

# ZEN

Some of our Thai cuisine sauces are prepared in advance; therefore items marked with a symbol or without can be prepared to be spicier but not less spicy

🌶️ = mildly    🌶️🌶️ = Medium    🌶️🌶️🌶️ = extra spicy

Dishes containing peanut and/or cashew nuts are marked with 🥜  
Nuts may be omitted or served on the side

All of our main courses will be served with fragrant steamed Jasmine rice

## APPETIZERS

### 102. Ka Nom Pang Na Moo 🌶️

*Pork or Chicken on Toast*

Crisp deep-fried pork or chicken spread on a sliver of toast and served with chopped cucumber in a sweet vinegar \$28

### 103. Goong Hom Pha 🌶️🌶️

*Fried Prawns in Rice Paper*

Spicy tiger prawns delicately wrapped in rice paper, deep-fried and served with sesame soy sauce \$34

### Po Pia Tod

*Deep Fried Rice Paper Roll*

Prepared to your own choice of filling, the following is wrapped in rice paper, deep-fried and served with a sweet chili sauce:

104. Pork \$28

105. Chicken \$30

106. Vegetables \$25

### Thai Satay

*Skewers*

Your choice of the following skewered and marinated in coconut milk, turmeric, fragrant curry and served on slivers of toast with a delectable peanut sauce.

107. Chicken \$30

108. Beef \$35

109. Tofu \$32

## SALADS

### Yum Nuer Yang 🌶️🌶️🌶️

*Grilled Meat Salad*

Spicy roasted beef tenderloin or chicken with fresh onion slivers, mixed with Bird's Eye chili tossed in a lime dressing

202. Chicken \$35

203. Beef \$45

### 204. Hoy Ma Laeng Phoo 🌶️🌶️

*Aroma Mussels*

Steamed fresh mussels with kaffir lime leaves, lemongrass, galangal, shallot and fresh basil with a lemon garlic dipping sauce \$45

### 205. Moo Khum Waan 🌶️🌶️

*Grilled Marinated Pork*

"All the flavours of Thailand" grilled marinated pork, sliced and topped with fiery garlic dressing \$32

### 206. Phak

*Vegetable Salad*

Assorted mixed vegetables with a Thai vinaigrette \$28

### 207. Som Tam (Seasonal)

*Green Papaya Salad*

Green papaya, tomatoes, green beans, chili peppers, peanuts, lime and fish sauce vinaigrette \$30

Thai

# ZEN

## SOUPS

### 302. Tom Yum Goong 🍲

*Shrimp and Lemongrass*

A traditional Thai flavored soup with shrimp, lemongrass and Bird's Eye chili \$28

### 303. Wonton Soup

*Shrimp Mousse Filled Wontons*

Wonton dumplings stuffed with a delicious shrimp mousse, served in a chicken broth and sprinkled with pieces of fried garlic \$24

### 304. Tom Kha Kai

*Chunky Chicken*

Thinly sliced chicken breast, fragrant lemongrass and galangal in a chicken broth with a touch of coconut milk \$30

### 305. Tom Kha Phak

*Chunky Vegetables and Tofu*

Assorted vegetables, fragrant lemongrass and galangal in a vegetable broth with a touch of coconut milk \$30

## NOODLES

### 402. Phad Mee "Zen"

*'Zen' fried egg noodles*

Wok-fried egg noodles with fresh mixed vegetables, prawns, chicken and ham topped with fried seaweed and a hint of hot sesame oil \$44

### 403. Phad See Iew

*Fried Rice Noodles with Chicken and Egg*

Wok-fried rice noodle with egg, chicken and assorted fresh vegetables in a delicious oyster sauce \$44

### Phad Thai 🍲

*Thai Fried Rice Noodles*

Rice noodles wok-fried with pickled turnip, ground peanuts and bean sprouts with a hint of tamarind sauce, served in a delicate egg pocket (not in vegetarian selection) with your choice of:

404. Prawns \$54

405. Beef \$50

406. Chicken \$46

407. Vegetables \$46

### Phad Woon Sen

*Fried Bean Thread Noodle*

Wok-fried bean thread noodles, wood ear mushrooms, tomatoes, red onion, spinach, carrots in a delicious oyster sauce.

408. Prawns \$48

409. Beef \$42

410. Chicken \$40

411. Vegetables & Tofu \$40

## FRIED RICE

### Khoa Phat

*Jasmine Fried Rice*

Wok-fried chicken, egg, spring onions and carrots

502. Prawns \$54

503. Chicken \$48

504. Vegetables & Tofu \$48

### Phuket Khao Phat 🍲

*Phuket Fried Rice*

Wok-fried with raisins, cashew nuts, freshly cut pineapple cubes, assorted vegetables and a hint of curry all served in a half fresh pineapple with your choice of:

505. Prawns \$54

506. Chicken \$48

507. Vegetables & Tofu \$48

# ZEN

## TRADITIONAL CURRIES

For the following curry dishes, we offer a choice of:

**Chicken \$54**

**Beef \$58**

**Tofu \$54**

**Prawns \$62**

**602. Geang Phed** 🌶️🌶️

Red curry cooked in coconut milk along with bamboo shoots and fresh assorted vegetables

**603. Geang Kiew Waan** 🌶️🌶️

Green curry cooked in coconut milk along with bamboo shoots and fresh assorted vegetables

**604. Geang Panang** 🌶️🌶️

Panang curry cooked in coconut milk, served on a bed of fresh basil and sprinkled with lime leaves

**605. Geang Ka Ri** 🌶️🌶️

Yellow curry cooked in coconut milk, bamboo shoots, fresh pineapple cubes and assorted vegetables

**Geang Mussaman Nuer** 🌶️🌶️

*Mussaman Thai Curry*

Potato, red onions, peanuts, Thai spiced coconut curry

**606. Chicken \$65**

**607. Beef \$70**

**608. Tofu \$65**

**609. Prawns \$74**

## FROM THE WOK

**Thod Gratiem** 🌶️🌶️🌶️

*Wok-fried in Garlic and Zen Sauce*

Fresh hot pepper, chopped garlic, with your choice of the following and flavored with our special sauce

**702. Chicken \$55**

**703. Beef \$60**

**704. Tofu \$55**

**705. Prawns \$64**

**706. Num Man Hoy**

*Wok-fried Beef, Mushrooms and Onions in Oyster Sauce*

Beef tenderloin with fresh mushrooms and onions wok-fried in a delicious oyster sauce **\$60**

**707. Num Prick Pow** 🌶️🌶️

*Wok-fried Mixed Vegetables in Sweet Chili Paste*

Chicken wok-fried with assorted fresh vegetables and fragrant basil leaves in a mild sweet chili paste **\$56**

**708. Bai Graprow** 🌶️🌶️🌶️

*Wok-fried Mixed Seafood in Garlic Chili Sauce*

A spicy mixture of prawns, scallops, squid and fish flavored with chili and garlic, topped with crispy basil leaves **\$66**

**709. Phad Khing**

*Wok-fried Snapper with Mixed Vegetables*

Delicious morsels of snapper delicately flavored with ginger, garlic and Shiitake mushrooms together in a mixture of fresh vegetables **\$62**

**Phad Priaw Waan**

*Wok-Fried Mixed Vegetables in Sweet and Sour Sauce*

Wok-fried mixed vegetables with pineapple in a sweet and sour sauce

**710. Chicken \$65**

**711. Beef \$70**

**712. Pork \$65**

**713. Prawns \$74**

## CHEF'S FEATURES

**802. Pla Nueng Manow** 🌶️🌶️🌶️

*Snapper & Herbs*

Fish of the day fillet steamed and served on a bed of herbs topped with fresh lime juice and crushed fresh chili **\$60**

**803. Ped Op Yod Pak**

*Duck & Mixed Vegetables in Thai 'Gravy'*

Succulent boneless duckling served with fresh spring vegetables and tantalizing oriental styled gravy **\$68**

**804. Gai Him Mapan** 🌶️

*Thai Chicken and Cashews*

A famous dish of Thailand - stir-fried chicken with cashew nuts **\$52**

**805. Phad Pak Raum**

*Stir Fried Vegetables*

15 kinds of tropical vegetables wok-fried with light soy sauce, Shaoxin rice wine sprinkle with golden fried garlic **\$55**

**806. Pattaya Salmon**

Grilled fillet of salmon with mild red curry sauce and a bouquet of spices **\$65**

**807. Geang Ped**

*Duck & Lychee Curry*

Roasted duck breast, lychee, tomato, sweet peppers, carrots, fresh basil, red curry, coconut milk **\$66**

# ZEN

## APPETIZERS

**48. Garden Salad \$28**

Iceberg lettuce, cabbage, carrots, cucumber, tomato, ginger dressing

**49. Gomae \$24**

Wilted spinach, sesame seeds, sweet soy vinegar

**50. Maguro Poke \$35**

Ahi tuna, pineapple, green onions, sesame seeds, wonton crisps, soy sesame dressing

**51. Miso Soup \$12**

Soybean paste soup with tofu and green onion

**52. Edamame \$20**

Boiled soybeans

**53. Hiyashi Wakame \$20**

Seaweed salad

**54. Aji Tako \$22**

Marinated baby octopus

**55. Gyoza \$24**

Pan grilled pork dumplings

**56. Tobiko Salad \$24**

Crabmeat, cucumber and tobiko

**57. Yakitori \$28**

Skewered chicken, served with teriyaki sauce

**58. Tempura \$38**

Prawns in a light batter

**59. Kushiyaki \$32**

Skewered beef, served with teriyaki sauce

**60. Sunomono \$35**

Prawn, octopus, crabmeat in rice vinegar

**61. Kani Age \$42**

Deep-fried soft shell crab

## MAKI (six pieces)

**62. Hawaiian \$34**

Tuna, cucumber, avocado

**63. Asparagus \$32**

Tempura fried asparagus, avocado cream cheese

**64. Kappa \$20**

Cucumber

**65. Avocado \$24**

**66. Take \$38**

Prawn tempura, salmon, avocado

**67. Tekka \$30**

Tuna

**68. California \$32**

Cucumber, avocado, crabmeat

**69. Philadelphia \$34**

Flying fish roe, cucumber, onion, smoked salmon, cream cheese

**70. Ichiban \$36**

Bonito flakes, avocado, fried egg, smoked eel, crabmeat

**71. Sakura \$34**

Flying fish roe, cucumber, tempura prawn, crabmeat

**72. Okinawa \$32**

Flying fish roe, salmon skin, cucumber, crabmeat

**73. Unagi \$34**

Smoked eel, avocado

**74. Spicy Hamachi \$34**

Flying fish roe, cucumber, yellowtail, chili

**75. Alaska \$34**

Cucumber, avocado, Salmon

**76. Spicy Tuna \$34**

Flying fish roe, cucumber, green onion, tuna

**77. Hokkaido \$34**

Flying fish roe, cucumber, avocado, smoked eel, crabmeat

**205. Dynamite \$34**

Prawn tempura, avocado, cucumber

**206. Sali-ifornia \$36**

Salmon, cucumber, avocado, crabmeat

**207. Omaki \$36**

Inari tofu, avocado, mango

## SPECIALTY MAKI (nine pieces)

**78. Spider \$64**

Flying fish roe, cucumber, avocado, soft shell crab

**79. Caterpillar \$64**

Flying fish roe, cucumber, tempera prawn, smoked eel, avocado

**80. Dragon \$70**

Cucumber, avocado, smoked eel, crabmeat

**322. Samurai \$72**

Prawn tempura, tuna, hamachi, avocado, spicy mayo, eel sauce, wasabi tobiko, spring onions

**323. Maguro Age \$58**

Tempura battered ahi Tuna, crabmeat, fried egg, tobiko, eel sauce  
Spicy Japanese mayo, eel sauce

**324. Hotategai \$72**

Scallops, ikura, cucumber, avocado, crabmeat, tempura crisps, spicy mayo, eel sauce

**325. Kirin \$72**

Salmon, soft shell crab, cucumber, avocado, wasabi tobiko, spring onion, spicy mayo, eel sauce

**326. Rainbow \$72**

Assorted fish, crab meat, cucumber, avocado, tobiko

**327. Laughing Buddha Roll \$72**

Panko crusted tuna, crabmeat, cucumber green onion, tobiko, strawberry, mango, spicy Japanese mayo

**328. Kumano \$74**

Tempura spiny lobster, avocado, cucumber, tobiko, spicy Japanese mayo, eel sauce

Japanese

# ZEN

## TEMAKI HAND ROLL (one cone size piece)

**82. Osaka \$28**

Flying fish roe, cucumber, crispy salmon skin, crabmeat

**83. Tuna \$30**

Flying fish roe, cucumber, avocado, tuna

**84. Unagi \$30**

Avocado, smoked eel flying fish roe

**85. Salmon \$30**

Flying fish roe, cucumber, avocado, salmon

**86. Hamachi \$30**

Flying fish roe, cucumber, avocado, yellowtail

**87. Spicy Hamachi \$30**

Hamachi, flying fish roe, cucumber, chili

**88. Spicy Tuna \$30**

Tuna, flying fish roe, cucumber, chili

## NIGIRI SUSHI (two pieces)

**89. Unagi \$22**

Smoked eel

**90. Inari \$18**

Tofu Pouch

**91. Ebi \$20**

Shrimp

**94. Kani \$20**

Crabmeat

**95. Saba \$20**

Mackerel

**97. Hamachi \$22**

Yellowtail

**98. Ikura \$22**

Salmon roe

**99. Maguro \$22**

Tuna

**100. Tobiko \$22**

Flying fish roe

**101. Sake \$22**

Salmon

## PIZZA

**102. Sushi Pizza \$65**

Fried sushi rice topped with spicy tuna, spicy hamachi or crabmeat

## SASHIMI

**201. Salmon \$48**

**202. Tuna \$48**

**203. Hamachi \$50**

**204. Assorted Chef Choice \$44**

## MAIN COURSES

**210. Deluxe Nigiri \$88**

Chef's choice 12 pieces

**211. Moriawase \$82**

Chef's choice sashimi (10 pieces)

**212. Chirashi \$82**

Chef's choice sashimi (10 pieces) on sushi rice

**213. Chicken Katsu \$52**

Pan fried chicken cutlets, served with white rice and tonkatsu sauce

**310. Tempura and Teriyaki Chicken \$62**

**311. Tempura and Teriyaki Beef \$64**

**312. Teriyaki Chicken and Beef \$66**

**313. Sashimi, California Roll, Fried Tuna Roll \$70**

**314. Tempura, Teriyaki Chicken & Salmon, California Roll \$76**

**315. Caribbean Sails \$74**

Tempura, Teriyaki chicken, California roll

**316. Lobster Kabayaki \$85**

Served in sizzling cast iron pan

**317. Teriyaki Chicken \$50**

**318. Teriyaki Beef \$56**

**320. Tempura (Large prawns) \$60**

**321. Sweet and Sour Prawns \$60**

Japanese

# ZEN



## THAI

\$92

### Appetizer

#### Po Pia Pak

Fried rice paper roll, assorted vegetables  
sweet chili sauce

#### Chicken Satay

Coconut curry marinade, toast points  
peanut sauce

### Main Course

Served with Jasmin rice

#### Phad Phak Raum

(Stir Fried Vegetables)  
Stir fried mixed vegetables, golden garlic  
Shaoxin rice wine and soy sauce

### Panang Gai Chicken

(panang curry chicken)  
assorted vegetables, cashews, basil

### Panang Phak

(panang curry veg)  
assorted vegetables, cashews, basil

### Dessert

#### Glauy Chuam

(Baked banana)  
Young banana baked

## JAPANESE

\$92

### Appetizer

#### Miso Soup

Soybean paste soup with tofu and green onion

### Main Course

*Bento Box*

#### Tempura

Lightly Battered Prawns and Vegetables

#### Nigiri Sushi

Salmon & Tuna

#### Teriyaki Chicken

Grilled chicken, Teriyaki sauce

#### California Maki

Cucumber, avocado, crabmeat

### Garden Salad

Iceberg lettuce, cabbage, carrots, cucumber, tomato,  
ginger dressing

### Rice

### Dessert

#### Ice Cream Trio

Mango, green tea, lychee