



Menu



TAKE AWAY 15% DISCOUNT FROM
A LA CARTE MENU

THE ZEN RESTAURANT
32-34 WOOD ST, LYTHAM ST ANNES, FY8 1QR
01253 728860 · bookings@thezenrestaurant.co.uk
www.thezenrestaurant.co.uk   

ZEN BANQUET For a minimum of 2 people **£29.50** per person

SOUP CHOICE

Hot and Sour Soup (S) or Chicken Tom Yum Soup (S) (GF)

APPETISER PLATTER

Thai Spare Rib, Duck Roll, Chicken Skewer Satay Sauce (N)
Sesame Prawn Toast

CRISPY AROMATIC DUCK

(served with pancakes, leeks, cucumber and Hoi Sin sauce)

MAIN COURSE CHOICE

1. Chicken Massaman Curry (N) (GF)
2. Special Black Bean Sauce
(mixed Chicken, Beef, BBQ Pork and Prawns)
3. King Prawns with Green Curry (SS) (GF)
4. Sizzling Fillet Steak in Cantonese Sauce (N)
5. Steamed Sea Bass Fillet with Ginger and Spring Onions
6. Duck with Red Curry (S) (GF)
7. Mock 'Fish' with Thai Sweet Chilli Sauce (S) (V)
(made with soy bean, seaweed and spice, stir fried with peppers,
carrots, onions and chilli)
Served with Chef's Special Fried Rice (N)
(mixed seeds, cashew nuts, raisins)

3 COURSE SET MENU For a minimum of 2 people **£21.90** per person

SOUP CHOICE

Chicken Sweetcorn Soup
or Chicken Tom Yum Soup (SS) (GF)

MIXED PLATTER

Spring Roll (V), BBQ Spare Rib, Chicken Skewer in Satay Sauce (N) (GF)
Golden parcel

MAIN COURSE CHOICE

1. Shredded Crispy Beef in Hot and Spicy Sauce (S) (N)
2. Sweet and Sour Chicken
3. BBQ Pork with Mixed Vegetables
4. Beef with Panang Curry (SS) (GF)
5. Chicken with Fresh Chilli Sauce (SS)
6. King Prawns with Red Curry (SS) (GF)
7. Bean Curd with Black Bean Sauce
Served with Egg Fried Rice

Any variation will necessitate extra charge of the meal. **Minimum charge from £1.00**

(S) Spicy (SS) Very Spicy

(N) Contain Nuts (GF) Gluten Free (V) Suitable for Vegetarians

ZEN CHEFS RECOMMENDATION

APPETISER

Sirloin Steak Rolls (S) with Black Pepper Sauce filled with onions and black pepper	£7.90
Nori Pork Rolls Deep fried Japanese seaweed rolls with minced pork, onions mushrooms and served with chilli sauce	£5.50
Zen Temco Prawn (N) Our own created deep fried prawns with crispy bread crumb on a bed of coconut rice served with satay sauce	£7.40
Yum Woon Sen (S) (N) (Seafood Glassnoodle Salad) Thai salad with chilli, lemongrass, lime leaves, Thai herbs and lime Juice	£8.50

MAIN

Oriental Spiced Pork Belly Home Style Braised Tender Pork Belly with Oriental Spices. Bedded with Salad and Garnished with Spring Onions	£10.50
Seafood "Pot" with Black Pepper Sauce (S) Mixed Prawns, Scallops, Mussels and Squid with Glass Noodles, Onions, Peppers, Carrots and Chilli Served in a Hot Stone Bowl	£13.50
Roast Pork Belly with Fine Bean (SS) (N) Thai style, stir fried with fine beans, onions, lime leaves, dried chilli and tossed with peanuts	£10.50
Hot and Spicy Roast Pork Belly (S) (N) Stir fried with carrot, onions, peppers and chilli	£10.50
Malaysian Sambal Chilli (SS) Malaysian Famous Spicy Paste with a combination of Sweet Spicy and Salty taste made with Shrimp Paste and Stir Fried with Onions and Fine Beans	
Chicken	£10.00
Prawns	£11.50
Mixed Seafood - Prawns, Scallops, Mussels and Squid	£12.90
Teriyaki Beef (stir fried tender beef with ginger, onions , special Teriyaki sauce and sprinkle with sesame and garnished with green vegetable)	£10.20

ALLERGIES

All dishes are prepared in our kitchen where products containing nuts and other allergens are handled and prepared. This means that while we take the utmost of care when preparing food, we may not be able to guarantee that our food will not contain traces of a specific allergen.

****Please be sure to inform our staff of any allergies you may have**** All our dishes are cooked fresh to order, and while we endeavour to ensure that all meals arrive at the same time, sometimes this is not possible especially for large group bookings. Thank you for your patience & understanding.

CHINESE SOUP

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|---------------------------------------|-------|
| 1. Minced Chicken and Sweet Corn Soup | £4.60 |
| 2. Hot and Sour Soup | £4.80 |
| 3. Wan Tun Soup | £4.80 |
| 4. Crab Meat and Sweet Corn Soup | £4.90 |
| 5. Mushroom and Sweet Corn Soup (V) | £4.20 |

THAI SOUP

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| 6. Tom Yum Soup (S) Chicken | £5.10 | Prawns | £5.80 | Seafood | £6.50 |
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- a spicy soup with mushrooms and tomato seasoned with lemon juice, chilli, lemongrass and galangal

CHINESE STARTERS (DIM SUM)

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| 7. Dim Sum Combination (N) (S) For 1 Person | £8.90 |
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- spring roll, curry samosa, prawn toast, BBQ spare rib, duck roll, chicken skewer satay sauce
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| 8. Crispy Aromatic Duck | Quarter £10.90 | Half £20.80 |
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- served with pancakes, leeks, cucumber and Hoi Sin sauce
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| 9. Vegetarian Crispy Aromatic Duck (V) | £7.90 |
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- made with soy bean and served with pancakes, leeks cucumber and Hoi Sin sauce
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| 10. Vegetarian Spring Rolls (V) | £4.60 |
| 11. Curry Samosa (V) (S) | £4.60 |
| 12. Spring Onion Pancakes (V) | £4.60 |
| 13. Salt and Pepper Bean Curd (V) | £5.80 |
| 14. Vegetarian 'Chicken Drum Stick' (V) | £6.50 |
- made with soy bean and served with sweet chilli sauce
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| 15. Steamed Sui Mai (pork and prawns dumplings) | 15 mins to prepare | £5.00 |
| 16. Steamed Har Kau (prawn dumplings) | 15 mins to prepare | £5.00 |
| 17. Beef Dumpling with Ginger and Sp. Onion (S) | 15 mins to prepare | £6.00 |
| 18. Sesame Prawn on Toast (minced prawn & chicken) | | £6.00 |
| 19. Fried Duck Rolls | | £5.80 |
| 20. Deep Fried Prawns (S) (in light batter with salt & pepper & chilli) | | £7.70 |
| 21. Deep Fried Squid (S) (in light batter with salt & pepper & chilli) | | £7.70 |
| 22. Minced Chicken Lettuce Wrap | | £7.40 |
| 23. Salt & Pepper Chicken Wings (S) | | £6.50 |
| 24. Salt & Pepper Spare Ribs (S) | | £8.00 |
| 25. Barbecued Spare Ribs | | £8.00 |
| 26. Chinese Prawn Crackers | | £2.80 |
| 27. Thai Prawn Crackers (S) | | £3.00 |

THAI STARTERS

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| 28. Zen Special Thai Mixed Platter (N) (S) | £8.90 |
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- fish cake, golden parcel, chicken skewer in satay sauce. Thai spare rib, wrapped prawn
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| 29. Golden Parcel | £5.90 |
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- made with minced chicken, seafood stick & sweetcorn, served with sweet chilli sauce
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| 30. Fish Cake (N) (S) | £5.90 |
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- a subtle blend of minced fish curry paste beans and lime leaves served with cucumber, peanut and sweet chilli sauce
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| 31. Chicken Skewer Satay Sauce (N) | £6.50 |
| 32. Thai Spare Ribs (S) | £8.00 |
- marinated with Thai herbs, topped with garlic and ginger sauce
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| 33. Fried Pork Dumplings | £5.60 |
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- minced pork and minced prawn dumplings topped with roast garlic and sweet soy sauce
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| 34. Wrapped King Prawns | £7.70 |
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- marinated prawns wrapped in crispy pastry served with sweet chilli sauce
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| 35. Laab Gai (SS) | £7.50 |
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- The classic Thai salad with minced chicken in spicy dressing and tossed with ground roasted rice, onions and Thai herbs served with lettuce

THAI MAIN COURSE

Choose your meat and sauce

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| 36. Chicken | £9.80 |
| BBQ Pork | £9.80 |
| Beef | £10.20 |
| Duck or Prawns | £11.20 |
| Special (mixed prawns, beef, chicken, BBQ pork) | £11.20 |
| Seafood (mixed prawns, squid, mussel, scallops) | £12.50 |
| Scallops | £12.50 |
| Fillet Steak | £14.50 |
- i) Green Curry (S)
coconut milk with an aromatic selection of Thai herbs, green peppers, broccoli, bamboo shoots, aubergine and sweet basil
- ii) Red Curry (S)
with peppers, bamboo shoots, aubergine chilli beans and sweet basil in coconut milk
- iii) Panang Curry (SS)
The Famous Thai spicy curry consisting of thick red curry Kaffir, lime leaves & coconut milk with peppers, fine beans, chilli and peas
- iv) Massaman Curry (N) (80p extra)
slowly cooked in coconut milk with potatoes, onions, carrots and cashew nuts with its mild and smooth taste it is one of the most favourite dishes originating from the Royal Family of Thailand.
- v) Fresh Chilli Sauce (SS)
stir fried with chilli, mushrooms, onions peppers, carrots and sweet basil

THAI SEAFOOD DISHES

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| 37. Grilled King Prawns with Thai Chilli Sauce (S) | £12.50 |
| Prawns in shells marinated with special Thai herbs with onions, tomatoes, coriander and topped with chilli sauce and served on a sizzling plate | |
| 38. Thai Style Steamed Sea Bass Fillet (S) | £13.50 |
| Sea Bass fillet with Thai herbs, plum and chilli, onion & coriander | |
| 39. Thai Style Fried Sea Bass (S) | £13.50 |
| Fried Sea Bass in light batter with onions, peppers, carrots and homemade chilli sauce | |

CHINESE MAIN COURSE

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| 40. Sweet and Sour Chicken (in a light batter) | £9.80 |
| 41. Chicken in Lemon Sauce | £9.80 |
| 42. Chicken in Satay Sauce (N) (S) with onions and green peppers | £9.80 |
| 43. Chicken Curry (S) with onions and peas | £9.80 |
| 44. Chicken with Cashew Nuts (N) | £10.40 |
| with carrots, bamboo shoots, water chestnuts, baby corn and straw mushrooms in oyster sauce | |
| 45. Sizzling Chicken with Mushrooms, Onions and Garlic Sauce | £10.80 |
| 46. Cantonese Style Roast Duck | £11.20 |
| based with beansprouts and topped with sweet soy sauce | |
| 47. Duck with Plum Sauce (in light batter) | £11.20 |
| 48. BBQ Pork with Sweet Soy Sauce | £9.80 |
| based with beansprouts and garnished with spring onions | |
| 49. Shredded Crispy Beef in Hot and Spicy Sauce (N) (S) | £10.20 |
| classic spicy sauce with onions, green peppers, carrots and chilli | |
| 50. Beef in Black Bean Sauce | £10.20 |
| 51. Sizzling Beef in Black Pepper sauce (S) (onions, green peppers & chilli) | £11.20 |

SPECIAL DISHES Mixed Chicken, BBQ Pork, Beef & Prawns

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| 52. Special Chinese Curry Sauce (S) | £11.20 |
| 53. Special Black Bean Sauce | £11.20 |

KING PRAWN & SEAFOOD

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| 54. Sweet and Sour King Prawns (in light batter) | £11.20 |
| 55. King Prawns in Szechuan Sauce (SS) | £11.20 |
| 56. Sizzling King Prawns with Ginger and Spring Onions | £12.20 |
| 57. Mixed Seafood with Seasonal Greens | |
| stir fried prawns, scallops squid and mussel with mixed vegetables | £12.50 |
| 58. Sizzling Scallops with Ginger and Spring Onions | £13.50 |

SIZZLING FILLET STEAK

59. Sliced Fillet Steak in Cantonese Sauce (N)	£14.50
60. Sliced Fillet Steak in Mushrooms and Garlic Sauce	£14.50
61. Sliced Fillet Steak with Ginger and Spring Onions	£14.50

VEGETARIAN DISHES

62. Vegetables and Mushrooms with Chinese Curry (S)	£7.80
63. Bean Curd (Tofu) with Satay Sauce (N)	£9.00
64. Bean Curd with Black Bean Sauce	£9.00
65. Mock 'Duck' (made with fried gluten) with Red Curry (S)	£9.80
66. Mock 'Fish' with Thai Sweet Chilli (S) made with soy bean, seaweed & spice stirred fried with peppers, carrots, onions & chilli	£9.80
67. Vegetables Pineapple Fried Rice with egg (N)	£9.80
68. Bean Curd Phad Thai (with egg) (N)	£10.00

THAI NOODLES

69. Phad Thai (N) Famous Thai stir fried thin noodles with eggs, beansprouts, spring onions, carrots and peanuts	
Chicken	£10.80
Prawns	£12.20
Seafood (mixed prawns, scallops, squid, mussels)	£15.50
Special (mixed chicken, prawns, BBQ pork and beef)	£12.20

CHOW MEIN (Stir Fried Soft Fine Noodles)

70. Fillet Steak with Black Pepper Sauce Chow Mein (S) with onions, green peppers and chilli	£15.50
71. Mixed Seafood with Oyster Sauce Chow Mein prawns, mussels, scallops, squid with mixed vegetables and garlic	£15.50
72. Special Chow Mein chicken, BBQ pork, beef & prawns with mixed vegetables and garlic	£12.20
73. Beef with Black Bean Sauce Chow Mein with green peppers and onions	£11.20
74. Chicken Chow Mein (with mixed vegetables and garlic)	£10.80
75. BBQ Pork with Satay Sauce Chow Mein (N) with onions, green peppers and chilli	£10.80
76. Singapore Style Vermicelli (S) (contain eggs) (thin rice noodles with BBQ pork, shrimps, peppers & onions in spicy curry paste)	£10.80
77. Soft Noodles with Beansprouts and Onions	£5.00

CHINESE & THAI RICE (all fried rice contain eggs)

78. Thai Pineapple Fried Rice (famous Thai fried rice with yellow curry, chicken, shrimps, pineapple, raisins, eggs & cashew nuts) (N)	£10.80
79. King Prawns Fried Rice	£10.80
80. Special Fried Rice (mixed chicken, BBQ pork, beef & prawns)	£10.80
81. Chicken Fried Rice (with peas & eggs)	£9.30
82. Yeung Chow Fried Rice (with BBQ pork & shrimps)	£9.30
84. Nasigorengj (SS) (Malaysia spicy fried rice with BBQ pork, shrimps & chilli)	£9.30
85. Chefs Special Fried Rice (N) (V) (fried rice with mixed seeds, cashew nuts, raisins)	£9.80
86. Egg Fried Rice	£2.80
87. Boiled Rice (Jasmine rice)	£2.50
88. Coconut Rice or Sticky Rice	£3.10

EXTRA PORTIONS

89. Pak Choy with Garlic (V)	£7.90
90. Seasonal Vegetables in Oyster Sauce	£6.50
91. Mushrooms with Black Bean Sauce (V)	£6.50
92. Beansprouts with Garlic (V)	£4.80
93. Sweet & Sour Sauce, Curry Sauce, Satay Sauce, (S) (N) Thai Curry Sauce (£3.00 each)	£3.00 £3.00
94. Fresh Chilli with Soy Sauce (S)	£1.40
95. Chips (Hand cut)	£3.40
96. Salt & Pepper Chips	£4.60