

THAI CUISINE		
<b>APPETIZER</b> <b>🍴 SATAY (2 skewers)</b> Marinated in fragrant thai spices served with peanut sauce <i>Chicken   Beef   Shrimp   Tofu</i> <b>THAI VEGETABLE COLD ROLLS (2 rolls)</b> Fresh rice paper rolls stuffed with egg, mango, lettuce, sweet peppers, corriander and carrot served with thai house sauce <b>SPRING ROLLS (2 pcs)</b> <i>Vegetable   Shrimp</i> <b>🍴 THAI SPICY (10 pcs)</b> Marinated in house thai spices served with thai sweet chili sauce <i>Chicken Wings   Calamari   Shrimp</i> <b>🍴 THAI SHRIMP CHIPS</b> Fried shrimp chip in thai style served with peanut sauce		
<b>SOUP</b> <b>🍴 Tom Yum</b> Thai lemongrass soup flavoured with galangal, lime leave, lime juice, cilantro, mushroom & tomatoes <b>🍴 Coconut Soup</b> Thai coconut soup flavoured with galangal, lime leave, lemongrass, lime juice, mushroom & cilantro Vegetables    Chicken    Shrimp    Seafood Choices of Small, Medium or Large size		
<b>SALAD</b> <b>🍴 Mango Salad</b> Fresh mango tossed with cilantro, sweet onion, sweet pepper, cashewnut and peanut in thai dressing		
<b>RICE</b> <b>Thai Fried Rice</b> Fried rice with basil leaves, egg and vegetable <i>Vegetable   Chicken   Beef   Shrimp   House   Seafood</i> <b>🍴 Thai Pineapple Fried Rice</b> Fried rice with basil leaves, egg, sweet pepper and cashew nut smothered in thai seasoning and tamarind sauce <i>Vegetable   Chicken   Bee   Shrimp   House   Seafood</i>		
<b>NOODLE</b> <b>Pick your Protein &amp; Noodle:</b> <b>Vegetables   Chicken   Beef   Shrimp</b> <b>House Special   Seafood</b> <b>🍴 Pad Thai</b> Stir fried thai rice noodle with egg, tofu, thai seasoning, tamarind sauce, sprinkled with roasted peanuts garnished with bean sprout <b>Glass Noodle</b> Stir fried glass noodle with egg, vegetable, flavoured with thai seasoning sauce <b>🍴 Curry Pad Thai</b> Stir fried rice noodle with egg, coconut cream, curry spices garnished with peanut, bean sprout & vegetables <b>🍴 Thai Spicy Noodle</b> Stir fried thai rice noodle with egg, basil leaves, chilli & vegetables <b>Pad Sew</b> Stir fried thai rice noodle with egg, basil leaves & vegetables		
<b>VEGETARIAN</b> <b>🍴 Thai Green Vegetable Curry</b> Mixed vegetables and tofu in green curry sauce with coconut milk <b>🍴 Thai Red Vegetable Curry</b> Mixed vegetables and tofu in red curry sauce with coconut milk <b>🍴 MALAYSIAN VEGETABLE CURRY</b> With mixed vegetables in malaysian coconut curry and garnished with thai basil leaf <b>🍴 Basil Tofu</b> Tofu with mixed vegetables, chilli and basil leaves <b>Thai Mango Tofu</b> Fried tofu with fresh mangoes and sweet peppers <b>🍴 Coconut Cashew Nut Vegetables</b> Seasonal mixed vegetables with coconut milk and cashewnut <b>🍴 Peanut Vegetable</b> Stir fried vegetable with pineapple, mango and tofu in peanut sauce <b>Lemongrass Tofu</b> Lightly fried tofu with mixed vegetables, pineapple, mango and lemongrass <b>Basil Mixed Vegetables</b> Seasonal mixed veggies with basil leaves in garlic sauce <b>🍴 Thai Style Eggplant</b> Stir fried eggplant with sliced onions, red peppers and coriander		

ENTREES		
<b>Pick your Protein:</b> <b>Chicken (white meat)   Fish   Beef</b> <b>Shrimp   Seafood</b> <b>🍴 THAI GREEN CURRY</b> With mixed vegetables in green coconut curry and garnished with thai basil leaf <b>🍴 THAI RED CURRY</b> With mixed vegetables in red coconut curry and garnished with thai basil leaf <b>🍴 SPICY MALAYSIAN CURRY</b> With mixed vegetables in malaysian coconut curry		
<b>Pick your Protein:</b> <b>Chicken   Fish   Beef</b> <b>Shrimp   Seafood</b> <b>🍴 THAI BASIL</b> With garlic, onion, bell pepper, broccoli, basil leaves and chilli <b>🍴 THAI SPICY CRISPY</b> With red pepper slices, onion and cilantro <b>TAMARIND</b> Cooked with sweet red pepper slices and onion in tangy tamarind sauce <b>THAI MANGO</b> With fresh mangoes, bell pepper, pineapple and basil leaves <b>THAI LEMONGRASS</b> Stir fried with lemongrass, pineapple, mangoes and mixed vegetables <b>🍴 THAI CASHEW NUT</b> With garlic, mix vegetables, onions and cashew nuts <b>🍴 THAI PEANUT</b> Stir fried in peanut sauce with bell pepper, pineapple and mangoes		
<b>SIDE ORDER</b> <b>Jasmine Rice    Coconut Rice    Sticky Rice    Peanut Sauce</b>		

HAKKA CUISINE		
<b>APPETIZER</b> <b>🍴 SPICY CHICKEN ROLL (2 pcs)</b> Curry spiced deep fried chicken wrapped in egg rolls <b>🍴 PAKORA (10 pcs)</b> Vegetable   Chicken   Fish   Shrimp <b>DEEP FRIED WONTON (12 pcs)</b> Chicken   Shrimp <b>CHICKEN WINGS (10 pcs)</b> Deep Fried / 🍴 Hot / 🍴 Chilli / 🍴 BBQ / Honey Garlic <b>🍴 SPICY CHILLI POTATO (DRY)</b> <b>🍴 MANCHURIAN CORN OR MUSHROOM</b> <b>🍴 SPICY PEPPER CALAMARI (DRY)</b> <b>GOLDEN FRIED SHRIMP FRIES</b> <b>CHICKEN NUGGETS AND FRIES</b>		
<b>SOUP</b> <b>SWEET CORN SOUP</b> (Chicken or Vegetable) <b>🍴 HOT &amp; SOUR SOUP</b> (Chicken or Vegetable) (Shrimp or Seafood) <b>WONTON SOUP</b> (Chicken or Shrimp) <b>🍴 MANCHOW SOUP</b> (Chicken or Vegetable) (Shrimp or Seafood) <b>🍴 HAKKA THAI SOUP</b> (Chicken or Vegetable) (Shrimp or Seafood) <b>🍴 MANCHURIAN SOUP</b> (Chicken or Vegetable) (Shrimp or Seafood)		

ENTREES		
<b>Change to White Meat (Breaded/non-breaded)</b> <b>Pick your Protein:</b> <b>Chicken   Fish</b> <b>Beef   Tiger Shrimp</b> <b>Pick your Sauce:</b> <b>🍴 CHILLI</b> Garlic, onions and green chilli in brown sauce <b>🍴 MANCHURIAN</b> Spicy brown sauce with a pinch of ginger and fresh cilantro <b>🍴 SPICY GARLIC</b> With green onions in brown sauce <b>🍴 GENERAL TAO</b> With diced bell pepper & diced onions in house spicy tangy sauce <b>🍴 SZECHUAN</b> With diced onions & bell peppers in spicy Szechuan sauce <b>SWEET &amp; SOUR</b> With diced peppers, onions and pineapple in sweet and sour sauce <b>HONEY GARLIC</b> Honey garlic sauce <b>LEMON</b> Cooked with lemon juice, house honey sauce with a pinch of garlic <b>🍴 HOT GARLIC</b> With garlic, spring onion in tangy/spicy sauce <b>SWEET GARLIC</b> With garlic, spring onion and house sweet sauce		

CHEF SPECIALTIES		
<b>Pick your Protein:</b> <b>Chicken   Fish</b> <b>Beef   Tiger Shrimp</b> <b>Pick your Sauce:</b> <b>🍴 ZEN'S SPECIAL (DRY)</b> Sautéed with house spices, onions, chillies and cilantro in tangy/spicy sauce <b>🍴 BOMBAY (DRY)</b> Marinated with special spices sautéed with onion, green chillies and cilantro <b>🍴 CRISPY GINGER (DRY) (WHITE MEAT)</b> Lightly battered in sweet & spicy ginger sauce <b>SESAME (DRY) (WHITE MEAT)</b> Tossed in house sweet sauce with toasted sesame seeds <b>🍴 SPICY MANGO (DRY)</b> With bell pepper, mango & pineapple in tangy/spicy sauce <b>🍴 KUNG PAO (WHITE MEAT)</b> Dry red chilli, onion, bell pepper, cashew nuts, broccoli and carrots in tangy/spicy sauce <b>🍴 SPICY PEPPER (DRY)</b> Lightly fried sautéed with onions, bell pepper and spring onions <b>PINEAPPLE (WHITE MEAT)</b> With pineapple and diced onions in house sweet and sour sauce <b>🍴 HYDERABADI 65</b> Marinated with spices sautéed with onions, bell peppers and curry leaf in tangy/spicy sauce <b>SWEET &amp; SOUR CHICKEN BALL (WHITE MEAT) \$13.99</b> Chicken ball with our house sweet and sour sauce		

MOMOS (Dumplings) (Dry)		
<b>STEAMED OR FRIED MOMOS</b> <b>🍴 CHILI MOMOS</b> <b>🍴 HOT GARLIC MOMOS</b> <b>🍴 MANCHURIAN MOMOS</b> <b>Choices of vegetable or chicken</b>		

STIR FRIED		
<b>(Dishes prepared with White Meat)</b> <b>Pick your Protein:</b> <b>Chicken   Fish</b> <b>Beef   Shrimp</b> <b>Pick your Sauce:</b> <b>BLACK BEAN</b> Stir fried with diced bell pepper in black bean sauce <b>BROCCOLI</b> Stir fried with onions, carrots and broccoli <b>🍴 EGGPLANT</b> Stir fried with mixed vegetables and eggplant <b>MIXED VEGETABLES</b> Stir fried seasonal mix vegetables <b>🍴 GREEN BEANS</b> Stir fried with onion & garlic <b>SNOWPEAS &amp; MUSHROOMS</b> Stir fried with snowpeas, mushrooms, onion & carrot <b>CHOPSUEY</b> Stir fried bean sprout with carrot slices, onion & green onion <b>🍴 SPICY MAPO TOFU</b> Stir fried mixed vegetables and tofu in MaPo sauce <b>TERIYAKI</b> Stir fried with onion & mixed vegetables <b>BLACK PEPPER</b> Stir fried with onions, bell pepper and fresh ground pepper <b>SHRIMP WITH LOBSTER SAUCE</b> Shrimp with pieces of chopped chicken, onion & green onion in lobster sauce		

VEGETARIAN		
<b>STIR FRIED VEGETABLES</b> Choice of vegetable stir fried with garlic: <b>Broccoli    🍴 Green Beans    Snowpeas &amp; Mushroom    Mixed Vegetables</b> <b>Chopsuey    Bok Choy    Chinese Broccoli (Gai Lan)</b> <b>🍴 BOMBAY PANEER (DRY)</b> Indian cottage cheese sautéed with onion, green chillies and cilantro <b>🍴 Zen's Special PANEER (DRY)</b> Indian cottage cheese sautéed with house spices, onions, chillies and cilantro in tangy/spicy sauce <b>🍴 VEGETABLE MAPO TOFU</b> <b>Pick your sauce:</b> <b>Chilli • Manchurian • Spicy Garlic • Szechuan</b> <b>Spicy Pepper • Hot Garlic</b> <b>🍴 VEGETABLE BALL</b> Mixed vegetables bonded together in a sauce of your choice <b>🍴 TOFU</b> Lightly fried tofu in a sauce of your choice <b>🍴 EGGPLANT</b> Stir fried eggplant in a sauce of your choice <b>🍴 PANEER</b> Indian cottage cheese prepared in a sauce of your choice <b>🍴 MIXED VEGETABLES WITH PANEER</b> In a sauce of your choice <b>🍴 MIXED VEGETABLES WITH TOFU</b> In a sauce of your choice		



Green Beans



Chopsuey



Mapo Tofu



Chicken Mixed Veg



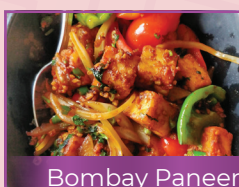
Black Pepper Beef



Manchurian Veggie Ball



Spicy Garlic Eggplant



Bombay Paneer



Stir Fried Mixed Veg.

🍴 Mild    🍴🍴 Spicy    🍴🍴🍴 Extra Spicy (\$0.50)

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

\*gluten free options available\*

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



**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**

**MUSHROOM FRIED RICE**

**FRIED RICE**  
*Vegetables | Chicken or Beef or Shrimp | Seafood*  
*House special (Chicken and Shrimp) | Mixed (Chicken, Beef and Shrimp)*

**SPICY FRIED RICE**  
Pick your choice of one sauce:  
👉👉 Manchurian / 👉 Masala / 👉👉 Szechuan / 👉 Singapore  
*Vegetables | Chicken or Beef or Shrimp | Seafood*  
*House special (Chicken and Shrimp) | Mixed (Chicken, Beef and Shrimp)*

**NOODLES**

**Signature Hakka Noodle (Spaghetti size noodle)**  
*Vegetables | Chicken or Beef or Shrimp | Seafood*  
*House special (Chicken and Shrimp) | Mixed (Chicken, Beef and Shrimp)*

**SPICY HAKKA NOODLES**  
Pick your choice of one sauce:  
👉👉 Manchurian / 👉 Masala / 👉👉 Szechuan  
*Vegetables | Chicken or Beef or Shrimp | Seafood*  
*House special (Chicken and Shrimp) | Mixed (Chicken, Beef and Shrimp)*

<b>CANTONESE CHOW MEIN</b> (Crispy Noodle) 👉 <b>SINGAPORE NOODLE</b> (Thin Rice Noodle) <b>SHANGHAI NOODLE</b> (Thick Noodle) <b>HO FUN NOODLE</b> (Wide Rice Noodle) <b>VERMICELLI NOODLE</b> (Thin Rice Noodle) <b>BEAN SPROUT NOODLE</b> (Lo Mein) <b>SWEET NOODLE</b> (Spaghetti Size Noodle)	<b>Pick your Choice &amp; Style:</b> Vegetables Chicken or Beef or Shrimp House special (Chicken and Shrimp) Mixed (Chicken, Beef and Shrimp) Seafood
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- 👉👉 **CHILI CHICKEN ON FRIED NOODLES**
- 👉👉 **MANCHURIAN CHICKEN ON FRIED NOODLES**
- BLACK BEAN CHICKEN ON FRIED NOODLES**
- BLACK BEAN BEEF ON FRIED 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		
<b>Dinner for Two</b> Vegetable Spring Roll (2) 👉 Green Curry Chicken 👉 Chicken with Cashewnuts Thai Chicken Fried Rice	<b>Dinner for Three</b> Vegetable Spring Roll (3) Mango Salad 👉 Green Curry Chicken 👉 Chicken with Cashewnuts Thai Chicken Fried Rice (11/2)	<b>Dinner for Four</b> Vegetable Spring Roll (4) Mango Salad 👉 Green Curry Chicken 👉 Chicken with Cashewnuts 👉 Spicy Crispy Beef Thai Chicken Fried Rice (2)
<b>Dinner for Five</b> Vegetable Spring Roll (5) Mango Salad 👉 Green Curry Chicken 👉 Chicken with Cashewnuts 👉 Spicy Crispy Beef 👉 Basil Chicken Thai Chicken Fried Rice (2 1/2)	<b>Dinner for Six</b> 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		
<b>Dinner for Two</b> Vegetable Spring Roll (2) 👉👉 Chilli Chicken Beef with Mixed Veggies Chicken Fried Rice	<b>Dinner for Three</b> Vegetable Spring Roll (3) 👉👉 Chilli Chicken Beef with Mixed Veggies 👉 General Tao Chicken Chicken Fried Rice (1 1/2)	<b>Dinner for Four</b> Vegetable Spring Roll (4) 👉👉 Chilli Chicken Beef with Mixed Veggies 👉 General Tao Chicken Sweet and Sour Chicken Chicken Fried Rice (2)
<b>Dinner for Five</b> 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)	<b>Dinner for Six</b> 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

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

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

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

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.



Stouffville 042022

