

VEGAN @ ZEN THAI

APPETIZERS

THAI SPRING ROLLS £6.50

Golden fried, stuffed with vegetables, served with sweet chili dipping sauce

GOLDEN TOFU £6.50  

Hand cut tofu cubes fried to perfection, served with sweet chili sauce and finished with crushed peanut

CRISPY VEGETABLES £6.50

Mixed assorted vegetables tempura style served with sweet chilli sauce

SOUP

Mixed Vegetable £7.25

Tofu or Mock £7.50

TOM KHA   

This popular sour soup features mushroom in coconut milk broth infused with aromatic Thai herbs

SAVORY CLEAR SOUP  

Clear soup with glass noodles, mixed vegetables, mushrooms and seaweed



THAI SALAD

PAPAYA SALAD     £11.95

Specially imported Thai Green papaya, carrot, tomato, green beans and peanut tossed in a spicy lime garlic dressing

LAAB    £10.95

Crispy golden tofu with mint, onion and chili in an Isaan style dressing

SIDES & EXTRAS

Jasmine Rice (Steamed)  £3.50

Coconut Rice (sprinkled with sesame seeds)  £4.25

Sticky Rice  £4.25

Steamed Vegetables  £3.95

Rice Noodles (Steamed and sprinkled with fried garlic)  £3.50



MAIN DISHES

Mixed Vegetable £14.95

Tofu or Mock £15.95

PINEAPPLE FRIED RICE 

Rice stir fried with your choice of filling, pineapple, onion and raisin

SPICY FRIED RICE  

Rice stir fried with your choice of filling, fresh chili, bell pepper, onion, fine bean, mushroom and basil

SPICY BASIL NOODLES  

Fresh wide rice noodles stir fried with your choice of filling, fresh chili, basil, onion, bell pepper, mushroom, fine beans and bamboo shoots

NOODLE SOUP 

Thin rice noodles served with your choice of filling in our house special broth with assorted vegetables

SUKI-YAKI 

Assorted Vegetables cooked with your choice of filling in a vegetable broth, bean thread noodles and served with our house special sukiyaki sauce

GINGER DELIGHT 

Choice of filling stir fried with ginger, spring onion, mushrooms and bell pepper

GARLIC & PEPPER 

Choice of filling stir fried with garlic and black pepper serve with slices of tomato, bell pepper, mushroom and cucumber

MIXED VEGETABLE 

Assorted vegetables stir fried with your choice of filling, crushed garlic in special homemade soy based sauce

BROCCOLI & OYSTER SAUCE 

Choice of filling, broccoli, onion and mushroom stir fried in vegan oyster sauce with a hint of sesame oil

SPICY BASIL  

Choice of filling, stir fried with fresh garlic and crushed chili with basil, bell pepper and onion

PAD PRIK KHING   

Green beans, bell peppers, kafir lime leaves and choice of filling stir fried with vegan curry paste



CURRY

Mixed Vegetable £14.95

Tofu or Mock £15.95



RED CURRY  

Choice of filling cooked with bell pepper, fine bean, bamboo shoots, courgette, eggplant and basil simmered in vegan red curry paste and coconut milk

JUNGLE CURRY   

Mixed vegetable, bamboo, mushrooms, fine bean, courgette, eggplant and Thai herbs cooked in special spicy curry (no coconut milk)