

## 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, coriander 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 with galangal, lime leave, lime juice, cilantro, mushroom & tomatoes

#### 👉 Coconut Soup

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

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

### 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 Fried Rice \$11.99 Beef \$12.50 Shrimp \$12.99 House \$12.99 Seafood \$13.99*

#### 👉 Thai Pineapple Chicken

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

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

### NOODLE

— Pick your Protein & Noodle:

**Vegetables \$12.99 | Chicken \$12.99 | Beef \$13.99 | Shrimp \$14.99**

**House Special \$14.99 Seafood \$15.99**

#### 👉 Pad Thai

Stir fried thai rice noodle with egg, tofu, thai seasoning, tamarind sauce, sprinkled with roasted peanuts garnished with bean sprout

#### Glass Noodle

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

### VEGETARIAN

#### 👉 Thai Green Vegetable Curry \$13.99

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

#### 👉 MALAYSIAN VEGETABLE CURRY \$13.99

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

#### 👉 Basil Tofu \$12.99

Tofu with mixed vegetables, chilli and basil leaves

#### Thai Mango Tofu \$12.99

Fried tofu with fresh mangoes and sweet peppers



Thai Cold Roll



Satay



Tom Yum Soup



Mango Salad

### ENTREES

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**

#### 👉 THAI GREEN CURRY

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

#### 👉👉 THAI RED CURRY

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

#### 👉 SPICY MALAYSIAN CURRY

With mixed vegetables in malaysian coconut curry

— Pick your Protein:

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

**Shrimp \$14.99 | Seafood \$15.99**

#### 👉 THAI BASIL

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

#### 👉 THAI SPICY CRISPY

With red pepper slices, onion and cilantro

#### TAMARIND

Cooked with sweet red pepper slices and onion in tangy tamarind sauce

#### THAI MANGO

With fresh mangoes, bell pepper, pineapple and basil leaves

#### THAI LEMONGRASS

Stir fried with lemongrass, pineapple, mangoes and mixed vegetables

#### 👉 THAI CASHEW NUT

With garlic, mix vegetables, onions and cashew nuts

#### 👉 THAI PEANUT

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

### SIDE ORDER

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

## HAKKA CUISINE

### 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

#### 👉 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

### SOUP

#### SWEET CORN SOUP

(Chicken or Vegetable)

S (16oz) M (24oz) L (48oz)

\$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



Green Curry Chicken



Thai Mango Chicken



Thai Cashew Nut Chicken



Chicken Pakora



Spicy Pepper Calamari



Chicken Wings



Wonton Soup

### 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 cilantro

#### 👉 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

Chicken ball with our house sweet and sour sauce

### MOMOS (Dumplings) (Dry)

VEGGIE \$8.99 CHICKEN \$9.99

#### 👉👉 STEAMED OR FRIED MOMOS

\$8.99 \$10.99

#### 👉👉 CHILI MOMOS

\$9.99 \$10.99

#### 👉👉 HOT GARLIC MOMOS

\$9.99 \$10.99

#### 👉👉 MANCHURIAN MOMOS

\$9.99 \$10.99



Bombay Chicken



Chilli Chicken



General Tao Chicken



Sweet & Sour Chicken Balls



Hot Garlic Shrimp



Crispy Ginger Beef



Spicy Mango



Sesame Chicken



Lemon Chicken

### STIR FRIED

(Dishes prepared with White Meat)

— Pick your Protein:

**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

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



## RICE

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 / 👉👉 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 / 👉👉 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

**Pick your Choice & Style:**  
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)  
SWEET NOODLE (Spaghetti Size Noodle)

### 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  
Seafood \$14.99

👉👉 CHILI CHICKEN ON FRIED NOODLES \$13.99  
👉👉 MANCHURIAN CHICKEN ON FRIED NOODLES \$13.99  
BLACK BEAN CHICKEN ON FRIED NOODLES \$13.99  
BLACK BEAN BEEF ON FRIED NOODLES \$14.99



## THAI SET DINNERS

**Dinner for Two \$40**  
Vegetable Spring Roll (2)  
➤ Green Curry Chicken  
➤ Chicken with Cashewnuts  
Thai Chicken Fried Rice

**Dinner for Three \$55**  
Vegetable Spring Roll (3)  
Mango Salad  
➤ Green Curry Chicken  
➤ Chicken with Cashewnuts  
Thai Chicken Fried Rice (1 1/2)

**Dinner for Four \$70**  
Vegetable Spring Roll (4)  
Mango Salad  
➤ Green Curry Chicken  
➤ Chicken with Cashewnuts  
➤ Spicy Crispy Beef  
Thai Chicken Fried Rice (2)

**Dinner for Five \$85**  
Vegetable Spring Roll (5)  
Mango Salad  
➤ Green Curry Chicken  
➤ Chicken with Cashewnuts  
➤ Spicy Crispy Beef  
➤ Basil Chicken  
Thai Chicken Fried Rice (2 1/2)

**Dinner for Six \$100**  
Vegetable Spring Roll (6)  
Mango Salad  
➤ Green Curry Chicken  
➤ Chicken with Cashewnuts  
➤ Spicy Crispy Beef  
➤ Basil Chicken  
➤ Red Curry Vegetables  
Thai Chicken Fried Rice (3)

## HAKKA SET DINNERS

**Dinner for Two \$36**  
Vegetable Spring Roll (2)  
➤ Chilli Chicken  
Beef with Mixed Veggies  
Chicken Fried Rice

**Dinner for Three \$50**  
Vegetable Spring Roll (3)  
➤ Chilli Chicken  
Beef with Mixed Veggies  
➤ General Tao Chicken  
Chicken Fried Rice (1 1/2)

**Dinner for Four \$65**  
Vegetable Spring Roll (4)  
➤ Chilli Chicken  
Beef with Mixed Veggies  
➤ General Tao Chicken  
Sweet and Sour Chicken  
Chicken Fried Rice (2)

**Dinner for Five \$80**  
Vegetable Spring Roll (5)  
➤ Chicken Pakora  
➤ Chilli Chicken  
Beef with Mixed Veggies  
➤ General Tao Chicken  
Sweet and Sour Chicken  
Chicken Fried Rice (2 1/2)

**Dinner for Six \$95**  
Vegetable Spring Roll (6)  
➤ Chicken Pakora  
➤ Chilli Chicken  
Beef with Mixed Veggies  
➤ General Tao Chicken  
Sweet and Sour 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.

## 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)

### SET A

- 1. Zen's Special Chicken / Fish (Dry)
- 2. Chilli Chicken / Beef / Fish
- 3. General Tao Chicken / Fish
- 4. Spicy Mango Chicken
- 5. Bombay Chicken (Dry)
6. Sliced Beef in Black Pepper Sauce
7. Sliced Chicken in Black Pepper Sauce
- 8. Manchurian Chicken / Beef / Fish
- 9. Spicy Garlic Chicken/ Beef/ Fish
- 10. Szechuan Chicken / Beef / Fish
- 11. Chilli Mix Veg / TOFU/ Eggplant / Veg Ball
- 12. Man. 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 (White Meat)
- 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
27. Mix Vegetable with Chicken / Beef / Fish
28. Black Bean Sauce with Chicken / Beef / Fish
29. Sweet & Sour Chicken / Beef / Fish
- 30. Chicken/Shrimp Ma Po Tofu

### 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 Mein
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

Stouffville

## hakka chinese & thai cuisine

905-642-8188

905-642-8860

5779 Main St, Unit 108  
Stouffville, Ontario L4A 2T1  
Web: [www.thezen.ca](http://www.thezen.ca)

### Business Hours

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

Specializing in Indian Hakka Chinese & Thai Cuisine



2<sup>nd</sup> Location: 30 Broadleaf Avenue, Unit 5,  
Whitby, Ontario

Lunch  
Special  
from  
\$10.99



Stouffville 042022

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.



\* \* \* Please inform us of any food allergy. \* \* \*

Prices are subject to change without notice. Party Trays available. Ask for the details.