

Starters

- Shrimp Egg Roll*
Egg roll stuffed with shrimp and vegetables 1.5
- Spring Rolls*
Crispy rice paper rolls stuffed with vegetables (2) 2.5 or (4) 4.5
- Crab Wontons*
Six crispy wontons stuffed with cream cheese, crab meat and a hint of pineapple 6
- Calamari*
Lightly seasoned with salt and pepper and tossed with scallions 7
- Crispy Green Beans*
Crispy fried beans tossed with salt & pepper and served with a spicy ranch dipping sauce 6
- BBQ Spare Ribs*
Cooked crispy on the outside tender on the inside, then tossed with our home made BBQ Sauce 7
- Vegetable Dumplings*
Steamed or pan-fried 6
- Momo Dumplings*
Crescent shaped pork dumplings 6
- Zen's Chicken Lettuce Wraps*
Spiced chicken, Mushrooms, water chestnuts served with 4 lettuce cups 7
- Zen's Vegetable Lettuce Wraps*
Chestnuts, mushrooms, scallions, red onions, 5 spice tofu tossed with mint and served with lettuce cups 7
- Chicken Satay*
Grilled chicken on sticks served with our delicious home made peanut sauce 6

Soups and Salads

- Wonton Soup*
Traditional chicken broth with pork wontons (Cup) 2 (Bowl) 3.5
- Egg Drop Soup*
Whisked eggs in chicken broth (Cup) 2 (Bowl) 3.5
- * Hot and Sour Soup*
Our family recipe. A must try (Cup) 2.5 (Bowl) 4.5
- Chicken Cream Corn Soup*
Sweet cream corn whisked with eggs and ground chicken in a chicken broth (Bowl) 4
- * Thai Shrimp Salad*
Grilled Jumbo shrimps with lemongrass, mint and shallots in a spicy Thai dressing 8
- Zen's Asian Chicken Salad*
Spring mix, shredded chicken tossed in sesame dressing with crispy wonton strips 7

Zen's Hot Off The Grill

Grilled Chicken Teriyaki

Grilled breast meat chicken served on a bed of sautéed red and white onions in teriyaki sauce 11.95

Grilled Steak Teriyaki

Prime filet steak teriyaki, topped with shitake mushrooms and served over a bed of sautéed onions 16.95

Grilled Salmon

With shitake mushrooms, scallions, bok choy, tomatoes and asparagus 15

Chicken

** Chili Chicken*

Indo Chinese favorite, lightly battered chicken in a fiery chili sauce 12

** Basil Chicken*

Tender slices of white meat chicken stir-fried with red onions, red bell peppers and fresh basil 12

** Kung Pao Chicken*

Lightly battered white meat chicken tossed with celery, chestnuts, peanuts and red chili pods in a spicy dark sauce 11

** Chicken and Eggplant*

Ground chicken stir-fried with Chinese eggplant in a spicy dark garlic sauce 11

** General Tso's Chicken*

A popular sweet and spicy dish 12

** Orange Chicken*

Battered and fried white meat chicken glazed with our special orange sauce 12

** Manchurian Chicken*

A popular fiery Indo Chinese dish with bell peppers, onions and chilies 12

** Panang Curry Chicken*

A popular Thai curry with coconut milk 12

Almond and Cashew Chicken

Tossed with peppers, onions, bamboo shoot, water chestnuts, celery and shitake mushrooms 10

Honey Glazed Chicken

Lightly battered chunks of white meat chicken fried and glazed with our sweet and tangy honey sauce 10

Ginger Chicken

Sliced white meat chicken stir-fried in ginger sauce and served with steamed broccoli 11

Lemon Chicken

Lightly battered white meat chicken fried and tossed with broccoli in our sweet tangy lemon sauce 11

Sweet & Sour Chicken

Lightly battered and fried white meat chicken tossed with bell peppers, onion and pineapple 11

Moo Goo Gai Ha

Cantonese favorite dish with chicken. Jumbo shrimp and mushrooms 12.95

Meats

Basil Beef

Slices of flank steak, red onion, red bell peppers and fresh basil stir-fried 12.95

Pepper Steak

Slices of tender steak stir-fried with onions, and bell peppers in a dark pepper sauce 12.95

Mongolian Beef

Tender steak cooked with scallions in our Mongolian sauce 12.95

Sichuan Beef

Cooked with celery, carrots, onions in a spicy Sichuan sauce 12.95

** Red Thai Curry Beef*

Beef cooked with red curry and coconut milk 12.95

** Orange Beef*

Crispy slices of beef tossed with fresh orange peels in our special orange sauce 12.95

** Chili Beef*

Crispy slices of beef stir-fried with scallions, onions and chilies 12.95

Seafood

** Panang Curry Shrimp*

Jumbo shrimps cooked in a coconut milk red curry 12.95

Honey Glazed Shrimp

Lightly battered jumbo shrimps fried and glazed in our honey sauce 12.95

** Fish A La Zen*

Lightly dusted pan-fried and topped with a flavorful sweet and sour chili sauce 12

** Orange Shrimp*

Batter fried jumbo shrimps tossed with orange peels in our special orange sauce 12.95

Jumbo Shrimp and Scallops

Cooked Cantonese style with garlic, snow peas and scallions 13.95

** Coconut Curry Shrimp*

Jumbo shrimps cooked with mixed vegetables in a delicious coconut curry sauce 12.95

** Chili Shrimp*

Stir-fried with garlic, onions and chili sauce 15

** Chili Fish*

Stir-fried slices of our daily catch with mixed vegetables 12.95

** Sea Szechuan*

Shrimps and scallops in a delicious spicy Sichuan sauce 13.95

** Kung Pao Shrimp*

Jumbo shrimps stir-fried with diced celery, water chestnuts, chili pods and peanuts 12.95

** General Tso's Shrimp*

Batter fried jumbo shrimp tossed in a sweet spicy sauce with broccoli and carrots 12.95

Jumbo Shrimp with Vegetables

Stir-fried with a baby corn, broccoli, snap peas, carrots and bok choy 12.95

Noodles and Rice dishes

Lo Mein

Stir-fried egg noodles with vegetables and a choice of beef, chicken, pork or shrimp 8.5

Hakka Chow Mein

Stir- fried soft egg noodles with vegetables choice of beef, pork, chicken or shrimp 8.5

** Singapore Rice Noodles*

Chicken and shrimp stir- fried with rice noodles in a spicy curry sauce 8.95

Zen Chow Fun

Wide rice noodles stir- fried with onions, scallions, bean sprouts, Chinese cabbage and ginger

Choice of chicken or beef 8.95

** Dan-Dan Noodles*

Stir- fried ground chicken, scallions in a spicy garlic sauce on a bed of egg noodles 8.95

Zen's Hakka Fried Rice

Mixed vegetables and egg with a choice of Beef, chicken, shrimp or pork 7 / Combo 9

Basil Fried Rice

Tossed with peas, red peppers, broccoli and fresh holy basil Choice of chicken or shrimp 8.95

Pan- Fried Noodles

Topped with stir- fried mixed vegetables and a choice of Beef, pork, chicken or shrimp 8.5

Vegetarian and Sides

Zen's Buddhist Feast

Mixed vegetables steamed or stir- fried 6.5

** Vegetarian Manchurian*

Vegetable's cooked in a spicy Manchurian sauce 7.5

Stir- fried Spinach

Fresh spinach stir- fried in garlic 5

** Coconut Vegetables*

Mixed vegetables and tofu in a coconut curry sauce

topped with peanuts 7.5

** Sichuan Green Beans*

Stir- fried in a spicy Sichuan sauce 5

** Spicy Egg Plant*

Tossed in a delicious chili soy sauce 6.5

** Chili Paneer*

Cottage cheese stir- fried in a chili soy sauce 8

Teas / Coffee / Soda / Bottle Water

Jasmine Tea, Green Tea, Oolong Tea 2.5
Coffee 2
Sweet / Unsweetened Ice Tea 1.5
Thai Iced Tea 2.95
Pellegrino Water 750ml 3.95
Pepsi, Diet Pepsi, Dr Pepper, Orange, Sierra Mist, Fruit Punch

Desserts

New York- Style Cheese Cake
Served with raspberry sauce 5
Cheese Cake Banana Foster
Six warm crispy banana flavored cheese cake bites topped with ice cream,
and drizzled with caramel and vanilla sauce 6
Chocolate Lovers
Rich chocolate cake with raspberry sauce 6
Ice Cream Scoop
Vanilla or chocolate 2.5

** SPICY DISHES*

