


THAI CUISINE

APPETIZER

- 

SATAY (2 skewers)

Marinated in fragrant thai spices served with peanut sauce

Chicken | Beef | Shrimp | Tofu

THAI VEGETABLE COLD ROLLS (2 rolls)

Fresh rice paper rolls stuffed with egg, mango, lettuce, sweet peppers, corriander and carrot served with thai house sauce

SPRING ROLLS (2 pcs)

Vegetable | Shrimp

THAI SPICY

Marinated in house thai spices served with thai sweet chili sauce

Chicken Wings | Calamari | Shrimp

THAI SHRIMP CHIPS

Fried shrimp chip in thai style served with peanut sauce



Thai Cold Roll




Satay




Tom Yum Soup

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

SALAD

- 

Mango Salad

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


Papaya Salad

Fresh green papaya tossed with sweet peppers, onions, cilantro, garlic, peanuts and chillies




Mango Salad


RICE

- 

Thai Fried Rice

Fried rice with basil leaves, egg and vegetable
- 

Thai Pineapple Fried Rice

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

Pad Gra Prow

Basil stir-fried with your choice of protein, served on jasmin rice, topped with fried egg.

Choices of:  
Vegetable • Chicken  
Beef • Shrimp  
House • Seafood

NOODLE

- 

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
- 

Pad Sew

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

Curry Pad Thai

Stir fried rice noodle with egg, coconut cream, curry spices garnished with peanut, bean sprout & vegetables
- 

Khao Soi

Fresh egg noodle in a golden coconut milk curry topped with crispy noodles, coriander, green onions and onions
- 

Thai Spicy Noodle

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

Pick your Protein & Noodle: Vegetables | Chicken | Beef | Shrimp | House Special | Seafood

VEGETARIAN & VEGAN

- 

Thai Green Vegetable Curry

Mixed vegetables and tofu in green curry sauce with coconut milk
- 

Thai Red Vegetable Curry

Mixed vegetables and tofu in red curry sauce with coconut milk
- 

Basil Tofu

Tofu with mixed vegetables, chilli and basil leaves
- 

Thai Style Eggplant

Stir fried eggplant with sliced onions, red peppers and coriander
- 

Coconut Cashew Nut Vegetables

Seasonal mixed vegetables with tofu, coconut milk and cashew nut
- 

Peanut Vegetable

Stir fried vegetable with pineapple, mango and tofu in peanut sauce
- 

Lemongrass Tofu

Lightly fried tofu with mixed vegetables, pineapple, mango and lemongrass
- 


Thai Mango Tofu

Fried tofu with fresh mangoes and sweet peppers
- 


Basil Mixed Vegetables

Seasonal mixed veggies with basil leaves in garlic sauce


ENTREES (without steamed rice)

- 

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 (white meat) | Fish | Beef  
Shrimp | Seafood




Green Curry Chicken

- 


THAI BASIL

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


THAI SPICY CRISPY TAMARIND

With red pepper slices, onion and cilantro
- 


THAI MANGO

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


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

Pick your Protein:  
Chicken | Fish | Beef  
Shrimp | Seafood



Thai Mango Chicken




Thai Cashew Nut Chicken


SIDE ORDER  
Jasmine Rice | Coconut Rice | Sticky Rice | Peanut Sauce

HAKKA CUISINE


APPETIZER

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
SPICY CHICKEN ROLL (2 pcs)

Curry spiced deep fried chicken wrapped in egg rolls
- 


PAKORA (10 pcs)

Vegetable | Chicken | Fish | Shrimp
- 


DEEP FRIED WONTON (12 pcs)

Chicken | Shrimp
- 


CHICKEN WINGS (10 pcs)

Deep Fried / Hot Pepper / Chilli / BBQ / Honey Garlic
- 


CAULIFLOWER (DRY)

Sweet Chilli/ Manchurian/ Chilli
- 

SPICY CHILLI POTATO (DRY)

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

MANCHURIAN CORN OR MUSHROOM

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

SPICY PEPPER CALAMARI (DRY)

Lightly battered with bell peppers in sweet & spicy ginger sauce




Chicken Pakora




Spicy Pepper Calamari

FRIES  
EGG ROLLS  
SPRING CHICKEN


SOUP

- 


SWEET CORN SOUP (Chicken or Vegetable)

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 


HOT & SOUR SOUP (Chicken or Vegetable)

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 


WONTON SOUP Chicken

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

WONTON SOUP Shrimp

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

MANCHOW SOUP

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

HAKKA THAI SOUP

Lightly battered with bell peppers in sweet & spicy ginger sauce



Chicken Wings



Wonton Soup

ENTREES

- 

Pick your Protein:  
Chicken | Fish  
Beef | Tiger Shrimp
- 

Pick your Sauce:  
CHILLI

Garlic, onions and green chilli in brown sauce
- 

Pick your Sauce:  
MANCHURIAN

Spicy brown sauce with a pinch of ginger and fresh cilantro
- 

Pick your Sauce:  
SPICY GARLIC

With green onions in brown sauce
- 

Pick your Sauce:  
GENERAL TAO

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

Pick your Sauce:  
SZECHUAN

With diced onions & bell peppers in spicy Szechuan sauce
- 

Pick your Sauce:  
SWEET & SOUR

With diced peppers, onions and pineapple in sweet and sour sauce
- 

Pick your Sauce:  
HONEY GARLIC

With green onions in honey garlic sauce
- 

Pick your Sauce:  
LEMON

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

Pick your Sauce:  
HOT GARLIC

With garlic, spring onion in tangy/spicy sauce
- 

Pick your Sauce:  
SWEET GARLIC

With garlic, spring onion and house sweet sauce



Bombay Chicken



Chilli Chicken



General Tao Chicken



Sweet & Sour Chicken Balls



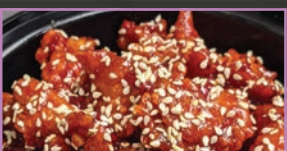
Hot Garlic Shrimp



Crispy Ginger Beef



Spicy Mango



Sesame Chicken



Lemon Chicken

CHEF SPECIALTIES

- 

Pick your Protein:  
Chicken | Fish  
Beef | Tiger Shrimp
- 

Pick your Sauce:  
ZEN'S SPECIAL (DRY)

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

Pick your Sauce:  
BOMBAY (DRY)

Marinated with special spices sautéed with onion, green chillies and cilantro
- 

Pick your Sauce:  
CRISPY GINGER (DRY) (WHITE MEAT)

Lightly battered with bell peppers in sweet & spicy ginger sauce
- 

Pick your Sauce:  
SESAME (DRY) (WHITE MEAT)

Tossed in house sweet sauce with toasted sesame seeds
- 

Pick your Sauce:  
SPICY MANGO (DRY)

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

Pick your Sauce:  
KUNG PAO (WHITE MEAT)

Dry red chilli, onion, bell pepper, cashew nuts, broccoli and carrots in tangy/spicy sauce
- 

Pick your Sauce:  
SPICY PEPPER (DRY)

Lightly fried sautéed with onions, bell pepper and spring onions
- 

Pick your Sauce:  
PINEAPPLE (WHITE MEAT)

With pineapple and diced onions in house sweet and sour sauce
- 

Pick your Sauce:  
HYDERABADI 65

Marinated with spices sautéed with onions, bell peppers and curry leaf in tangy/spicy sauce
- 

Pick your Sauce:  
SWEET & SOUR CHICKEN BALL (WHITE MEAT)


Chicken ball with our house sweet and sour sauce

MOMOS (Dumplings) (Dry)

STEAMED OR FRIED MOMOS

- 

CHILI MOMOS

Lightly fried sautéed with onions, bell pepper and spring onions
- 

HOT GARLIC MOMOS

Lightly fried sautéed with onions, bell pepper and spring onions
- 

MANCHURIAN MOMOS

Lightly fried sautéed with onions, bell pepper and spring onions

STIR FRIED

(Dishes prepared with White Meat)

- 

Pick your Protein:  
Chicken | Fish  
Beef | Shrimp
- 

Pick your Sauce:  
BLACK BEAN

Stir fried with diced bell pepper in black bean sauce
- 

Pick your Sauce:  
BROCCOLI

Stir fried with onions, carrots and broccoli
- 

Pick your Sauce:  
EGGPLANT

Stir fried with mixed vegetables and eggplant
- 

Pick your Sauce:  
MIXED VEGETABLES

Stir fried seasonal mix vegetables
- 

Pick your Sauce:  
GREEN BEANS

Stir fried with onion & garlic
- 

Pick your Sauce:  
SNOWPEAS & MUSHROOMS

Stir fried with snowpeas, mushrooms, onion & carrot
- 

Pick your Sauce:  
CHOPSUEY

Stir fried bean sprout with carrot slices, onion & green onion
- 

Pick your Sauce:  
SPICY MAPO TOFU

Stir fried mixed vegetables and tofu in MaPo sauce
- 

Pick your Sauce:  
TERIYAKI

Stir fried with onion, mixed vegetables & bean sprouts
- 

Pick your Sauce:  
BLACK PEPPER

Stir fried with onions, bell pepper and fresh ground pepper
- 

Pick your Sauce:  
SHRIMP WITH LOBSTER SAUCE

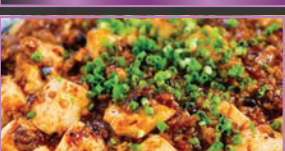
Shrimp with pieces of chopped chicken, onion & green onion in lobster sauce



Green Beans



Chopsuey



Mapo Tofu



Chicken Mixed Veg




Black Pepper Beef


VEGETARIAN

STIR FRIED VEGETABLES


Choice of vegetable stir fried with garlic:

- 

Broccoli Chopsuey

Stir fried with mixed vegetables and eggplant
- 

Green Beans Bok Choy


Stir fried with mixed vegetables and eggplant
- 

Snowpeas & Mushroom Chinese Broccoli (Gai Lan)


Stir fried with mixed vegetables and eggplant




Manchurian Veggie Ball

- 

BOMBAY PANEER (DRY)

Indian cottage cheese sautéed with onion, green chillies and cilantro
- 

Zen's Special PANEER (DRY)

Indian cottage cheese sautéed with house spices, onions, chillies and cilantro in tangy/spicy sauce
- 


VEGETABLE MAPO TOFU

Stir fried mixed vegetables and tofu in MaPo sauce




Spicy Garlic Eggplant


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

- 


VEGETABLE BALL

Mixed vegetables bonded together in a sauce of your choice
- 


TOFU

Lightly fried tofu in a sauce of your choice
- 


EGGPLANT

Stir fried eggplant in a sauce of your choice
- 

PANEER

Indian cottage cheese prepared in a sauce of your choice
- 

MIXED VEGETABLES WITH PANEER

In a sauce of your choice
- 

MIXED VEGETABLES WITH TOFU

In a sauce of your choice



Bombay Paneer



Stir Fried Mixed Veg.

Mild Spicy Extra 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



RICE
All non-vegetarian comes with egg, peas, carrot, onion and spring onion All vegetarian comes with peas, carrot, onion, broccoli and spring onion
EGG FRIED RICE
MUSHROOM FRIED RICE
FRIED RICE
<i>Vegetables   Chicken   Beef   Shrimp   House special (Chicken and Shrimp)</i> <i>Mixed (Chicken, Beef and Shrimp)   Seafood</i>
SPICY FRIED RICE
Pick your choice of one sauce: 🔥🔥 Manchurian / 🔥 Masala / 🔥🔥 Szechuan / 🔥 Singapore <i>Vegetables   Chicken   Beef   Shrimp   House special (Chicken and Shrimp)</i> <i>Mixed (Chicken, Beef and Shrimp)   Seafood</i>

NOODLES
Signature Hakka Noodle (Spaghetti size noodle) <i>Vegetables   Chicken   Beef   Shrimp   House special (Chicken and Shrimp)</i> <i>Mixed (Chicken, Beef and Shrimp)   Seafood</i>
SPICY HAKKA NOODLES
Pick your choice of one sauce: 🔥🔥 Manchurian / 🔥 Masala / 🔥🔥 Szechuan <i>Vegetables   Chicken   Beef   Shrimp   House special (Chicken and Shrimp)</i> <i>Mixed (Chicken, Beef and Shrimp)   Seafood</i>
<div><div>CANTONESE CHOW MEIN (Crispy Noodle)</div><div>🔥 SINGAPORE NOODLE (Thin Rice Noodle)</div><div>SHANGHAI NOODLE (Thick Noodle)</div><div>HO FUN NOODLE (Wide Rice Noodle)</div><div>VERMICELLI NOODLE (Thin Rice Noodle)</div><div>BEAN SPROUT NOODLE (Lo Mein)</div><div>SWEET NOODLE (Spaghetti Size Noodle)</div></div> <div><div>Pick your Choice &amp; Style:</div><div>Vegetables   Chicken</div><div>Beef \$   Shrimp</div><div>House special (Chicken and Shrimp)</div><div>Mixed (Chicken, Beef and Shrimp)</div><div>Seafood</div></div>

- 🔥🔥 CHILI CHICKEN ON FRIED NOODLES
- 🔥🔥 MANCHURIAN CHICKEN ON FRIED NOODLES
- BLACK BEAN CHICKEN ON FRIED NOODLES OR HOFUN NOODLE
- BLACK BEAN BEEF ON FRIED NOODLES OR HOFUN NOODLE



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

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

Set dinners are available for take outs only.	
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 (1 1/2)
<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)	

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)	



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

\*\* Set dinners are available for take outs only.

SPECIAL FOR 1	
Lunch Includes: Steam Rice and Choice of Veg Spring Roll or Soup of the day. Upgrade to Egg Fried Rice/Hakka Noodles/Veg Fried Rice <i>Lunch special (until 3pm)</i> <b>Dinner Special</b> Dinner Includes: Steam Rice and Veg Spring Roll. <b>ADD ONS:</b> STEAM VEG • BOK CHOY • EGG ROLLS EXTRA SPRING ROLL • EXTRA SOUP	
SET A	
🔥 1. Zen's Special Chicken or Fish (Dry)	16. Thai Mango Chicken
🔥 2. Chilli Chicken or Beef or Fish	17. Sesame Chicken (Dry)
🔥 3. General Tao Chicken or Fish	18. Honey Garlic Chicken
🔥 4. Spicy Mango Chicken	🔥 19. Thai Cashew Nut Chicken
🔥 5. Bombay Chicken (Dry)	🔥 20. Crispy Ginger Chicken or Beef (Dry)
6. Sliced Beef in Black Pepper Sauce	🔥 21. Thai Green or Red Curry Chicken (White Meat)
7. Sliced Chicken in Black Pepper Sauce	22. Thai Green or Red Curry Veg
🔥 8. Manchurian Chicken or Beef or Fish	23. Lemon Chicken or Fish
🔥 9. Spicy Garlic Chicken or Beef or Fish	24. Shrimp with Lobster Sauce (with minced chicken)
🔥 10. Szechuan Chicken or Beef or Fish	🔥 25. Malaysian Curry Chicken or Beef
🔥 11. Chilli Mix Veg or TOFU or Eggplant or Veg Ball	🔥 26. Chicken or Beef with Green Beans
🔥 12. Man. Mix Veg or TOFU or Eggplant or Veg Ball	27. Mix Vegetable with Chicken or Beef or Fish
🔥 13. Spicy Garlic Mix Veg or TOFU or Egg-plant or Veg Ball	28. Black Bean Sauce with Chicken or Beef or Fish
14. Chicken Ball with Egg Fried Rice (White Meat)	29. Sweet & Sour Chicken or Beef or Fish
🔥 15. Thai Basil Chicken	🔥 30. Chicken/Shrimp/Veg Ma Po Tofu
	31. Chicken Wings with Egg Fried Rice

SET B*	*Rice excluded for SET B Menu.
🍴 1. Pad Thai Vegetable or Chicken	10. Chicken HoFun
2. Chicken Fried Rice	(Wide Rice Noodles)
3. Vegetable Fried Rice	11. Beef HoFun (Wide Rice Noodles)
4. Chicken Hakka Noodle	12. Chicken House Vermicelli
5. Vegetable Hakka Noodle	(Thin Rice Noodles)
🔥 6. Chicken Singapore Noodle (Thin Rice Noodles)	🔥 13. Thai Spicy Chicken or Beef Noodle
🔥 7. Vegetable Singapore Noodle (Thin Rice Noodles)	14. Chicken Cantonese Chow Mein
8. Chicken Shanghai Noodle	15. Vegetable Cantonese Chow Mein
9. Vegetable Shanghai Noodle	16. Chicken in Black Bean Sauce with Fried Noodle
	17. Beef in Black Bean Sauce w/Fried Noodle



\* No CASH Discount on lunch special orders.

\* Lunch Specials are not available on statutory holidays and special occasions.

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

No Substitutions please.



# THE ZEN

## 416-591-8818

## 416-596-8588

**263 Queen St. West**  
**Toronto, ON M5V 1Z4**  
**www.thezen.ca**

**Business Hours**  
Mon - Thu 11:30 am - 10:00 pm  
Fri - Sat 11:30 am - 11:00 pm  
Sunday 11:30 am - 10:00 pm

**\* Dine In**  
**\* Take Out**  
**\* Catering**  
**\* We Deliver through SKIP & UBER**



**Our other locations:**

**The Zen Hakka Chinese & Thai Stouffville**  
Longos Plaza, 5779 Main St Suite 108,  
Whitchurch-Stouffville, ON L4A 2T1

**The Big Zen Hakka Chinese & Thai**  
Thickson Square (Thickson Rd. & Taunton)  
4091 Thickson Rd. Unit 6, Whitby, ON L1R 2X3

Lunch Special from \$ 14.99



### 10% Off

On Cash Pick-Up (Over \$20 before tax)  
Prices subject to change without notice.

