

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) \$11.50 | Mixed (Chicken, Beef and Shrimp) \$11.99

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) \$11.50 | Mixed (Chicken, Beef and Shrimp) \$11.99

SPICY HAKKA NOODLES
Pick your choice of one sauce:
🌶️🌶️ Manchurian / 🌶️ Masala / 🌶️🌶️ Szechuan / 🌶️ Singapore
Vegetables \$10.99 | Chicken or Beef or Shrimp \$11.50 | Seafood \$13.50
House special (Chicken and Shrimp) \$11.99 | Mixed (Chicken, Beef and Shrimp) \$12.50

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 \$11.50 Chicken or Beef or Shrimp \$11.99 House special (Chicken and Shrimp) \$12.50 Mixed (Chicken, Beef and Shrimp) \$12.99 Seafood \$13.99
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🌶️🌶️ 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

 Veg Hakka Noodle	 Beef Hofun	 Chicken Fried Rice
 Manchurian Fried Rice	 Singapore Noodle	 Seafood Vermicelli
 Singapore Rice	 Szechuan Fried Rice	 Cantonese Noodles

* * * 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 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 (11/2)	Dinner for Four \$70 Vegetable Spring Roll (4) Mango Salad 🌶️ Green Curry Chicken 🌶️ Chicken with Cashewnuts 🌶️ Spicy Crispy Beef Thai Chicken Fried Rice (2)
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HAKKA SET DINNERS

Dinner for Two \$33 Vegetable Spring Roll (2) 🌶️ Chilli Chicken Beef with Mixed Veggies Chicken Fried Rice	Dinner for Three \$48 Vegetable Spring Roll (3) 🌶️🌶️ Chilli Chicken Beef with Mixed Veggies 🌶️ General Tao Chicken Chicken Fried Rice (1 1/2)	Dinner for Four \$62 Vegetable Spring Roll (4) 🌶️ Chilli Chicken Beef with Mixed Veggies 🌶️ General Tao Chicken Sweet and Sour Chicken Chicken Fried Rice (2)
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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)
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 Zen's Special Chicken	 Thai Green Curry	 Mango Chicken
 Honey Garlic Chicken	 Thai Cashew Nut Chicken	 Crispy Ginger Chicken
 Spicy Mango Chicken	 Chilli Chicken	

** 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* and Veg Spring Roll or Selected Pop
Upgrade to Hakka Noodles or Veg Fried Rice for \$1.75

SPECIAL A *Lunch \$9.99 Dinner \$12.99*

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| 🌶️ 1. Zen's Special Chicken / Fish (Dry) | 15. Chicken in Black Bean Sauce w/Fried Noodle* |
| 🌶️ 2. Thai Basil Chicken/Mixed Veggies/Tofu | 16. Beef in Black Bean Sauce w/Fried Noodle* |
| 3. Thai Mango Chicken/ Mixed Veggies /Tofu | 🌶️ 17. Chicken or Beef with Green Beans |
| 🌶️ 4. General Tao Chicken / Fish | 🌶️ 18. Sliced Beef in Black Pepper Sauce |
| 5. Honey Garlic Chicken | 🌶️ 19. Sliced Chicken in Black Pepper Sauce |
| 6. Sesame Chicken (Dry) | 20. Chicken Ball with Egg Fried Rice (White Meat) |
| 🌶️ 7. Bombay Chicken (Dry) | 🌶️ 21. Malaysian Curry Chicken / Beef |
| 🌶️ 8. Crispy Ginger Chicken / Beef (Dry) | 22. Chicken Cantonese Chow Mein* |
| 🌶️ 9. Thai Green or Red Curry Chicken (White Meat) | 23. Vegetable Cantonese Chow Mein* |
| 🌶️🌶️ 10. Thai Green or Red Curry Vegetables | 🌶️ 24. Vegetable / Chicken Pad Thai* |
| 🌶️🌶️ 11. Thai Cashew Nut Chicken/Mixed Veggies/ Tofu | 25. Spicy Mango Chicken |
| 12. Lemon Chicken / Fish | 🌶️ 26. Chicken with Eggplant |
| 13. Shrimp in Lobster Sauce | 27. Chicken w/Broccoli or w/Mixed Veggies |
| 🌶️ 14. Thai Spicy Chicken /Beef Noodle* | 28. Black Bean Sauce with Chicken/Beef/Fish |
| | 🌶️ 29. Chicken/Shrimp/Veg Ma Po Tofu |

SPECIAL B *Lunch \$8.99 Dinner \$12.99*

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| 🌶️ 1. Chilli Chicken / Beef / Fish | 7. Chicken Wings with Egg Fried Rice |
| 🌶️ 2. Manchurian Chicken / Beef / Fish | 🌶️ 8. Chilli Mix Veg / TOFU / Eggplant / Veg Ball |
| 🌶️ 3. Spicy Garlic Chicken/ Beef/ Fish | 🌶️ 9. Man. Mix Veg / TOFU / Eggplant / Veg Ball |
| 🌶️ 4. Szechuan Chicken / Beef / Fish | 🌶️🌶️ 10. Spicy Garlic Mix Veg / TOFU / Eggplant / Veg Ball |
| 5. Mix Vegetable with Chicken / Beef / Fish | |
| 6. Sweet & Sour Chicken / Beef / Fish | |

SPECIAL C *Lunch \$8.99 Dinner \$12.99*

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| 1. Chicken Hakka Noodle | 6. Vegetable Shanghai Noodle |
| 2. Vegetable Hakka Noodle | 7. Chicken HoFun (Wide Rice Noodles) |
| 3. Chicken Singapore Noodle | 8. Beef HoFun (Wide Rice Noodles) |
| 4. Vegetable Singapore Noodle | 9. Vegetable/Chicken Fried Rice |
| 5. Chicken Shanghai Noodle | 10. Veg/Chicken Vermicelli Noodles |

* 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

Whitby

hakka chinese & thai cuisine

905-655-8188
905-655-8867






* **Dine In**
* **Take Out**
* **Catering**
* **We Deliver through SKIP • UBER • DOORDASH**

30 Broadleaf Avenue, Unit 5
Whitby, Ontario L1R 0B5
Web: www.thezen.ca

Specializing in Indian Hakka Chinese & Thai Cuisine



2nd Location: 5779 Main Street, Unit 108,
Stouffville, Ontario (Longos Plaza)

<div>Lunch Special from \$8.99</div>	<div>   </div>	<div>10% Off</div> <div>On Cash Pick-Up (Over \$30 before tax) We accept cards over \$15 only. Prices subject to change without notice.</div>	<div></div>
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Whitby 042022