriander

Sweet Chilli Chicken £7.95
Crisp breaded chicken fillets, sweet chilli mayo, mango chutney, jalapenos and roast peppers

SHARE AND SHARE Alike

All priced at £4.25 each or 3 for £10

Crispy Asian Duck Tostada(n)
With spring onions, Monterey Jack cheese, cucumber and sour cream

Homemade Chunky Potato Bravas (v)
Spicy tomato salsa, sour cream and jalapenos

Chilli Beef or Vegetable Chilli (v) Empanadas
Stuffed Argentinian style pasties served with sour cream, salsa and jalapenos

BBQ Chicken Nachos
Monterey Jack cheese, homemade tomato and avocado salsas & sour cream

Crunchy Crumbed Feta Sticks (v)
With onion jam

Crisp Calamari Rings
With garlic mayo

Pitta and Houmous (v)(n)
With spicy piri piri drizzle

Garlic Mushrooms (v)
Pan fried garlic mushrooms with baby spinach in a creamy garlic and parsley sauce, with garlic bread

Sweet Chilli Chicken Skewers (n)
Served with sweet chilli sour cream

Boston Style Stew
Sausage, potato and chorizo cooked with baked beans, tomato and spices. Served with tortilla chips

Burgers

All our burgers are freshly made on the premises using meat sourced locally. All served with baby gem lettuce, sliced tomato, red onion and fries. Upgrade to curly fries or chunky chips for 85p

Classic £7.95
Our homemade burger served with salsa and mayo. Add cheese for 50p

The Swiss Shroom (v) £8.75
Roast flat mushroom, emmenthal cheese, Dijon mustard, baby spinach, fried onions and garlic mayo

The Big Marc £10.95
Two of our epic 100% beef burgers on a sesame seed bun and topped with melted cheese, crisp lettuce, onions, tangy pickles and our very own special sauce 'Don't tell Ronnie!'

Louisiana £8.75
Choose either a homemade beef burger or grilled chicken to be topped with bacon, Monterey Jack cheese and smoked BBQ sauce

The Deli £8.95
Our grilled beef burger topped with pickled chillies, gherkins, salami, Dijon mayo, chorizo & emmenthal cheese

Teriyaki Chicken (n) £8.75
With julienne spring onion, cucumber, chilli, coriander and hoi sin mayo

Mexican £8.95
Choose either a homemade beef burger or grilled chicken to be topped with salsa, guacamole, sour cream & hot pepper pickles

FIT AND Healthy

These dishes have been designed to offer healthy eating options to suit your lifestyle. LF – low fat GI – glycaemic index LC – low carb

Revitalize Salad (v) (LF) £8.95
A pick me up salad. Chunks of warm halloumi & butternut squash bound with feta cheese, house leaves, olives, mixed peppers and house dressing

Tandoori Chicken Salad (n) (LF) (GI) £8.95
Warmed Tandoori chicken, baked mini naan and raita sauce with a cucumber, cherry tomato, roast pepper and mixed leaf salad

King Kong Kirke Burger (LC) £10.50
Leeds Rhino Ian Kirke's very own creation! Two house burgers topped with cheese, mixed house salad, tzatziki and sweet potato wedges

Crossfit Leeds Burger (LC) £9.25
Homemade burger topped with a fried egg and cheese, served with an avocado and crisp bacon salad and sweet potato wedges. Inspired by head coach and owner Mike Rawlinson

El Ferino Fajita Salad (LC) (LF) (GI) £8.95
Cajun spiced chicken or strip steak with peppers and onions served with a large house salad and homemade tomato and avocado salsas

PIZZA PASTA GRILL

Try our pizzas from around the world & our fantastic pastas and grills. Our pastas are available gluten free. Go XXL on all pizzas for £2.20. (Excludes Wully bully Calzone.)

Capri (v) £6.95
Mozzarella and sliced vine tomatoes

Beijing (n) £8.95
Chargrilled chicken, hoi sin and plum sauce, mozzarella, peppers, spring onion and coriander

Wully Bully Calzone £9.25
Our folded pizza filled with meatballs, bacon, chicken, pepperoni and red onion, oozing with garlic butter, mozzarella and Monterey Jack cheese

Meat Feast £8.95
Meatballs, Cajun chicken, beef chilli, spicy pepperoni & Monterey Jack cheese

Zed Spirelli (v) (n) £7.25
Pasta spirals bound with a julienne of spring vegetables, pine nuts, mozzarella and fresh parmesan. **Add chicken for £1.50**

Chairman's Choice £8.95
Chicken, meatballs, pepperoni and bacon with red onions, mushrooms and fusilli pasta in a spicy tomato cream sauce

Linguini Carbonara £8.95
Chicken & bacon tossed with garlic, egg, parmesan & cream

Sizzling Chicken Fajitas (Fa-Hee-Ta) £9.95
Cajun spiced chicken with peppers and onions served with warmed tortilla wraps, guacamole, sour cream, cheese and salsa

Spicy Beef Burrito £8.25
Mexican style chilli beef in a warm tortilla, topped with Monterey Jack cheese, sour cream & homemade tomato and avocado salsas. Served with rice

Chargrilled 8oz Rump Steak £12.95
Served with fries and peppercorn sauce

sides

Bread & Oil (v) (n) £3.95
A warm mini loaf with olive oil, balsamic and butter

Garlic bread (v) With tomato or cheese £4.25

Marinated Olives (v) £2.50

House Salad (v) £2.75

House Fries (v) With garlic mayo £2.95

Beer Battered Onion Rings (v) £3.75
With BBQ sauce

Pitta & Houmous (v) (n) £4.50
With marinated black and green olives

Curly Fries (v) With a pot of salsa £3.50

Chunky Chips (v) With garlic mayo £3.50

SPECIALS

(v) Suitable for vegetarians (n) Contains nuts or seeds. We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives and our menu descriptions do not contain all ingredients. So please ask your server before ordering if you have any particular allergy or requirement. All items are subject to availability.

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

PLEASE ORDER YOUR FOOD AND DRINKS AT THE BAR

PLEASE ASK ABOUT OUR SUNDAY ROASTS