#### **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 &

with galangal, lime leave, lemongrass, lime juice, mushroom & cilantro Vegetables Chicken Shrimp Seafood

Coconut Soup

\$7.99 \$6.99 \$6.99 Medium \$11.99 \$10.99 \$10.99 \$15.99 Large \$14.99 \$14.99

#### SALAD

tomatoes

Small

#### & 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

\$8.99

\$12.99

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

Pick your Protein & Noodle

#### NOODLE

Fick your Flotent & Nooule.		
Vegetables \$13.50   Chicken \$13.99		
House Special \$14.99	Seafood \$15.99	
🖁 Pad Thai 🛛 💡	Curry 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	garnished with peanut, bean sprout & vegetables	
roasted peanuts garnished with bean sprout	Thai Spicy Noodle	
Glass Noodle	Stir fried thai rice noodle with egg, basil leaves, chilli &	
Stir fried glass noodle with egg, vegetable,	vegetables	
flavoured with thai seasoning sauce	Pad Sew	
	Stir fried thai rice noodle with egg, basil leaves & vegetables	
VEGETARIAN		
Thai Green Vegetable Curry \$13.99	Coconut Cashew Nut Vegetables \$12.99	
Mixed vegetables and tofu in green curry	Seasonal mixed vegetables with coconut milk and cashewnut	
	Peanut Vegetable \$12.99	
Thai Red Vegetable Curry \$13.99	Stir fried vegetable with pineapple, mango and tofu in	
Mixed vegetables and tofu in red curry sauce	peanut sauce	
with coconut milk	Lemongrass Tofu \$12.99	
MALAYSIAN VEGETABLE CURRY \$13.99	Lightly fried tofu with mixed vegetables, pineapple, mango	
With mixed vegetables in malaysian coconut	and lemongrass	
curry and garnished with thai basil leaf	Basil Mixed Vegetables \$12.99	

coriander

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 Ro





# Tom Yum Sou

# \$16.99

Seasonal mixed veggies with basil leaves in garlic sauce

Stir fried eggplant with sliced onions, red peppers and

Thai Style Eggplant \$12.99

#### 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

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

- 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 \$3.50 Sticky Rice \$3.99 Peanut Sauce \$2.50

#### **HAKKA CUISINE**

#### APPETIZER

(Chicken or Vegetable)

(Shrimp or Seafood)

(Chicken or Shrimp)

(Chicken or Vegetable)

(Chicken or Vegetable)

(Chicken or Vegetable)

(Shrimp or Seafood)

(Shrimp or Seafood)

**MANCHURIAN SOUP** 

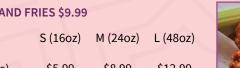
(Shrimp or Seafood)

**HAKKA THAI SOUP** 

WONTON SOUP

MANCHOW SOUP

>> 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 \$12.99 Shrimp \$13.99 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 \$5.99 CHICKEN NUGGETS AND FRIES \$9.99** SOUP SWEET CORN SOUP \$8.99 \$12.99 (Chicken or Vegetable) \$5.99 **JOT & SOUR SOUP** 



\$8.99

\$9.99

\$9.99

\$8.99

\$9.99

\$9.50

\$10.50

\$8.99

\$9.99

\$5.99

\$6.50

\$6.50

\$5.99

\$6.50

\$6.50

\$7.50

\$5.99

\$6.50

\$12.99

\$13.99

\$12.99

\$12.99

\$13.99

\$13.99

\$14.99

\$12.99

\$13.99



Chicken Pakora





STEAMED OR **J** CHILI MOMOS **HOT GARLIC N MANCHURIAI** 





# **CHEF SPECIALTIES**

### Pick your Sauce:

- **JEN'S SPECIAL (DRY)** spicy sauce BOMBAY (DRY)
- cilantro
- SPICY MANGO (DRY)
- KUNG PAO (WHITE MEAT)
- tangy/spicy sauce SPICY PEPPER (DRY) **PINEAPPLE (WHITE MEAT)**
- HYDERABADI 65 leaf in tangy/spicy sauce

## MOMOS (Dumplings) (Dry)











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

Pick your Protein: Chicken \$12.50 | Fish \$12.99 Beef \$12.99 | Tiger Shrimp \$14.99

#### Pick your Sauce:

**ENTREES** 

>> CHILLI

**SZECHUAN** 

LEMON

HOT GARLIC

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

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

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

With garlic, spring onion in tangy/spicy sauce SWEET GARLIC With garlic, spring onion and house sweet sauce

- Pick your Protein: Chicken \$12.99 | Fish \$13.50 Beef \$13.50 | Tiger Shrimp \$14.99

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

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

With bell pepper, mango & pineapple in tangy/spicy sauce

Dry red chilli, onion, bell pepper, cashew nuts, broccoli and carrots in

Lightly fried sautéed with onions, bell pepper and spring onions

With pineapple and diced onions in house sweet and sour sauce

Marinated with spices sautéed with onions, bell peppers and curry

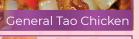
SWEET & SOUR CHICKEN BALL (WHITE MEAT) \$13.99 Chicken ball with our house sweet and sour sauce

	VEGGIE	CHICKEN
FRIED MOMOS	\$8.99	\$9.99
S	\$9.99	\$10.99
MOMOS	\$9.99	\$10.99
N MOMOS	\$9.99	\$10.99























#### **STIR FRIED**

(Dishes prepared with White Meat) Pick your Protein: Chicken \$12.99 | Fish \$12.99 Beef \$13.50 | 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
- Shrimp with pieces of chopped chicken, onion & green onion in lobster sauce

### **VEGETARIAN**

#### STIR FRIED VEGETABLES \$10.99

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

**VEGETABLE MAPO TOFU** \$11.99

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

- >> VEGETABLE BALL \$10.99
- Mixed vegetables bonded together in a sauce of your choice >> TOFU \$10.99
- Lightly fried tofu in a sauce of your choice >> EGGPLANT \$10.99
- 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















/ Garlic Eqapl





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

#### SPICY FRIED RICE

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

#### 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 / P Szechuan

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

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) Seafood \$13.99

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

\$13.99

\$13.99

\$13.99

\$14.99

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











zechuan Fried Rice



Cantonese Noodle

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



**Dinner for Three \$55** 

Thai Chicken Fried Rice (11/2)

Mango Salad

Green Curry Chicken

Spicy Crispy Beef

Red Curry Vegetables

Basil Chicken

Dinner for Six \$100

Vegetable Spring Roll (6)

Chicken with Cashewnuts

Thai Chicken Fried Rice (3)

Vegetable Spring Roll (3)

Mango Salad

- Dinner for Two \$40 Vegetable Spring Roll (2) Green Curry Chicken
- Chicken with Cashewnuts Green Curry Chicken Thai Chicken Fried Rice <br/>
  <br/>
  Chicken with Cashewnuts

**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 Two \$33

Vegetable Spring Roll (2) >> Chilli Chicken **Beef with Mixed Veggies Chicken Fried Rice** 

#### **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)

's Special Chicke

Honev Garlic Chicke



- Chilli Chicken Beef with Mixed Veggies

- Vegetable Spring Roll (6)
- Chilli Chicken
- **Beef with Mixed Veggies**
- Sweet and Sour Chicken



















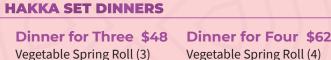




Beef / Fish

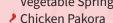
- 1. Chicken Hakka Noodle
- 2. Vegetable Hakka Noodle
- 3. Chicken Singapore Noodle
- 4. Vegetable Singapore Noodle
- 5. Chicken Shanghai Noodle





- Chicken Fried Rice (11/2)

Dinner for Six \$95



- General Tao Chicken
- Crispy Ginger Beef

Chicken Fried Rice (3)













/Tofu

🌶 4. General Tao Chicken / Fish

5. Honey Garlic Chicken

6. Sesame Chicken (Dry)

8. Crispy Ginger Chicken / Beef (Dry)

9. Thai Green or Red Curry Chicken

10. Thai Green or Red Curry Vegetables

11. Thai Cashew Nut Chicken/Mixed

2. Manchurian Chicken / Beef / Fish

3. Spicy Garlic Chicken/ Beef/ Fish

4. Szechuan Chicken / Beef / Fish

5. Mix Vegetable with Chicken /

12. Lemon Chicken / Fish

7. Bombay Chicken (Dry)

(White Meat)

Veggies/ Tofu

# Chilli Chicken **Beef with Mixed Veggies** General Tao Chicken

General Tao Chicken

Sweet and Sour Chicken Chicken Fried Rice (2)

**Dinner for Four \$70** 

Vegetable Spring Roll (4)

Chicken with Cashewnuts

Thai Chicken Fried Rice (2)

Mango Salad

Spicy Crispy Beef

Green Curry Chicken

13. Shrimp in Lobster Sauce

14. Thai Spicy Chicken /Beef Noodle

#### **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

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

- 1. Zen's Special Chicken / Fish (Dry) 2. Thai Basil Chicken/Mixed Veggies/Tofu 3. Thai Mango Chicken/ Mixed Veggies
- 15. Chicken in Black Bean Sauce w/Fried Noodle\* 16. Beef in Black Bean Sauce w/Fried Noodle\*
- 17. Chicken or Beef with Green Beans
- 18. Sliced Beef in Black Pepper Sauce
- 19. Sliced Chicken in Black Pepper Sauce 20. Chicken Ball with Egg Fried Rice
- (White Meat)
- 🌶 21. Malaysian Curry Chicken / Beef 22. Chicken Cantonese Chow Mein\*
- 23. Vegetable Cantonese Chow Mein\*
- 24. Vegetable / Chicken Pad Thai\*
- 🌶 25. Spicy Mango Chicken
- 👂 26. Chicken with Eggplant
- 27. Chicken w/Broccoli or w/Mixed Veggies
- 28. Black Bean Sauce with Chicken/Beef/Fish
- 29. Chicken/Shrimp/Veg Ma Po Tofu

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

- 🧈 1. Chilli Chicken / Beef / Fish
  - 7. Chicken Wings with Egg Fried Rice 8. Chilli Mix Veg / TOFU / Eggplant / Veg Ball
  - 👂 9. Man. Mix Veg / TOFU / Eggplant / Veg Ball
  - 10. Spicy Garlic Mix Veg / TOFU / Eggplant / Veg Ball
  - 6. Sweet & Sour Chicken / Beef / Fish

#### SPECIAL C

#### Lunch \$8.99 Dinner \$12.99

- 6. Vegetable Shanghai Noodle 7. Chicken HoFun (Wide Rice Noodles) 8. Beef HoFun (Wide Rice Noodles) 9. Vegetable/Chicken Fried Rice 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

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

- \* Dine In
- \* Take Out
- \* Catering
- \* We Deliver through SKIP · UBER · DOORDASH

Bus	siness Hours
Mon - Thu	11:30am - 9:30pm
Fri	11:30am - 10:00pm
Sat	12:00 pm - 10:00pm
Sunday	12:00 pm - 9:00pm

Specializing in Indian Hakka Chinese & Thai Cuisine







# 2<sup>nd</sup> Location: 5779 Main Street, Unit 108, Stoufville, Ontario (Longos Plaza)



e-Transfer

10% Off On Cash Pick-Up (Over \$30 before tax) We accept cards over \$15 only. Prices subject to change without notice.



Whitby 042022