

# Full Course Chinese Dinner

## Zen Deluxe

### Zen Special Dinner For Two (A)

Wonton Soup                      Pu Pu Platter  
Seafood Wor Bar                Zen Fried Rice  
Tea or Coffee                    Almond Cookies

\$52.95

### Zen Special Dinner For Two (B)

Hot & Sour Soup              Spring Roll  
Szechuan Shrimp with Sweet Cashew Nuts  
Ginger Fried Beef in Hot Garlic Sauce  
Chicken Fried Rice  
Tea or Coffee                    Almond Cookies

\$ 45.95

## House Special Dinners

### No.1

Dinner for One.....14.50  
Dinner for Two.....28.50  
Dinner for Three.....38.00

Chicken Noodle Soup - Egg Roll  
Honey Garlic Ribs  
Chicken Chow Mein  
Chicken Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

### No.3

Dinner for Two.....34.95  
Dinner for Three.....49.95  
Dinner for Four.....61.95

Mushroom Egg Drop Soup - Egg Roll  
Beef & Broccoli  
Almond Gai Ding  
Honey Garlic Spare Ribs  
Chicken Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

### No.5

Dinner for Three.....62.95  
Dinner for Four.....81.95

Wonton Soup - Egg Roll - Bo Bo  
Pineapple Chicken  
Moo Goo Gai Pan  
Hong Kong Shrimp  
Beef Chow Mein  
Zen Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

Each additional person \$16.95 (Max.2)  
Only applies to No. 5 Dinner

### No.2

Dinner for One.....14.50  
Dinner for Two.....28.50  
Dinner for Three.....38.00

Chicken Noodle Soup - Egg Roll  
S/S Chicken  
Almond Gai Ding  
Chicken Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

### No.4

Dinner for Three.....54.95  
Dinner for Four.....64.95

Mushroom Egg Drop Soup - Egg Roll  
S/S Chicken  
Almond Soo Gai  
Honey Garlic Spare Ribs  
Chicken Chow Mein  
Chicken Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

### No.6

Dinner for Five.....106.95  
Dinner for Six.....121.95

Wonton Soup - Egg Roll - Bo Bo  
Lemon Chicken  
Hong Kong Shrimp  
Dai Dop Woey  
Almond Soo Gai  
Honey Garlic Ribs  
Zen Fried Rice  
Fortune or Almond Cookie  
Tea or Coffee

Each additional person \$17.95 (Max.4)  
Only applies to No. 6 Dinner

Please inform server of any allergies you have before ordering



The best tasting Chinese dishes can be created only  
with the freshest ingredients. At Zen Chinese Cuisine  
we offer our customers the best Chinese food by  
preparing our dishes with the finest produce,  
meat, poultry and seafood.

We use fresh and seasonal ingredients in our cooking,  
as are called for in the finest traditional Chinese  
Culinary art. Our staffs are prepared to honour the best  
service we can to provide you an enjoyable and  
memorable dinning experience.

Please enjoy the meal.

## From The Bar

### Cocktail

Angel's Kiss.....	4.75
Black Russian.....	6.25
Bloody Mary.....	5.75
Brandy Alexander.....	4.75
Brown Cow.....	5.75
Caesar.....	5.75
Chi Chi.....	6.50
Collins.....	4.75
Daiquiri (Lime).....	5.25
Fuzzi Navel.....	4.75
Frost Bite.....	5.25
Golden Cadillac.....	5.25
Grasshopper.....	4.75
Harvey Wallbanger.....	4.75
Long Island Iced Tea.....	7.50
Martini.....	5.25
Martini Extra Dry.....	5.75
Manhattan.....	5.25
Manhattan Extra Dry.....	5.75
Margarita.....	5.25
Pinacolada.....	6.50
Pink Lady.....	4.75
Planter's Punch.....	4.75
Rusty Nail.....	5.75
Stinger.....	5.25
Strawberry Daiquiri.....	8.50
Scarlet O'Hara.....	4.75
Singapore Sling.....	5.25
Tequila Sunrise.....	5.75
Toasted Almond.....	5.75
Whisky Sour.....	5.75
Zombie.....	8.50

### Mocktail

Caesar.....	4.50
Pinacolada.....	4.75
Singapore Sling.....	4.50

### Tropical Drinks

Mai Tai.....	6.50
Tropical Night.....	6.50
Scorpion.....	6.50
Fog Cutter.....	6.50
Coconut Paradise.....	7.50
Zen Ceasar.....	7.50

### High Balls

#### Rye

Bar Brand.....	5.25
Canadian Club.....	5.50
V.O.....	5.50

#### Whiskey

Bar Brand.....	5.25
Jack Daniel.....	5.25
Chivas Regal.....	8.50
J. Walker Red.....	7.50
J. Walker Black.....	8.50

Japanese Saki.....	7.50
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### Beer & Ale

All Canadians.....	5.25	Imported.....	6.25
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### Aperitifs

Dubonnet.....	4.50
Cinzano.....	4.50
Martini & Rossi.....	4.50
Nolly Prat-Very Dry.....	4.50

### Port & Sherry

Harvey's Bristol Cream.....	4.95
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### House Wine

	Import	Domestic
Carafe-1 Litre.....	23.95	20.95
(White) 1/2 Litre.....	15.50	13.95
Carafe-1 Litre.....	23.95	20.95
(Red) 1/2 Litre.....	15.50	13.95
Glass.....	6.25	5.25
Spritzer.....	4.95	

## Szechuan - Cantonese Cuisine

### 蔬菜類 Vegetables

魚香茄子	🔥 V1 Shredded Eggplant in Hot Chilli & Garlic Sauce...11.95
京醬茄子	🔥 V2 Eggplant in Szechuan paste Brown Sauce.....11.95
油泡四蔬	V3 Assorted Vegetable with Butter & Garlic Sauce.10.95
四川辣菜	🔥 V4 Assorted Vegetable in Hot Chilli & Garlic Sauce..10.95
麻婆豆腐	🔥 V5 Ma Po Beancurd (no Meat).11.50
豉椒炒菜	V6 Assorted Vegetables in Black Bean Sauce.....10.95
紅燒冬菇豆腐	V7 Fried Beancurd with Chinese Mushroom.....11.50
炸鹵水豆腐	V8 Old Style Fried Bean Curd.10.95

### 煲仔類 Hot Pot

蒜子雞煲	HP1 Garlic Chicken in Hot Pot.11.95
咖喱雞煲	🔥 HP2 Curried Chicken in Hot Pot.11.95
沙茶牛肉	🔥 HP3 Satay Beef in Hot Pot.....11.95
什錦豆腐	HP4 Mixed Meat & Beancurd in Hot Pot.....11.95
海鮮豆腐	HP5 Seafood & Bean Curd in Hot Pot.....12.95

### 鐵板類 Sizzling Platter

黑椒牛柳	SP1 Black Pepper Beef on Hot Plate.....14.75
中式牛柳	SP2 Peking Style Beef on Hot Plate.....14.75
鐵板釀豆腐	SP3 Stuffed Bean Curd on Hot Plate.....14.75
鐵板豆豉雞	SP4 Chicken in Black Bean Sauce.13.75

### 海鮮類 Seafood

魚香蝦	🔥 F1 Shrimp in Hot Chilli & Garlic Sauce.....14.95
甜腰果蝦仁	F2 Fried Shrimp with Sweet Cashew Nuts.....15.25
川式甜腰果蝦仁	🔥 F3 Szechuan Shrimp with Sweet Cashew Nuts.....15.25
宮保蝦仁	🔥 F4 Kung Po Shrimp Ding.....14.25
三蔬蝦仁	F5 Shrimp with Mixed Vegetable.14.75
鳳巢腰蝦仁	F6 Stir Fried Shrimp in Bird Nest.15.50

鳳巢腰帶子	F7 Stir Scallop in Bird Nest.....15.50
鳳巢泡三鮮	F8 Stir Fried Shrimp, Scallop, Squid in Bird Nest.....16.50
干煎大蝦	F9 Fried Shrimp in Tomato Sauce.15.95
滑蛋蝦仁	F10 Shrimp with Scramble Egg...13.50
蟹肉扒鮮蔬	F11 Minced Crab Meat with Straw Mushroom.....13.95
琵琶豆腐	F12 Chef's Special Bean Curd....14.75
荔枝蝦球	F13 Li Chee Shrimp.....15.95
四川蝦球	🔥 F14 Szechuan Garlic Shrimp.....14.75
咕嚕蝦	F15 Cantonese Pineapple Shrimp.12.95
炸帶子西蘭花	F16 Fried Crispy Scallop with Broccoli.....12.95

### 飯類 Rice

楊州炒飯	R1 Yang Chow Fried Rice.....9.50
龍蝦炒飯	R2 Lobster Fried Rice.....10.50
蝦仁炒飯	R3 Shrimp Fried Rice.....9.75
雞絲炒飯	R4 Shredded Chicken Fried Rice.9.25
素菜炒飯	R5 Mixed Vegetable Fried Rice...8.75
白飯	R6 Steam Rice.....1.75

### 麵類 Noodles

招牌炒麵	N1 Zen House Special Chow Mein.16.50
肉絲炒麵	N2 Shredded Pork & Vegetable Chow Mein.....13.50
上海粗炒麵	N3 Shanghai Fried Noodles.....11.95
海鮮粗炒麵	N4 Fried Seafood with Shanghai Noodles.....13.50
豉椒牛河	N5 Beef & Black Bean Sauce with Rice Stick.....12.50
干炒牛河	N6 Fry Beef & Rice Stick.....12.50
豉椒牛米	N7 Beef with Black Bean Sauce & Fried Vermicelli.....12.95
星洲炒米	🔥 N8 Singapore Fried Vermicelli..11.50
火鴨湯河	N9 BBQ Duck & Rice Stick in Soup.....12.25
叉燒湯河	N10 BBQ Pork & Rice Stick in Soup.....12.25

### 甜品類 Dessert

冰凍荔枝	W3 Lichei Nuts in Ice.....6.75
生果盆	W4 Fresh Fruit Platter.....8.95

🔥 Hot & Spicy

# Szechuan - Cantonese Cuisine

## 頭盤 Appetizers

蛋卷	A1 Egg Roll.....	1.65
春卷	A2 Spring Roll.....	2.35
齋春卷	A3 Vegetarian Spring Roll.....	1.95
窩貼	A4 Pan Fried Dumplings (6).....	6.75
蝦多士	A5 Shrimp Toasts.....	7.95
椒鹽鮮魷	A6 Crispy Spicy Squids.....	13.50
炸蝦丸	A7 Deep Fried Shrimp Balls (10).....	15.50
椒鹽肉排	A8 Deep Fried Spicy Ribs.....	12.95

## 湯類 Soup (serving for four)

酸辣湯	S1 Hot & Sour Soup.....	11.75
海鮮豆腐湯	S2 Seafood & Bean-Curd Soup.....	12.75
蟹肉粟米羹	S3 Crab-Meat & Corn Soup.....	11.75
西湖牛肉羹	S4 Minced Beef & Chinese-Parsley Soup.....	11.75
三珍鴨絲羹	S5 Shredded Duck Meat & Vegetable Soup.....	13.95
海鮮魚肚羹	S6 Seafood Fish Maw Soup.....	14.95

## 雞類 Chicken

魚香雞柳	C1 Shredded Chicken in Hot Chilli & Garlic Sauce.....	12.50
西檸雞	C2 Lemon Chicken.....	12.50
鳳凰雞卷	C3 Chicken Roll in Sweet & Sour.....	12.95
宮保雞丁	C4 Diced Chicken with Hot Pepper.....	12.50
花彫雞丁	C5 Chicken in Red Wine Sauce.....	12.50
醬爆雞丁	C6 Chicken and Cashew Nuts in Brown Sauce.....	12.50
脆皮炸子雞	C7 Crispy Fried Chicken (24 hrs notice) 全隻 Whole.....	24.50
(24小時前預訂)	半隻 Half.....	13.00
白切滑肥雞	C8 Steam Chicken in Ginger Sauce (24 hrs notice) 全隻 Whole.....	22.00
(24小時前預訂)	半隻 Half.....	11.50
窩燒雞	C9 Wor Shui Guy.....	13.50
鳳巢雙菇雞	C10 Diced Chicken with Mushroom in Bird Nest.....	12.50
左宗棠雞	C11 General Tao Chicken.....	12.50

## 鴨類 Duck

魚香鴨絲	D1 Shredded Duck Meat in Hot Chilli & Garlic Sauce...	14.95
北京片皮鴨(三吃)	D2 Peking Duck (3 Course).....	48.95
燒鴨	D3 BBQ Duck 全隻 Whole.....	32.00
	半隻 Half.....	17.00
八珍扒鴨	D4 1/2 Braised Duck with Mixed Meat & Vegetable.....	26.50

## 牛類 Beef

魚香牛肉	B1 Shredded Beef in Hot Chilli & Garlic Sauce...	11.95
橙皮牛肉	B2 Orange Beef.....	12.50
京川牛肉絲	B3 Ginger Fried Shredded Beef in Hot Chilli & Garlic Sauce.....	12.50
蔥爆牛肉	B4 Mongolian Beef & Scallion.....	12.50
豉椒牛肉	B5 Beef in Black Bean Sauce.....	12.50
雪豆牛肉	B6 Snow Pea with Beef.....	12.95
子薑牛肉	B7 Beef in Pickled Ginger & Pineapple Sauce.....	12.50
咖喱牛肉	B8 Curried Beef.....	12.50
唐蘭牛肉	B9 Beef & Chinese Broccoli.....	13.50
時菜牛肉	B10 Beef & Chinese Cabbage.....	11.95
湖南牛肉	B11 Hunan Beef.....	12.95
雜菜牛肉	B12 Beef with Mixed Vegetables.....	12.95

## 豬類 Pork

魚香肉絲	P1 Shredded Pork in Hot Chilli & Garlic Sauce.....	11.50
木須肉	P2 Moo Shu Pork (with 4 Pancakes).....	11.95
菠蘿咕嚕肉	P3 Sweet & Sour Pork with Pineapple.....	11.50
京都焗肉排	P4 Imperial Pork Ribs.....	13.95
焦爆肉扒	P5 Double Fried Pork Ribs in Hot Garlic Sauce.....	13.95
榨菜肉絲	P6 Shredded Pork with Preserved Vegetable.....	11.50

# Wine List

## White Wine

<b>France</b>	
Le Piat D'or.....	28.95
Mouton Cadet Blanc - La Baronnie.....	29.95
Cuvee Special Blanc B & G.....	28.95

## Germany

Black Tower.....	26.95
Blue Nun Liebfraumikh.....	27.95

## Italy

Orvieto Classico 1984 - Ruffino.....	28.95
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## U.S.A

Ernest & Julio Gallo French Colombar.....	25.95
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## Red Wine

### France

Beaujolais Superieur - Bouchard.....	32.95
Mouton Cadet Rouge.....	33.95
Piat D'or Rouge.....	28.95
Cuvee Special Rouge - B & G.....	28.95

### Italy

Chianti - Ruffino.....	33.95
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### South Australia

Wolf Blass, Yellow Label Shiraz.....	39.95
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## Liqueurs

Amaretto.....	4.75
Brandy-D'eaubonne.....	4.75
Creme De Cacao (White or Dark).....	4.75
Creme De Menthe (Green or White).....	4.75
Cointreau.....	4.75
Drambuie.....	5.25
Galliano.....	4.75
Grand Marnier.....	5.25
Irish Mist.....	4.75
Bailey's Irish Cream.....	4.75
Kahlua.....	4.75
Southern Comfort.....	4.75
Tequila.....	4.75
Tia Maria.....	4.75

## Brandy & Cognac

Remy Martin V.S.O.P.....	8.25
Courvoisier V.S.....	7.25

## Champagne & Sparkling Wine

Henkell Trocken Sekt.....	31.95
Asti Spumonte - Martini Rossi.....	32.95
Andres Baby Champagne.....	22.95

## Special Coffee

Zen Royal.....	8.25
Spanish Coffee.....	7.25

Irish Coffee.....	7.25
Monte Kristo.....	7.75



\* Please inform server of any allergies you have before ordering \*

# Canadian Favourite Cuisine

## Soup

Wonton Soup.....	4.50
Chicken Noodle Soup.....	3.95
Mushroom Egg Drop Soup.....	4.50
Hot & Sour Soup.....	4.50
Chicken Corn Soup.....	4.50
Consomme Soup.....	1.75

## Appetizers

Egg Roll.....	1.65
Spring Roll.....	2.35
Vegetarian Spring Roll.....	1.95
Fried Wontons.....	5.25
Bo-Bo Balls.....	7.25
BBQ Pork Slices.....	7.95
BBQ Spare Ribs.....	8.50
BBQ Chicken Wings.....	6.75
Honey Chicken Wings.....	6.75
Deep Fried Shrimp.....	11.75
Deep Fried Scallop.....	11.75
Spicy Deep Fried Squid.....	13.50
Pan Fried Dumpling (6).....	6.75
Pu-Pu Platter.....	15.95

## Fried Rice

Plain Fried Rice.....	5.95
Vegetable / Mushroom Fried Rice.....	6.75
Chicken / Beef / Pork Fried Rice.....	7.75
Shrimp / Lobster / Scallop Fried Rice.....	8.25
Zen House Special Fried Rice.....	9.50
Steam Rice.....	1.75

## Chop Suey (Chow Mein 0.50 extra)

Vegetable / Mushroom Chop Suey.....	6.95
Chicken / Beef / Pork Chop Suey.....	7.75
Shrimp / Lobster / Scallop Chop Suey.....	10.50
Wok Fried Mixed Vegetable.....	9.95

## Curried Dishes

Curried Chicken / Beef / Pork.....	9.95
Curried Shrimp / Lobster.....	11.75

## Chicken / Beef / Pork / Dishes

Chicken / Beef / Pork with Broccoli.....	9.95
Chicken / Beef / Pork with Green Pepper.....	12.50
Chicken / Beef / Pork with Tomato.....	9.95
Chicken / Beef / Pork with Chinese Green.....	9.95
Chicken / Beef / Pork with Mushroom.....	10.50

## Sweet & Sour

Sweet & Sour Pork.....	8.75
Sweet & Sour Chicken.....	9.95
Sweet & Sour Shrimp / Scallop.....	11.75
Sweet & Sour Wheat Glutin Balls (Vegetarian).....	8.75

## Almond Ding

Almond Chicken / Beef / Pork Ding.....	9.95
Almond Shrimp / Lobster / Scallop Ding.....	11.75
Almond Zen House Special Ding.....	11.75

## Foo Young

Mushroom Foo Young.....	7.95
Chicken / Beef / Pork Foo Young.....	8.95
Shrimp / Lobster / Scallop Foo Young.....	10.50
Zen House Special Foo Young.....	10.95

## Seafood Dishes

Shrimp / Scallop with Vegetable.....	11.95
Shrimp / Scallop with Tomato Sauce.....	11.95
Shrimp with Lobster Sauce.....	12.95
Shrimp / Scallop with Broccoli.....	11.95
Shrimp / Scallop with Green Pepper.....	11.95
Butterfly Shrimps.....	13.50

## Other Favourites

Almond Chicken Soo Gai.....	9.95
Honey Garlic Ribs.....	9.95
Honey Garlic Chicken.....	10.50
Pineapple Chicken.....	10.50
Chow Gai Pan.....	12.95

## Combination Platter

\$9.25 Combo 'A' Sweet & Sour Chicken, Chicken Fried Rice, Egg Roll
\$9.25 Combo 'B' Honey Garlic Spare Ribs, Chicken Fried Rice, Egg Roll
\$9.25 Combo 'C' Almond Soo Gai, Chicken Fried Rice, Egg Roll
\$9.25 Combo 'D' Sweet & Sour Shrimp, Chicken Fried Rice, Egg Roll
\$11.25 Combo 'E' Lemon Chicken, Chicken Fried Rice, Egg Roll
*One may add either Almond Chicken Gai Ding or Chicken Chow Mein or Beef and Broccoli to any of the above combos, simply add \$3.50 to the regular combo charged

Please inform server of any allergies you have before ordering

# House Specialties Chef's Recommended Suggestions

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|--|---|
| (1) Pu Pu Platter (for 2).....15.95<br><i>Nova Scotian famous Chinese flaming Hors doeuvres</i>  | (9) Seafood House Special Chow Mein..16.50<br><i>Atlantic famous seafood, such as shrimp, scallop, lobster and surimi wok fried with mixed vegetables on a bed of noodles</i> |
| (2) Seafood Wor Bar.....17.50<br><i>A sizzling plate combination of shrimp, lobster, scallop, surimi sauteed along with water chestnuts, baby corn and mixed vegetable</i> | (10) Cantonese Chow Mein.....14.95<br><i>Shrimp, BBQ Pork &amp; Chicken sauteed with mix vegetables, and served on a bed of egg noodles</i>                                   |
| (3) Hong Kong Shrimps.....16.50<br><i>Jumbo shrimps sauteed in ginger and garlic, tomato sauce</i>   | (11) Chow Gim Loo.....13.50<br><i>Ah! A sweet and sour dish of House special ding, topped with crispy fried won-ton<br/>Delicious!</i>  |
| (4) Steak Wor Bar.....17.50<br><i>Sirloin steak sauteed with mushrooms baby corn, water chestnuts and fresh Chinese vegetables served on a sizzling plate</i>              | (12) Sub Gum Won-Ton.....13.50<br><i>Crispy fried won-ton served on top of wok fried chicken meat, BBQ pork and fresh mixed vegetables</i>                                    |
| (5) Zen-Ho Chicken.....12.95<br><i>Marinated chicken breast sauteed with the chef's secret sauce nestled on a bed of green lettuce</i>                                     | (13) Moo Goo Gai Pan.....12.95<br><i>Young tender chicken meat sauteed with mushroom and onions</i>   |
| (6) Zen House Soo Gai.....12.95<br><i>Sliced chicken breast covered with shrimp paste and fried till golden brown and served with mushroom gravy, Yummy!</i>               | (14) Zen-Ho Duckling.....16.25<br><i>Boneless marinated duck served on a bed of fried Chinese vegetable</i>   |
| (7) Chicken Roll.....13.95<br><i>Crispy chicken breast wrapped with bacon BBQ pork, mushroom gravy<br/>You may say "Orient Corden Bleu"</i>                                | (15) Orange Duck.....16.25<br><i>Crispy BBQ Duck served with Chef's accented orange sauce</i>   |
| (8) Dai Dop Woey.....13.50<br><i>Combination of chicken, BBQ pork and shrimp sauteed with baby corn, water chestnuts, mushrooms and vegetables</i>                         | (16) Ginger Duck.....16.25<br><i>Crispy BBQ Duck served with House special ginger and garlic sauce</i>  |

## Beverages

Coffee / Tea.....1.50	Soda Drinks (S) 1.80
Ice Tea.....2.50	(L) 2.50
Chinese Tea.....1.50	Orange Juice.....2.50
Shirley Temple..2.50	Apple Juice.....2.50
Milk.....2.50	Bottle Water.....2.50

## Desserts

Ice Cream...3.25	Fortune Cookies (2). 0.50
Sundae.....4.75	Almond Cookies.....0.50
Daily Special Cheese Cake.....	5.75