

3 COURSE SET MENU (For a minimum of 2 people)

£24.50 per person

SOUP CHOICE

Chicken Sweetcorn Soup (GF)
or
Chicken Tom Yum Soup (S) (GF)

APPETISER PLATTER

Spring Roll (V)
Sesame Prawn on Toast,
Thai Spare Rib (S)
Chicken Skewer in Satay Sauce (N) (GF)

(1/4) CRISPY AROMATIC DUCK (Optional) (Extra £12.50)
(Served with pancakes, leeks, cucumber and Hoi Sin sauce)

MAIN COURSE CHOICE

1. Shredded Crispy Beef in Hot and Spicy Sauce (S) (N)
2. Sweet & Sour Chicken (in light batter)
3. Special Black Bean Sauce (mixed chicken, Beef, BBQ Pork, Prawns)
4. BBQ Pork with Mixed Vegetables
5. Sizzling Steak with Cantonese Sauce (N) (Extra £4.90)
6. Steamed Seabass Fillet with Ginger & Spring onions (Extra £3.50)
7. King Prawns with Green Curry (SS) (GF)
8. Duck with Red Curry (S) (GF)
9. Beef with Panang Curry (SS) (GF)
10. Chicken with Fresh Chilli Sauce (SS)
11. Bean Curd with Black Bean Sauce (V)

All Mains served with Egg Fried rice or Boiled rice

Any variation will necessitate extra charge of the meal. Minimum charge from £1.00

(S) Spicy (SS) Very Spicy (VE) Vegan
(N) Contain Nuts (GF) Gluten Free (V) Suitable for Vegetarians

ZEN CHEFS RECOMMENDATION

APPETISER

- SIRLOIN STEAK ROLLS (S)** £9.00
With Black Pepper Sauce filled with onions and black pepper
- NORI PORK ROLLS** £6.50
Deep fried Japanese seaweed rolls with minced pork, onions mushrooms and served with chilli sauce
- ZEN TEMCO PRAWN (N)** £8.30
Our own created deep fried prawns with crispy bread crumb on a bed of coconut rice served with satay sauce
- SOFT-SHELL CRAB** £10.50 each
With salt and pepper, chilli, in light batter

MAIN

- ORIENTAL SPICED PORK BELLY (20 mins to prepare)** £11.50
Home Style Braised Tender Pork Belly with Oriental Spices. Bedded with Salad and Garnished with Spring Onions
- SEAFOOD "POT" WITH BLACK PEPPER SAUCE (S)** £14.50
Mixed Prawns, Scallops, Mussels and Squid with Glass Noodles, Onions, Peppers, Carrots and Chilli Served in a Hot Stone Bowl
- RENDANG CHICKEN** £11.50
Malaysian Famous dry curry dish with coconut, coconut milk, potatoes, onions with special herbs and spices
- TERIYAKI BEEF** £11.60
Stir fried tender beef with ginger, onions, Chef special Teriyaki sauce and sprinkle with sesame and garnished with green vegetable
- TERIYAKI FILLET STEAK UDON** £17.70
Japanese thick noodles a mild flavor and springy doughy texture with chef special Teriyaki sauce, ginger onions, beansprouts, green vegetable and sprinkle with sesame.
- MALAYSIAN SAMBAL CHILLI (SS)**
Malaysian Famous Spicy Paste with a combination of Sweet Spicy and Salty taste made with Shrimp Paste and Stir Fried with Onions and Fine Beans

- CHICKEN** £11.50
PRAWNS £12.80
MIXED SEAFOOD - PRAWNS, SCALLOPS, MUSSELS & SQUID £13.90



à la Carte Menu

CHINESE SOUP

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| 1. Minced Chicken and Sweet Corn Soup (GF) | £5.60 |
| 2. Hot and Sour Soup (S) | £5.70 |
| 3. Wan Tun Soup (Prawn & Pork) | £5.70 |
| 4. Crab Meat and Sweet Corn Soup | £5.70 |
| 5. Mushroom and Sweet Corn Soup (V) (GF) | £5.00 |

THAI SOUP

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| 27. Tom Yum Soup (S) (GF) | |
| Chicken | £5.70 |
| Prawns | £6.50 |
| Seafood | £7.00 |
| a spicy soup with mushrooms and tomato seasoned with lemon juice, chilli, lemongrass and galangal | |

CHINESE STARTERS (DIM SUM)

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| 6. Dim Sum Combination (N) (For 1 Person)
(spring roll, prawn toast, BBQ spare rib, duck roll, chicken skewer satay sauce) | £9.60 |
| 7. CRISPY AROMATIC DUCK
(served with pancakes, leeks, cucumber and Hoi Sin sauce) | |
| Quarter | £13.50 |
| Half | £25.50 |
| 8. Vegetarian Crispy Aromatic Duck (V)
(made with soy bean and served with pancakes, leeks cucumber and Hoi Sin sauce) | £8.90 |
| 9. Vegetarian Spring Rolls (V) | £5.60 |
| 10. Curry Samosa (V) (S) | £5.60 |
| 11. Mushroom and Bean Curd Skewer with Satay Sauce (V) (N) | £6.50 |
| 12. Salt and Pepper Bean curd (V) | £6.50 |
| 13. Vegetarian 'Chicken Drum Stick' (V)
made with soy bean and served with sweet chilli sauce | £7.50 |
| 14. Steamed Sui Mai (pork and prawns dumplings)
15 mins to prepare | £5.80 |
| 15. Steamed Har Kau (prawn dumplings) 15 mins to prepare | £5.80 |
| 16. Beef Dumpling with Ginger and Sp. Onion (S)
15 mins to prepare | £6.90 |
| 17. Sesame Prawn on Toast (minced prawn & chicken) | £7.00 |
| 18. Fried Duck Rolls | £6.30 |
| 19. Deep Fried Prawns (S)
(in light batter with salt & pepper & chilli) | £8.50 |
| 20. Deep Fried Squid (S)
(in light batter with salt & pepper & chilli) | £8.50 |
| 21. Minced Chicken Lettuce Wrap | £8.00 |
| 22. Salt & Pepper Chicken Wings (S) | £7.50 |
| 23. Salt & Pepper Spare Ribs (S) | £9.00 |
| 24. Barbecued Spare Ribs | £9.00 |
| 25. Chinese Prawn Crackers (GF) | £3.20 |
| 26. Thai Prawn Crackers (S) (GF) | £3.40 |

THAI STARTERS

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| 28. Zen Special Thai Mixed Platter (N) (S) (For 1 person)
Fish cake, golden parcel, chicken skewer in satay sauce.
Thai spare rib, wrapped prawn | £9.60 |
| 29. Golden Parcel
made with minced chicken, seafood stick & sweetcorn, served with sweet chilli sauce | £6.80 |
| 30. Fish Cake (N) (S) (GF)
a subtle blend of minced fish curry paste beans and lime leaves served with cucumber, peanut and sweet chilli sauce | £6.80 |
| 31. Chicken Skewer Satay Sauce (N) (GF) | £7.50 |
| 32. Thai Spare Ribs (S)
marinated with Thai herbs, topped with garlic and ginger sauce | £9.00 |
| 33. Fried Pork Dumplings
minced pork and minced prawn dumplings topped with roast garlic and sweet soy sauce | £6.70 |
| 34. Wrapped King Prawns
marinated prawns wrapped in crispy pastry served with sweet chilli sauce | £8.50 |

ALLERGIES

All dishes are prepared in our kitchen where products containing nuts and other allergens are handled and prepared. This means that while we take the utmost of care when preparing food, we may not be able to guarantee that our food will not contain traces of a specific allergen.

****Please be sure to inform our staff of any allergies you may have**** All our dishes are cooked fresh to order, and while we endeavour to ensure that all meals arrive at the same time, sometimes this is not possible especially for large group bookings. Thank you for your patience & understanding.

THAI MAIN COURSE

CHOOSE YOUR MEAT

35. Chicken or BBQ Pork	£11.20
Beef	£11.60
Duck or Prawns	£12.60
Special (mixed prawns, beef, chicken, BBQ pork)	£12.60
Seafood (mixed prawns, squid, mussel, scallops)	£13.80
Scallops	£13.80
Fillet Steak	£16.50

CHOOSE YOUR SAUCE

i) Green Curry (SS) (GF) coconut milk with an aromatic selection of Thai herbs, greenpeppers, broccoli, bamboo shoots, aubergine and sweet basil

ii) Red Curry (S) (GF) with peppers, bamboo shoots, aubergine, chilli, beans and sweet basil in coconut milk

iii) Panang Curry (SS) (GF) The Famous Thai spicy curry consisting of thick red curry Kaffir, lime leaves & coconut milk with peppers, fine beans, chilli and peas

iv) Massaman Curry (N) (GF) (£1.00 extra) slowly cooked in coconut milk with potatoes, onions, carrots and cashew nuts with its mild and smooth taste it is one of the most favourite dishes originating from the Royal Family of Thailand

v) Fresh Chilli Sauce (SS) stir fried with chilli, mushrooms, onions, peppers, carrots and sweet basil

THAI SEAFOOD DISHES

36. Thai Style Steamed Sea Bass Fillet (S)	£14.50
(Sea Bass fillet with Thai herbs, plum and chilli, onion & coriander)	
37. Thai Style Fried Sea Bass (S) (GF)	£14.50
(Fried Sea Bass in light batter with onions, peppers, carrots and homemade chilli sauce)	

CHINESE MAIN COURSE

38. Sweet and Sour Chicken (in a light batter)	£11.20
39. Chicken in Lemon Sauce (GF)	£11.70
40. Chicken in Satay Sauce (N) (S) with onions & green peppers	£11.20
41. Chicken Curry (S) (with onions and peas, coconut milk)	£11.20
42. Chicken with Cashew Nuts (N)	£12.20
(with carrots, bamboo shoots, water chestnuts, babycorn and straw mushrooms in oyster sauce)	
43. Sizzling Chicken with Mushrooms, Onions and Garlic Sauce	£12.20
44. Cantonese Style Roast Duck	£12.60
(based with beansprouts and topped with sweet soy sauce)	
45. Duck with Plum Sauce (in light batter)	£12.60
46. BBQ Pork with Sweet Soy Sauce	£11.20
(based with beansprouts and garnished with spring onions)	
47. Shredded Crispy Beef in Hot and Spicy Sauce (N) (S)	£11.60
(classic spicy sauce with onions, green peppers, carrots & chilli)	
48. Beef in Black Bean Sauce	£11.60
49. Sizzling Beef in Black Pepper Sauce (S)	£12.60
(onions, green peppers & chilli)	

SPECIAL DISHES Mixed Chicken, BBQ Pork, Beef & Prawns

50. Special Chinese Curry Sauce (S)	£12.60
51. Special Black Bean Sauce	£12.60

(S) Spicy (SS) Very Spicy (VE) Vegan
(N) Contain Nuts (GF) Gluten Free (V) Suitable for Vegetarians

KING PRAWN & SEAFOOD

52. Sweet and Sour King Prawns (in light batter)	£12.60
53. Sizzling King Prawns with Ginger and Spring Onions	£13.60
54. Mixed Seafood with Seasonal Greens (stir fried prawns, scallops squid and mussel with mixed vegetables)	£13.80
55. Sizzling Scallops with Ginger and Spring onions	£14.80
56. Steamed Seabass Fillet with Ginger and Spring onions	£14.50

SIZZLING FILLET STEAK

57. Sliced Fillet Steak in Cantonese Sauce (N)	£16.50
58. Sliced Fillet Steak in Mushrooms and Garlic Sauce	£16.50

VEGETARIAN DISHES

(some dishes are suitable for vegan, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server)

59. Vegetables and Mushrooms with Chinese Curry (S) (VE)	£8.50
60. Bean Curd (Tofu) with Satay Sauce (N) (VE)	£10.00
61. Bean Curd with Black Bean Sauce	£10.00
62. Mock 'Duck' (made with fried gluten) (with Mixed Vegetables) (VE)	£11.50
63. Mock 'Fish' with Chinese Curry (S) (VE)	£11.50
(made with soy bean, seaweed, peas and onions)	
64. Mock 'Fish' with Thai Sweet chilli sauce (S) (VE)	£11.50
(made with soy bean, seaweed & spice stirred fried with peppers, carrots, onions & chilli)	
65. Mock 'Fish' with Mixed Vegetables (VE)	£11.50
(made with soy bean and seaweed stored fried with vegetables)	
66. Vegetables Pineapple Fried Rice (contains egg) (N)	£11.30
67. Bean Curd Phad Thai (contains egg) (N)	£11.20
68. Mock Cha Siu (BBQ Pork) with Thai Green Curry (SS) (VE)	£11.50
(made from wheat gluten with green peppers, broccoli, bamboo shoots, aubergine, coco milk and sweet basil)	
69. Mock Cha Siu (BBQ Pork) Chow Mein (S) (VE)	£12.70
(made from wheat gluten with stir fried vegetables & soft fine noodles)	
70. Mock Cha Siu (BBQ Pork) with mixed vegetables (VE)	£11.50
(made from wheat gluten with green vegetables)	
71. Mock Cha Siu (BBQ Pork) Phad Thai (contains eggs) (N) (V)	£12.70
(made from wheat gluten with thin flat rice noodles with eggs, beansprouts, spring onions, carrots and peanuts)	

THAI NOODLES

72. Phad Thai (N) (GF) Famous Thai Thin Flat noodles Stir fried with eggs, beansprouts, spring onions, carrots and peanuts	
Chicken	£12.30
Prawns	£13.80
Seafood (mixed prawns, scallops, squid, mussels)	£15.00
Special (mixed chicken, prawns, BBQ pork and beef)	£13.80

CHOW MEIN (Stir Fried Soft Fine Noodles)

73. Fillet Steak with Black Pepper Sauce Chow Mein (S)	£17.70
(with onions, green peppers and chilli)	
74. Mixed Seafood with Oyster Sauce Chow Mein	£15.00
(Prawns, mussels, scallops, squid with mixed vegetables & garlic)	
75. Special Chow Mein	£13.80
(Chicken, BBQ pork, beef & prawns with mixed vegetables and garlic)	
76. Beef with Black Bean Sauce Chow Mein	£12.80
(with green peppers and onions)	
77. Chicken Chow Mein (with mixed vegetables and garlic)	£12.30
78. BBQ Pork with Satay Sauce Chow Mein (N)	£12.30
(with onions, green peppers and chilli)	

CHOW MEIN (Stir Fried Soft Fine Noodles)

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| 79. Singapore Style Vermicelli (S) (contain eggs)
(thin rice noodles with BBQ pork, shrimps, peppers & onions in spicy curry paste) | £12.30 |
| 80. Soft Noodles with Beansprouts and Onions | £5.90 |

CHINESE & THAI RICE (all fried rice contain eggs)

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| 81. Thai Pineapple Fried Rice (GF) (N)
(famous Thai fried rice with yellow curry, chicken, shrimps, pineapple, raisins, eggs & cashew nuts) | £11.90 |
| 82. King Prawns Fried Rice | £12.60 |
| 83. Special Fried Rice (mixed chicken, BBQ pork, beef & prawns) | £12.60 |
| 84. Chicken Fried Rice (with peas & eggs) | £11.20 |
| 85. Nasigoreng (SS) (Malaysia spicy fried rice with BBQ pork, shrimps & chilli) | £11.20 |
| 86. Egg Fried Rice | £3.20 |
| 87. Boiled Rice (Jasmine rice) (GF) | £3.00 |
| 88. Coconut Rice or Sticky Rice (GF) | £3.50 |

EXTRA PORTIONS

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| 89. Pak Choy with Garlic (V) | £8.50 |
| 90. Seasonal Vegetables in Oyster Sauce | £7.50 |
| 91. Beansprouts with Garlic (V) | £5.30 |
| 92. Sweet & Sour Sauce, Curry Sauce, Satay Sauce, (S) (N) | £3.50 |
| Thai Curry Sauce (£3.50 each) | £3.50 |

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(S)	Spicy	(SS)	Very Spicy		
(N)	Contain Nuts	(GF)	Gluten Free	(V)	Suitable for Vegetarians



SCAN QR - VIEW MENU ONLINE

TAKEAWAY 10% DISCOUNT FROM À LA CARTE MENU

Please note that for a table of 8 or more, a discretionary service charge of 10% will be added to your bill. All gratuities go to our team.

THE ZEN RESTAURANT 32-34 WOOD ST, LYTHAM ST ANNES, FY8 1QR

Tel: 01253 728860 Email: bookings@thezenrestaurant.co.uk www.thezenrestaurant.co.uk

