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à la Carte Menu

CHINESE SOUP

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| 1. Minced Chicken and Sweet Corn Soup (GF) | £6.50 |
| 2. Hot and Sour Soup (S) | £6.70 |
| 3. Wan Tun Soup (Prawn & Pork) | £6.70 |
| 4. Crab Meat and Sweet Corn Soup | £6.70 |
| 5. Mushroom and Sweet Corn Soup (V) (GF) | £6.00 |

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) | £10.80 |
| 7. CRISPY AROMATIC DUCK
(served with pancakes, leeks, cucumber and Hoi Sin sauce) | |
| Quarter | £15.00 |
| Half | £28.50 |
| 8. Vegetarian Crispy Aromatic Duck (V)
(made with soy bean and served with pancakes,
leeks cucumber and Hoi Sin sauce) | £9.80 |
| 9. Vegetarian Spring Rolls (V) | £6.50 |
| 10. Curry Samosa (V) (S) | £6.50 |
| 11. Mushroom and Bean Curd Skewer
with Satay Sauce (V) (N) | £7.20 |
| 12. Salt and Pepper Bean curd (V) | £7.20 |
| 13. Vegetarian 'Chicken Drum Stick' (V) (N)
made with soy bean and served with sweet chilli sauce | £8.90 |
| 14. Steamed Sui Mai (pork and prawns dumplings)
15 mins to prepare | £6.60 |
| 15. Steamed Har Kau (prawn dumplings) 15 mins to prepare | £6.60 |
| 16. Beef Dumpling with Ginger and Sp. Onion (S)
15 mins to prepare | £7.50 |
| 17. Sesame Prawn on Toast (minced prawn & chicken) | £7.90 |
| 18. Fried Duck Rolls | £7.00 |
| 19. Crispy Duck Wan Tun
(filled with shredded duck, carrots, cabbage and vegetables) | £7.00 |
| 20. Deep Fried Prawns (S)
(in light batter with salt & pepper & chilli) | £9.50 |
| 21. Deep Fried Squid (S)
(in light batter with salt & pepper & chilli) | £9.50 |
| 22. Minced Chicken Lettuce Wrap | £8.90 |
| 23. Salt & Pepper Chicken Wings (S) | £8.50 |
| 24. Salt & Pepper Spare Ribs (S) | £10.00 |
| 25. Barbecued Spare Ribs | £10.00 |
| 26. Chinese Prawn Crackers (GF) | £3.60 |
| 27. Thai Prawn Crackers (S) (GF) | £3.80 |

THAI SOUP

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| 28. Tom Yum Soup (S) (GF) | |
| Chicken | £6.70 |
| Prawns | £7.50 |
| Seafood | £8.00 |
| a spicy soup with mushrooms, tomato, onions, seasoned
with lemon juice, chilli, lemongrass and galangal | |

THAI STARTERS

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| 29. Zen Special Thai Mixed Platter (N) (S) (For 1 person)
Fish cake, golden parcel, chicken skewer in satay sauce.
Thai spare rib, wrapped prawn | £10.80 |
| 30. Golden Parcel
made with minced chicken, seafood stick & sweetcorn, served
with sweet chilli sauce | £7.60 |
| 31. 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 | £7.60 |
| 32. Chicken Skewer Satay Sauce (N) (GF) | £8.50 |
| 33. Thai Spare Ribs (S)
marinated with Thai herbs, topped with garlic
and ginger sauce | £10.00 |
| 34. Fried Pork Dumplings
minced pork and minced prawn dumplings topped
with roast garlic and sweet soy sauce | £7.50 |
| 35. Wrapped King Prawns
marinated prawns wrapped in crispy pastry served with
sweet chilli sauce | £9.50 |
| 36. Thai Prawns Salad (S)
Shrimps mixed with seasonal green salad.
Thai sauce has a hint of spice & spicy | £7.90 |

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THAI MAIN COURSE

CHOOSE YOUR MEAT

37. Chicken or BBQ Pork	£12.80
Beef	£13.30
Duck or Prawns	£14.00
Special (mixed prawns, beef, chicken, BBQ pork)	£14.00
Seafood (mixed prawns, squid, mussel, scallops)	£15.30
Scallops	£15.30
Fillet Steak	£18.50

CHOOSE YOUR SAUCE

i) Green Curry (SS) (GF) coconut milk with an aromatic selection of Thai herbs, green peppers, 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

38. Thai Style Steamed Sea Bass Fillet (S)	£15.80
(Sea Bass fillet with Thai herbs, plum and chilli, onion & coriander)	
39. Thai Style Fried Sea Bass (S) (GF)	£15.80
(Fried Sea Bass strips lightly battered with onions, peppers, carrots, and homemade chilli sauce)	

CHINESE MAIN COURSE

40. Sweet and Sour Chicken (Lightly battered)	£12.80
41. Chicken in Satay Sauce (N) (S) with onions & green peppers	£12.80
42. Chicken Curry (S) (with onions and peas, coconut milk)	£12.80
43. Chicken with Cashew Nuts (N)	£13.80
(with carrots, bamboo shoots, water chestnuts, babycorn and straw mushrooms in oyster sauce)	
44. Sizzling Chicken with Mushrooms, Onions and Garlic Sauce	£13.80
45. Cantonese Style Roast Duck	£14.00
(based with beansprouts and topped with sweet soy sauce)	
46. Duck with Plum Sauce (Lightly battered)	£14.00
47. BBQ Pork with Sweet Soy Sauce	£12.80
(based with beansprouts and garnished with spring onions)	
48. Shredded Crispy Beef in Hot and Spicy Sauce (N) (S)	£13.30
(classic spicy sauce with onions, green peppers, carrots & chilli)	
49. Beef in Black Bean Sauce	£13.30
50. Sizzling Beef in Black Pepper Sauce (S)	£14.30
(onions, green peppers & chilli)	

SPECIAL DISHES Mixed Chicken, BBQ Pork, Beef & Prawns

51. Special Chinese Curry Sauce (S)	£14.00
52. Special Black Bean Sauce	£14.00

KING PRAWN & SEAFOOD

53. Sweet and Sour King Prawns (Lightly battered)	£14.00
54. Sizzling King Prawns with Ginger and Spring Onions	£15.00
55. Mixed Seafood with Seasonal Greens (stir fried prawns, scallops squid and mussel with mixed vegetables)	£15.30
56. Sizzling Scallops with Ginger and Spring onions	£16.30
57. Steamed Seabass Fillet with Ginger and Spring onions	£15.80

SIZZLING FILLET STEAK

58. Sliced Fillet Steak in Cantonese Sauce (N)	£18.50
59. Sliced Fillet Steak in Mushrooms and Garlic Sauce	£18.50

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)

60. Vegetables and Mushrooms with Chinese Curry (S) (VE)	£9.80
61. Bean Curd (Tofu) with Satay Sauce (N) (VE)	£11.00
62. Bean Curd with Black Bean Sauce	£11.00
63. Mock 'Duck' with Thai Red Curry (S) (made with fried gluten) (VE)	£13.00
64. Mock 'Fish' with Chinese Curry (S) (VE)	£13.00
(made with soy bean, seaweed, peas and onions)	
65. Mock 'Fish' with Thai Sweet chilli sauce (S) (VE)	£13.00
(made with soy bean, seaweed & spice stirred fried with peppers, carrots, onions & chilli)	
66. Vegetables Pineapple Fried Rice (contains egg) (N)	£12.80
67. Mock Cha Siu (BBQ Pork) with Thai Green Curry (SS) (VE)	£13.00
(made from wheat gluten with green peppers, broccoli, bamboo shoots, aubergine, coco milk and sweet basil)	
68. Mock Cha Siu (BBQ Pork) Chow Mein (S) (VE)	£14.20
(made from wheat gluten with stir fried vegetables & soft fine noodles)	
69. Mock Cha Siu (BBQ Pork) with mixed vegetables (VE)	£13.00
(made from wheat gluten with green vegetables)	

THAI NOODLES

70. Phad Thai (N) (GF) Famous Thai Thin Flat noodles Stir fried with eggs, beansprouts, spring onions, carrots and peanuts	
Chicken	£14.00
Prawns	£15.20
Seafood (mixed prawns, scallops, squid, mussels)	£16.50
Special (mixed chicken, prawns, BBQ pork and beef)	£15.20

CHOW MEIN (Stir Fried Soft Fine Noodles)

71. Fillet Steak with Black Pepper Sauce Chow Mein (S)	£19.70
(with onions, green peppers and chilli)	
72. Mixed Seafood with Oyster Sauce Chow Mein	£16.50
(Prawns, mussels, scallops, squid with mixed vegetables & garlic)	
73. Special Chow Mein	£15.20
(Chicken, BBQ pork, beef & prawns with mixed vegetables and garlic)	
74. Beef with Black Bean Sauce Chow Mein	£14.50
(with green peppers, onions and carrots)	
75. Chicken Chow Mein (with mixed vegetables and garlic)	£14.00
76. BBQ Pork with Satay Sauce Chow Mein (N)	£14.00
(with onions, green peppers and chilli)	

(S) Spicy (SS) Very Spicy (VE) Vegan

(N) Contain Nuts (GF) Gluten Free (V) Suitable for Vegetarians

CHOW MEIN (Stir Fried Soft Fine Noodles)

77. Singapore Style Vermicelli (S) (contain eggs) £14.00
(thin rice noodles with BBQ pork, shrimps, peppers & onions in spicy curry paste)
78. Soft Noodles with Beansprouts and Onions £6.50

CHINESE & THAI RICE (all fried rice contain eggs)

79. Thai Pineapple Fried Rice (GF) (N) £13.50
(famous Thai fried rice with yellow curry, chicken, shrimps, pineapple, raisins, eggs & cashew nuts)
80. King Prawns Fried Rice £14.00
81. Special Fried Rice (mixed chicken, BBQ pork, beef & prawns) £14.00
82. Chicken Fried Rice (with peas & eggs) £12.80
83. Nasigoreng (SS) (Malaysia spicy fried rice with BBQ pork, shrimps & chilli) £12.80
84. Egg Fried Rice £3.70
85. Boiled Rice (Jasmine rice) (GF) £3.50
86. Coconut Rice (GF) £4.20
87. Sticky Rice (Glutinous rice) (GF) £4.20

EXTRA PORTIONS

88. Pak Choy with Garlic (V) £8.00
89. Seasonal Vegetables in Oyster Sauce £8.50
90. Beansprouts with Garlic (V) £5.90
91. Sweet & Sour Sauce/ Curry Sauce / Satay Sauce (S) (N) £4.00
Thai Curry Sauce (Red, Panang or Green) (£4.00 each) £4.00
92. Fresh Chilli with Soy Sauce (S) £2.10
93. Chips (Hand cut) £4.50
94. Salt & Pepper Chips £5.50

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TAKEAWAY 10% DISCOUNT
FROM À LA CARTE MENU



SCAN QR - VIEW MENU ONLINE

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



3 COURSE SET MENU (For a minimum of 2 people) £28.00 per person (vegetarian option available)

SOUP CHOICE

Chicken Sweetcorn Soup (GF)

or

Chicken Tom Yum Soup (S) (GF)

A spicy soup with mushrooms, tomato, onions, seasoned with lemon juice, chilli, lemongrass and galangal

APPERTISER PLATTER

Spring Roll (V)

Duck Wan Tun

Thai Spare Rib (S)

Chicken Skewer in Satay Sauce (N) (GF)

MAIN COURSE CHOICE

1. Shredded Crispy Beef in Hot and Spicy Sauce (S) (N)
(Deep fried beef strips in light batter cook with chilli, onions, carrots & peppers)
2. Sweet & Sour Chicken (Lightly battered)
(Cooked with peppers, pineapple, carrots & onions)
3. Special Black Bean Sauce
(mixed chicken, beef, BBQ pork and prawns, stir fried with green peppers, onions & carrots)
4. BBQ Pork with Mixed Vegetables
5. Sizzling Steak with Cantonese Sauce (N)
(Supplement £5.50)
6. Steamed Seabass Fillet with Ginger & Spring onions
(Supplement £3.50)
7. King Prawns with Green Curry (SS) (GF)
(Cooked with coconut milk with Thai herbs, green peppers, broccoli, bamboo shoots, aubergine & sweet basil)
8. Duck with Red Curry (S) (GF)
(Peppers, bamboo shoots, aubergine, chilli, beans and sweet basil in coconut milk)
9. Beef with Panang Curry (SS) (GF)
(Cooked with coconut milk, kaffir lime leaves, peppers, fine beans, chilli & peas)
10. Chicken with Fresh Chilli Sauce (SS)
(Stir fried with chilli, mushrooms, onions, peppers, carrots and sweet basil)
11. Bean Curd with Black Bean Sauce (V)
(Stir fried with peppers, carrots and onions)

All Mains served with Egg Fried rice or Boiled rice

Any variation will necessitate extra charge of the meal.

Minimum charge from £1.00

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ZEN CHEFS RECOMMENDATION

APPETISER

- NEW** GOLDEN NESTUM PRAWNS (S) £10.20
Deep fried prawns in light batter with crispy cereal and butter, chilli & herbs.
- NEW** GOLDEN NESTUM SQUID (S) £10.20
Lightly battered
- NEW** GOLDEN NESTUM CHICKEN (S) £9.00
Lightly battered

SIRLOIN STEAK ROLLS (S) £9.80
With Black Pepper Sauce filled with onions and black pepper

NORI PORK ROLLS £7.30
Deep fried Japanese seaweed rolls with minced pork, onions mushrooms and served with chilli sauce

ZEN TEMCO PRAWN (N) £8.90
Our own created deep fried prawns with crispy bread crumb on a bed of coconut rice served with satay sauce

MAIN

ORIENTAL SPICED PORK BELLY (20 mins to prepare) £13.50
Home Style Braised Tender Pork Belly with Oriental Spices. Bedded with Salad and Garnished with Spring Onions

SEAFOOD "POT" WITH BLACK PEPPER SAUCE (S) £15.90
Mixed Prawns, Scallops, Mussels and Squid with Glass Noodles, Onions, Peppers, Carrots and Chilli Served in a Hot Stone Bowl

TERIYAKI BEEF £13.30
Stir fried tender beef with ginger, onions, Chef special Teriyaki sauce and sprinkle with sesame and garnished with green vegetable

TERIYAKI FILLET STEAK UDON £19.70
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 shrimp paste with a combination of sweet, spicy and salty taste stirfried with onions and fine beans)

CHICKEN £13.20

PRAWNS £14.50

SEABASS £16.00 (Deep fried seabass strips lightly battered)

