

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 (C) A6 Crispy Spicy Squids.....13.50
- 炸蝦丸 A7 Deep Fried Shrimp Balls (10).15.50
- 椒鹽肉排 (C) A8 Deep Fried Spicy Ribs.....12.95

雞類 Chicken

- 魚香雞柳 (C) 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 Sauce.12.95
- 宮保雞丁 (C) C4 Diced Chicken with Hot Pepper.....12.50
- 花膠雞丁 (C) C5 Chicken in Red Wine Sauce..12.50
- 醬爆雞丁 (C) C6 Chicken and Cashew Nuts in Red Sauce.....12.50
- 脆皮炸子雞 C7 Crispy Fried Chicken (24 hrs notice) 全隻 Whole.....24.50 半隻 Half.....13.00
- 白切滑肥雞 C8 Steam Chicken in Ginger Sauce (24 hrs 全隻 Whole.....22.00 notice) 半隻 Half.....11.50
- 窩燒雞 C9 Wor Shui Guy.....13.50
- 鳳巢雙菰雞 C10 Diced Chicken with Mushroom in Bird Nest.....12.50
- 左宗棠雞 (C) C11 General Tao Chicken.....12.50

鴨類 Duck

- 魚香鴨絲 (C) 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

(C) HOT & SPICY

牛類 Beef

- 魚香牛肉 (C) B1 Shredded Beef in Hot Chilli & Garlic Sauce.....11.95
- 橙皮牛肉 (C) B2 Orange Beef.....12.50
- 京川牛肉絲 (C) B3 Ginger Fried Shredded Beef in Hot Chilli & Garlic Sauce.....12.50
- 蔥爆牛肉 (C) 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 (C) B7 Beef in Pickled Ginger & Pineapple Sauce.....12.50
- 咖喱牛肉 (C) 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 (C) B11 Hunan Beef.....12.95
- 雜菜牛肉 B12 Beef with Mixed Vegetable...12.95

豬類 Pork

- 魚香肉絲 (C) 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

蔬菜類 Vegetables

- 魚香茄子 (C) V1 Shredded Eggplant in Hot Chilli & Garlic Sauce...11.95
- 京醬茄子 (C) 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 (C) V4 Assorted Vegetable in Hot Chilli & Garlic Sauce...10.95
- 麻婆豆腐 (C) 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

ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

海鮮類 Seafood

- 魚香蝦 (C) 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 (C) F3 Szechuan Shrimp with Sweet Cashew Nuts.....15.25
- 宮保蝦仁 (C) 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 Fried 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
- 蟹肉扒鮮菰 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 (C) 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 w/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 (C) 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



新寶軒

川
粵
菜

ZEN

CHINESE CUISINE LTD.

Take-out Menu

DIM SUM AVAILABLE 精美點心

Please inform the server of any allergies you have before ordering

Park West Centre, 287 Lacewood Dr. Unit 119
Halifax, N.S. B3M 3Y7

Tel: 457-6868

Licensed & Air Conditioning

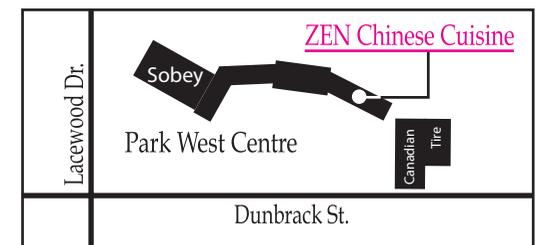
Banquet Welcome



10% Off For Pick Up Orders. FREE DELIVERY after 5PM for order over \$20 (Food Only) within Clayton Park Rockingham Fairview Area

BUSINESS HOURS

Mon-Thur 11:30AM - 12:00 MIDNIGHT
Fri-Sat 11:30AM - 2:00 AM
Sun-Holiday 11:30AM - 11:00PM



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

House Specialties Chef's Recommended Suggestions

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

Full Course Zen Deluxe Dinner

Zen Special Dinner For Two (A)

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

\$52.95

Zen Special Dinner For Two (B)

Hot & Sour Soup
Spring Roll
Szechuan Shrimp
w/Sweet Cashew Nuts
Ginger Fried Beef in
Hot Garlic Sauce
Chicken Fried Rice
Almond Cookies

\$ 45.95

House Special Dinners

No.1	No.2
Dinner for One.....12.75	Dinner for One.....12.75
Dinner for Two.....22.95	Dinner for Two.....22.95
Dinner for Three.....33.00	Dinner for Three.....33.00
Egg Roll	Egg Roll
Honey Garlic Ribs	S/S Chicken
Chicken Chow Mein	Almond Gai Ding
Chicken Fried Rice	Chicken Fried Rice
Fortune or Almond Cookie	Fortune or Almond Cookie
No.3	No.4
Dinner for Two.....29.00	Dinner for Three.....44.00
Dinner for Three.....41.00	Dinner for Four.....56.00
Dinner for Four.....50.00	Egg Roll
Egg Roll	S/S Chicken
Beef & Broccoli	Almond Soo Gai
Almond Gai Ding	Honey Garlic Spare Ribs
Honey Garlic Spare Ribs	Chicken Chow Mein
Chicken Fried Rice	Chicken Fried Rice
Fortune or Almond Cookie	Fortune or Almond Cookie
No.5	No.6
Dinner for Three.....55.00	Dinner for Five.....80.00
Dinner for Four.....68.00	Dinner for Six.....96.00
Egg Roll - Bo Bo	Egg Roll - Bo Bo
Pineapple Chicken	Lemon Chicken
Moo Goo Gai Pan	Hong Kong Shrimp
Hong Kong Shrimp	Dai Dop Woey
Beef Chow Mein	Almond Soo Gai
Zen Fried Rice	Honey Garlic Ribs
Fortune or Almond Cookie	Zen Fried Rice
	Fortune or Almond Cookie

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

