THAI CUISINE

APPETIZER

§ > SATAY (2 skewers)

Marinated in fragrant thai spices served with peanut sauce Chicken \$9.99 Beef \$10.99 Shrimp \$10.99 Tofu \$7.99 THAI VEGETABLE COLD ROLLS (2 rolls) \$8.99 Fresh rice paper rolls stuffed with egg, mango, lettuce, sweet peppers, corriander and carrot served with thai house sauce SPRING ROLLS (2 pcs)

Vegetable \$4.50 Shrimp \$5.99 THAI SPICY (10 pcs)

Marinated in house thai spices served with thai sweet chili sauce Chicken Wings \$12.99 Calamari \$12.99 Shrimp \$13.99

THAI SHRIMP CHIPS \$7.99 Fried shrimp chip in thai style served with peanut sauce

SOUP

Tom Yum Thai lemongrass soup flavoured Thai coconut soup flavoured with galangal, lime leave, lime juice, cilantro, mushroom & tomatoes

Coconut Soup with galangal, lime leave, lemongrass, lime juice, mushroom & cilantro

Vegetables Chicken Shrimp Seafood \$7.99 \$8.99 Small \$6.99 \$6.99 Medium \$11.99 \$12.99 \$10.99 \$10.99 \$15.99 \$16.99 Large \$14.99 \$14.99

SALAD

Mango Salad \$11.99

Fresh mango tossed with cilantro, sweet onion, sweet pepper, cashewnut and peanut in thai dressing

RICE

Thai Fried Rice

Fried rice with basil leaves, egg and vegetable

Vegetable \$11.50 Chicken \$11.99 Beef \$12.50 Shrimp \$12.99 House \$12.99 Seafood \$13.99 Thai Pineapple Fried Rice

Fried rice with basil leaves, egg, sweet pepper and cashew nut smothered in thai seasoning and tamarind sauce

House Special \$14.99 Seafood \$15.99

Vegetable \$12.50 Chicken \$12.99 Beef \$13.50 Shrimp \$13.99 House \$13.99 Seafood \$14.99

Curry Pad Thai

NOODLE

Pick your Protein & Noodle: Vegetables \$12.99 | Chicken \$12.99 | Beef \$13.99 | Shrimp \$14.99

Pad Thai

Stir fried thai rice noodle with egg, tofu, thai

Stir fried rice noodle with egg, coconut cream, curry spices seasoning, tamarind sauce, sprinkled with roasted peanuts garnished with bean sprout / Thai Spicy Noodle Glass Noodle

Stir fried glass noodle with egg, vegetable, flavoured with thai seasoning sauce

garnished with peanut, bean sprout & vegetables

Peanut Vegetable \$12.99

Stir fried thai rice noodle with egg, basil leaves, chilli & vegetables

Pad Sew Stir fried thai rice noodle with egg, basil leaves & vegetables 50

Seasonal mixed vegetables with coconut milk and cashewnut

Stir fried vegetable with pineapple, mango and tofu in

VEGETARIAN

Mixed vegetables and tofu in green curry sauce with coconut milk

Thai Red Vegetable Curry \$13.99 Mixed vegetables and tofu in red curry sauce with coconut milk

With mixed vegetables in malaysian coconut curry and garnished with thai basil leaf

Fried tofu with fresh mangoes and sweet peppers

Tofu with mixed vegetables, chilli and basil leaves Thai Mango Tofu \$12.99

Lemongrass Tofu \$12.99 Lightly fried tofu with mixed vegetables, pineapple, mango MALAYSIAN VEGETABLE CURRY \$13.99 and lemongrass Basil Mixed Vegetables \$12.99 Seasonal mixed veggies with basil leaves in garlic sauce Basil Tofu \$12.99 Thai Style Eggplant \$12.99 Stir fried eggplant with sliced onions, red peppers and coriander







APPETIZER

SPICY CHICKEN ROLL (2 pcs) \$5.99

Curry spiced deep fried chicken wrapped in egg rolls

PAKORA (10 pcs) Vegetable \$11.99 Chicken \$12.99 Fish \$13.99 Shrimp \$15.50 DEEP FRIED WONTON (12 pcs) Chicken \$9.99 Shrimp \$10.99 CHICKEN WINGS (10 pcs) \$12.99 Deep Fried / Hot / Chilli / BBQ / Honey Garlic

Add a small Jasmine rice for \$1.99 and large for \$3.99

Pick your Protein:

Chicken (white meat) \$14.50 | Fish \$14.50 | Beef \$14.99

Shrimp \$14.99 | Seafood \$15.99

- Pick your Protein:

Chicken \$13.99 | Fish \$13.99 | Beef \$14.50

With garlic, onion, bell pepper, broccoli, basil leaves and chilli

Cooked with sweet red pepper slices and onion in tangy

With garlic, mix vegetables, onions and cashew nuts

With fresh mangoes, bell pepper, pineapple and basil leaves

Stir fried with lemongrass, pineapple, mangoes and mixed vegetables

Stir fried in peanut sauce with bell pepper, pineapple and mangoes

Jasmine Rice \$1.99 Coconut Rice \$3.99 Sticky Rice \$3.99 Peanut Sauce \$2.50

HAKKA CUISINE

With mixed vegetables in malaysian coconut curry

THAI BASIL Shrimp \$14.99 | Seafood \$15.99

With red pepper slices, onion and cilantro

With mixed vegetables in green coconut curry and garnished with thai

With mixed vegetables in red coconut curry and garnished with thai basil leaf

THAI GREEN CURRY

SPICY MALAYSIAN CURRY

THAI SPICY CRISPY

TAMARIND

tamarind sauce

THAI MANGO

THAI PEANUT

SIDE ORDER

THAI LEMONGRASS

THAI CASHEW NUT

>> THAI RED CURRY

basil leaf

> SPICY CHILLI POTATO (DRY) \$9.99

MANCHURIAN CORN OR MUSHROOM \$9.99 ▶ SPICY PEPPER CALAMARI (DRY) \$13.99

GOLDEN FRIED SHRIMP \$13.99 FRIES \$4.99

CHICKEN NUGGETS AND FRIES \$9.99

CHICKEN NOOGETS AND I KIES \$5.55				
UP	S (16oz)	M (24oz)	L (48oz)	
SWEET CORN SOUP				
(Chicken or Vegetable)	\$5.99	\$8.99	\$12.99	
HOT & SOUR SOUP				
(Chicken or Vegetable)	\$5.99	\$8.99	\$12.99	
(Shrimp or Seafood)	\$6.50	\$9.99	\$13.99	
WONTON SOUP				
(Chicken or Shrimp)	\$6.50	\$9.99	\$12.99	
MANCHOW SOUP				
(Chicken or Vegetable)	\$5.99	\$8.99	\$12.99	
(Shrimp or Seafood)	\$6.50	\$9.99	\$13.99	
HAKKA THAI SOUP				
(Chicken or Vegetable)	\$6.50	\$9.50	\$13.99	
(Shrimp or Seafood)	\$7.50	\$10.50	\$14.99	
MANCHURIAN SOUP				
(Chicken or Vegetable)	\$5.99	\$8.99	\$12.99	
(Shrimp or Seafood)	\$6.50	\$9.99	\$13.99	



Chicken Wing

Green Curry Chicke

Thai Mango Chicke

hai Cashew Nut Chicke



ENTREES

Change to White Meat (Breaded/non-breaded) - Add \$ 3

- Pick your Protein: Chicken \$12.99 | Fish \$13.50 Beef \$13.50 | Tiger Shrimp \$15.99

Pick your Sauce:

CHILLI

Garlic, onions and green chilli in brown sauce

MANCHURIAN

Spicy brown sauce with a pinch of ginger and fresh cilantro

SPICY GARLIC With green onions in brown sauce

■ GENERAL TAO

With diced bell pepper & diced onions in house spicy tangy sauce SZECHUAN

With diced onions & bell peppers in spicy Szechuan sauce SWEET & SOUR

With diced peppers, onions and pineapple in sweet and sour sauce HONEY GARLIC

Honey garlic sauce LEMON

Cooked with lemon juice, house honey sauce with a pinch of garlic

HOT GARLIC With garlic, spring onion in tangy/spicy sauce SWEET GARLIC

With garlic, spring onion and house sweet sauce

CHEF SPECIALTIES

Pick your Protein: Chicken \$13.50 | Fish \$13.99 Beef \$13.99 | Tiger Shrimp \$15.99

Pick your Sauce:

ZEN'S SPECIAL (DRY)

Sautéed with house spices, onions, chillies and cilantro in tangy/ spicy sauce

BOMBAY (DRY)

Marinated with special spices sautéed with onion, green chillies and

CRISPY GINGER (DRY) (WHITE MEAT) Lightly battered in sweet & spicy ginger sauce SESAME (DRY) (WHITE MEAT) Tossed in house sweet sauce with toasted sesame seeds

SPICY MANGO (DRY) With bell pepper, mango & pineapple in tangy/spicy sauce

KUNG PAO (WHITE MEAT) Dry red chilli, onion, bell pepper, cashew nuts, broccoli and carrots in tangy/spicy sauce

SPICY PEPPER (DRY)

Lightly fried sautéed with onions, bell pepper and spring onions PINEAPPLE (WHITE MEAT)

With pineapple and diced onions in house sweet and sour sauce HYDERABADI 65

Marinated with spices sautéed with onions, bell peppers and curry leaf in tangy/spicy sauce SWEET & SOUR CHICKEN BALL (WHITE MEAT) \$13.99

VEGGIE CHICKEN

Chicken ball with our house sweet and sour sauce

MOMOS (Dumplings) (Dry)

	VLGGIL	CHICKLI
STEAMED OR FRIED MOMOS	\$8.99	\$9.99
) CHILI MOMOS	\$9.99	\$10.99
HOT GARLIC MOMOS	\$9.99	\$10.99
MANCHURIAN MOMOS	\$9.99	\$10.99



















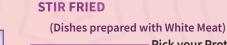












Chicken \$13.50 | Fish \$13.99 Beef \$13.99 | Shrimp \$14.99

Pick your Sauce: **BLACK BEAN**

Stir fried with diced bell pepper in black bean sauce **BROCCOLI**

- Pick your Protein:

Stir fried with onions, carrots and broccoli EGGPLANT

Stir fried with mixed vegetables and eggplant **MIXED VEGETABLES** Stir fried seasonal mix vegetables

GREEN BEANS Stir fried with onion & garlic

SNOWPEAS & MUSHROOMS

Stir fried with snowpeas, mushrooms, onion & carrot **CHOPSUEY**

Stir fried bean sprout with carrot slices, onion & green onion SPICY MAPO TOFU

Stir fried mixed vegetables and tofu in MaPo sauce TERIYAKI

Stir fried with onion & mixed vegetables **BLACK PEPPER**

Stir fried with onions, bell pepper and fresh ground pepper SHRIMP WITH LOBSTER SAUCE Shrimp with pieces of chopped chicken, onion & green onion in

VEGETARIAN

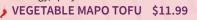
lobster sauce

STIR FRIED VEGETABLES \$11.99 Choice of vegetable stir fried with garlic:

Broccoli Green Beans Snowpeas & Mushroom Mixed Vegetables Chopsuey Bok Choy Chinese Broccoli (Gai Lan)

BOMBAY PANEER (DRY) \$12.50 Indian cottage cheese sautéed with onion, green chillies and cilantro

Zen's Special PANEER (DRY) \$12.50 Indian cottage cheese sautéed with house spices, onions, chillies and cilantro in tangy/spicy sauce



Pick your sauce: Chilli • Manchurian • Spicy Garlic • Szechuan Spicy Pepper • Hot Garlic

VEGETABLE BALL \$11.99 Mixed vegetables bonded together in a sauce of your choice >> TOFU \$11.99

Lightly fried tofu in a sauce of your choice EGGPLANT \$11.99

Stir fried eggplant in a sauce of your choice PANEER \$11.99 Indian cottage cheese prepared in a sauce of your choice

MIXED VEGETABLES WITH PANEER \$11.99 In a sauce of your choice

MIXED VEGETABLES WITH TOFU \$11.99 In a sauce of your choice









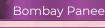
Extra Spicy (\$0.50) Mild Spicy * * * Please inform us of any food allergy. * * *

gluten free options available

*Most of the main entrée are with sauce. Dry is available upon request







All non-vegetarian comes with egg, peas, carrot, onion and spring onion All vegetarian comes with peas, carrot, onion, brocolli and spring onion

EGG FRIED RICE \$9.50

MUSHROOM FRIED RICE \$9.99

FRIED RICE

Vegetables \$10.50 | Chicken or Beef or Shrimp \$10.99 | Seafood \$12.99 House special (Chicken and Shrimp) \$11.99 | Mixed (Chicken, Beef and Shrimp) \$12.99

SPICY FRIED RICE

Pick your choice of one sauce:

Manchurian / Masala / Masala / A Szechuan / Singapore Vegetables \$11.50 | Chicken or Beef or Shrimp \$11.99 | Seafood \$13.99 House special (Chicken and Shrimp) \$12.99 | Mixed (Chicken, Beef and Shrimp) \$13.99

NOODLES

Signature Hakka Noodle (Spaghetti size noodle) Vegetables \$10.50 | Chicken or Beef or Shrimp \$10.99 | Seafood \$12.99 House special (Chicken and Shrimp) \$11.99 | Mixed (Chicken, Beef and Shrimp) \$12.99

SPICY HAKKA NOODLES

Pick your choice of one sauce:

Manchurian / Masala / A Szechuan

Vegetables \$11.50 | Chicken or Beef or Shrimp \$11.99 | Seafood \$13.99 House special (Chicken and Shrimp) \$12.99 | Mixed (Chicken, Beef and Shrimp) \$13.99

CANTONESE CHOW MEIN (Crispy Noodle SINGAPORE NOODLE (Thin Rice Noodle) SHANGHAI NOODLE (Thick Noodle) **HO FUN NOODLE** (Wide Rice Noodle) **VERMICELLI NOODLE** (Thin Rice Noodle)

BEAN SPROUT NOODLE (Lo Mein)

Pick your Choice & Style:

Vegetables \$11.99 Chicken or Beef or Shrimp \$12.99 House special (Chicken and Shrimp) \$13.99 Mixed (Chicken, Beef and Shrimp) \$14.99

>> CHILI CHICKEN ON FRIED NOODLES MANCHURIAN CHICKEN ON FRIED NOODLES BLACK BEAN CHICKEN ON FRIED NOODLES

SWEET NOODLE (Spaghetti Size Noodle) Seafood \$14.99

\$13.99 \$13.99 \$13.99 **BLACK BEAN BEEF ON FRIED NOODLES** \$14.99



* * * Please inform us of any food allergy. * * * Prices are subject to change without notice. Party Trays available. Ask for the details.

THAI SET DINNERS

Dinner for Three \$55

Dinner for Two \$40 Vegetable Spring Roll (2)

Green Curry Chicken

Dinner for Five \$85

Vegetable Spring Roll (5)

Chicken with Cashewnuts

Thai Chicken Fried Rice (2 1/2)

Dinner for Two \$36

Vegetable Spring Roll (2)

Beef with Mixed Veggies

Dinner for Five \$80

Vegetable Spring Roll (5)

Beef with Mixed Veggies General Tao Chicken

Sweet and Sour Chicken

Chicken Fried Rice (2 1/2)

Chicken Fried Rice

Chicken Pakora

Chilli Chicken

Mango Salad

Spicy Crispy Beef

Basil Chicken

Chilli Chicken

Green Curry Chicken

Mango Salad Chicken with Cashewnuts
Green Curry Chicken Thai Chicken Fried Rice Chicken with Cashewnuts

Vegetable Spring Roll (3) Vegetable Spring Roll (4) Mango Salad Green Curry Chicken

Chicken with Cashewnuts Thai Chicken Fried Rice (11/2) Spicy Crispy Beef Thai Chicken Fried Rice (2) **Dinner for Six \$100** Vegetable Spring Roll (6)

Dinner for Four \$70

Dinner for Four \$65

Vegetable Spring Roll (4)

Beef with Mixed Veggies

Sweet and Sour Chicken

Chicken Fried Rice (2)

General Tao Chicken

Chilli Chicken

Mango Salad Green Curry Chicken

Chicken with Cashewnuts Spicy Crispy Beef

Basil Chicken Red Curry Vegetables Thai Chicken Fried Rice (3)

HAKKA SET DINNERS

Vegetable Spring Roll (3)

Beef with Mixed Veggies

Chicken Fried Rice (1 1/2)

Dinner for Six \$95

Vegetable Spring Roll (6)

Beef with Mixed Veggies

Sweet and Sour Chicken

General Tao Chicken

Crispy Ginger Beef

Chicken Fried Rice (3)

** No Cash discount on set dinners. No substitution allowed.

** Set dinners are available for take outs only.

General Tao Chicken

Chicken Pakora

Chilli Chicken

Chilli Chicken

Dinner for Three \$50

2. Chilli Chicken / Beef / Fish

3. General Tao Chicken / Fish

5. Bombay Chicken (Dry)

6. Sliced Beef in Black Pepper Sauce

Sliced Chicken in Black Pepper Sauce

9. Spicy Garlic Chicken/ Beef/ Fish

10. Szechuan Chicken / Beef / Fish

11. Chilli Mix Veg / TOFU/ Eggplant / Veg Ball

13. Spicy Garlic Mix Veg / TOFU / Eggplant / Veg Ball

14. Chicken Ball with Egg Fried Rice (White Meat)

▶ 15. Thai Basil Chicken

16. Thai Mango Chicken

17. Sesame Chicken (Dry)

18. Honey Garlic Chicken

19. Thai Cashew Nut Chicken

20. Crispy Ginger Chicken / Beef (Dry)

▶ 21. Thai Green or Red Curry Chicken

22. Thai Green or Red Curry Vegetables

23. Lemon Chicken / Fish

24. Shrimp with Lobster Sauce

▶ 25. Malaysian Curry Chicken / Beef

26. Chicken or Beef with Green Beans

28. Black Bean Sauce with Chicken / Beef / Fish

30. Chicken/Shrimp Ma Po Tofu

SET A

SPECIAL FOR 1

Lunch Special until 3pm

Lunch Includes: Steam Rice or Egg Fried Rice and

choice of Veg Spring Roll or Selected Pop or Soup of the day

Dinner Includes: Steam Rice or Egg Fried Rice and Veg Spring Roll or Selected Pop

Upgrade to Hakka Noodles or Veg Fried Rice for \$1.75

(Lunch special from \$10.99 Dinner special from \$13.50)

1. Zen's Special Chicken / Fish (Dry)

Spicy Mango Chicken

8. Manchurian Chicken / Beef / Fish

12. Man. Mix Veg / TOFU / Eggplant / Veg Ball

(White Meat)

27. Mix Vegetable with Chicken / Beef / Fish

29. Sweet & Sour Chicken / Beef / Fish

SET B

- § 1. Pad Thai Vegetable
- 2. Pad Thai Chicken
- 3. Chicken Fried Rice
- 4. Vegetable Fried Rice
- 5. Chicken Hakka Noodle
- 6. Vegetable Hakka Noodle
- ▶ 7. Chicken Singapore Noodle (Thin Rice Noodles)
- 8. Vegetable Singapore Noodle (Thin Rice Noodles)
- 9. Chicken Shanghai Noodle 10. Vegetable Shanghai Noodle
- 11. Chicken Vermicelli (Thin Rice Noodles)

- 12. Vegetable Vermicelli (Thin Rice Noodles)
- 13. Chicken HoFun (Wide Rice Noodles)
- 14. Beef HoFun (Wide Rice Noodles)
- 15. Thai Spicy Chicken Noodle
- 16. Thai Spicy Beef Noodle 17. Chicken Cantonese Chow Mein
- 18. Vegetable Cantonese Chow Meir
- 19. Chicken in Black Bean Sauce with Fried Noodle
- 20. Beef in Black Bean Sauce w/Fried Noodle

* No Cash discount on specials * Lunch / Dinner Specials not served on statutory holidays and special occasions.

* Lunch / Dinner Special not served on Friday, Saturday or Sunday.

THE ZEN

hakka chinese & thai cuisine

905-642-8188

5779 Main St, Unit 108

Stouffville, Ontario L4A 2T1

Web: www.thezen.ca

* Dine In * Take Out

Sunday

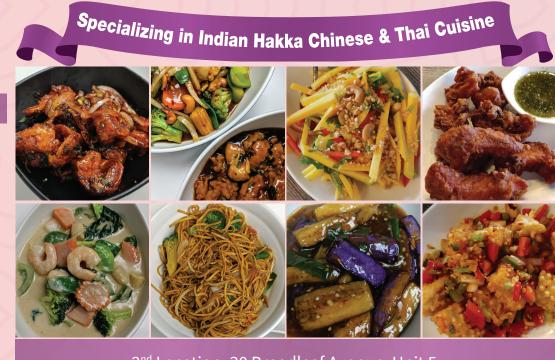
* Catering * We Deliver through 905-642-8860

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Business Hours

Mon - Thu 11:30am - 10:00pm 11:30am - 10:00pm 12:00 pm - 10:00pm Sat

12:00 pm - 10:00pm



2nd Location: 30 Broadleaf Avenue, Unit 5, Whitby, Ontario

10% Off



On Cash Pick-Up (Over \$30 before tax) We accept only CASH and DEBIT CARDS. We accept debit cards over \$15 only. Prices subject to change without notice.

