

Zen Garden Restaurant

Lunch and Dinner

Menu

Our Thai Chefs use locally sourced and free range meats and fish combined with traditional Thai ingredients.

V- Suitable for vegetarians

N - Contains nuts

All ingredients of dishes are not listed.

Some of the dishes on our menu may contain nuts, seed or other allergens. If you have an allergy or intolerance to any food please let us know.

We cannot guarantee that food products do not contain nuts or nut derivatives.

Fish sauce is used in most traditional Thai dishes, we therefore cannot guarantee that any of our dishes are completely free from fish or seafood

Tasting Menu

£37.50 per person

Course 1

Meung Cum (N) (Hot)

Betel nut leaves served with cashew nut, lime, ginger, chilli, toasted coconut red onion, dried shrimp and sweet and sour sauce

Course 2

Kai Satay (N) (mild)

Chicken satay. Skewers of grilled marinated chicken served with cashew nut sauce

Course 3

Tom Yum Koong (Medium)

A clear soup with king prawn, mushroom, chilli, lemongrass, galangal, lemon and kaffir lime

Course 4

Neua Pad Prik (medium)

Beef stir fried with red chilli, garlic, onion and spring onion served with jasmine rice, stir fried vegetables and prawn salad

Course 5

Pineapple Carpaccio

with agave syrup, fresh basil and coconut sorbet

Starter

Kanom Jeeb £6.95

Prawn and pork dumpling steamed and topped with crispy garlic served with sweet soy sauce

Kai Satay (N) (mild) £6.25

Chicken satay. Skewers of grilled marinated chicken served with cashew nut sauce

Koong Chub Pang Thod £6.95
King prawn in bread crumbs golden fried
served with sweet chilli sauce.

Koong Hom Pha £6.95
Golden prawn. King prawn with mince pork, spring onion and coriander,
wrapped in a rice pancake and golden deep fried with plum sauce.

Khanompung Nhakoong £6.95
Prawn on Toast. Mince marinated prawn golden deep fried on toast
served with sweet chilli sauce

Meung cum (N) (hot) £6.95
Betel nut leaves served with cashew nut, lime, ginger, chilli, toasted coconut
red onion, dried shrimp and sweet and sour sauce

Yam Koong (medium) £6.75
Prawn salad mixed with lemon grass, red onion, and coriander coated with
spicy dressing

Yam Neua (medium) £6.95
Beef salad. A spicy Thai salad with slices of grilled beef, red onion, mint,
spring onion and coriander.

Zen Garden Ruam mid (N) £13.50
Selection of Starters for 2 persons
Spring roll, prawn on toast, chicken satay and papaya salad

Vegetarian Starter

Popia Thod (V) £6.95

Spring rolls filled with carrot, cabbage, mushroom, bean sprouts and glass noodles deep fried and served with plum sauce

Thod Mun Khaw Pod (V) (mild) £6.25

Sweet corn and coriander pan cake, golden fried and served with sweet chilli sauce

Som Tum (V) (N) (medium) £6.25

Papaya salad. Shredded green papaya with cherry tomatoes, carrot, Thai dressing and cashew nuts

Yam Tao Hoo Woon Sen (V) (N) (Medium) £6.25

Organic tofu and glass noodle salad with Thai dressing, tomato, mushroom, onion, spring onion and coriander.

Tao Hoo Thod (V) (N) (Mild) £6.25

Organic Tofu in bread crumbs golden deep fired served with sweet chilli and cashew nut

Zen Garden Vegetable Ruam mid (N) £10.95

Selection of Starters for 2 persons
Sweet corn pancake, spring roll, vegetable tempura and papaya salad

Soups

Tom Yam (medium) £6.25

A clear soup with mushroom, chilli, lemon grass, galangal, lemon and kaffir lime leaves.

Choices of : King Prawn
Chicken
Mushroom (V)
Mixed Seafood

Tom Kha (mild) £6.25

Coconut milk soup seasoned with mushroom, lemon grass, galangal, kaffir lime leaves.

Choices of : King Prawn
Chicken
Mixed Seafood

Beef Main Dishes

£13.95 per dish

All our Beef is local and free range

Neua Pad Nam Mon Hoy

Beef with oyster sauce. Slices of beef stir fried with onion, spring onion mushroom and bell pepper.

Neua Pad Krapraow (hot)

Beef with basil. Stir fried slices of beef with chilli, garlic, onion and basil leaves.

Neua Pad Prík (medium)

Beef with chilli. Stir fried beef with red chilli, garlic, onion and spring onion.

Neua Grate am Prík Tai (mild)

Beef with garlic and pepper. Slices of beef stir fried with garlic and pepper

Neua Nam Prík Pao (medium)

Beef with Chilli oil. Stir fried beef with sweet basil, spring onion and exotic chilli oil

Panang Neua (medium)

Beef dry red curry with a rich red curry paste coconut milk and Kaffir lime leaves.

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for those with an allergy to shellfish

Kaeng Keiw Wan Neua (medium)

Beef green curry with coconut milk, aubergine, courgettes, bell pepper and kaffir lime leaves.

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for those with an allergy to shellfish

Chicken Main Dishes

£11.95 per dish

All our Chicken is local and free range

Kai Pad Med Mamuang Himmapan (N)

Chicken with cashew nuts and onion, spring onion and bell pepper

Kai Pad Khing (mild)

Chicken with ginger and stir fried with onion, spring onion and mushroom.

Kai Grateim Prik Tai (mild)

Chicken with garlic and pepper. Stir fried chicken with garlic and pepper.

Kai Pad Prik (medium)

Chicken with chilli. Stir fried chicken with red chilli, garlic, onion and spring onion.

Kai Pad Krapraow (hot)

Chicken with basil. Stir fried chicken with chilli, garlic and basil leaves.

Kai Preiw Wan

Sweet and sour chicken in a Thai style sweet and sour sauce with pineapple, cucumber, tomatoes, onion, spring onion and bell pepper

Kai Panang (medium)

Chicken dry red curry with coconut milk and kaffir lime leaves.

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for those with an allergy to shellfish

Keang Keiw Wan Kai (medium)

Chicken green curry with coconut milk, aubergine, bell pepper, courgettes and kaffir lime leaves.

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for those with an allergy to shellfish

Duck Main Dishes

£12.95 per dish

Phed Preiw Wan

Sweet and sour sizzling duck Thai style battered duck with pineapple, cucumber, tomatoes, onion, spring onion and bell pepper

Phed Pad Khing (mild)

Duck with Ginger. Marinated duck stir fried with onion, spring onion and mushroom.

Phed Pad Kraproaw (hot)

Duck with Basil. Stir fried duck with chilli, garlic and basil leaves

Phed Makham

Duck with Tamarind. Marinated duck in a light batter and topped with exotic sweet and sour tamarind sauce

Lamb Main Dishes

£13.95 per dish

Kae Pad Prik (medium)

Lamb with chilli. Stir fried lamb with red chilli, garlic, onion and spring onion

Kae Pad Kraproaw (hot)

Lamb with basil. Stir fried lamb with chilli, garlic and basil leaves

Kae Pad Nam Prik Pao (medium)

Lamb with Chilli oil. Stir fried lamb with onion, bell pepper, basil and exotic chilli oil

Kae Panang (medium)

Lamb dry red curry with coconut milk, peppers and

Kaffir lime leaves

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for those with an allergy to shellfish

King Prawn Main Dishes

£14.95 per dish

Koong pad Med Mamuang Himmapan (N)

Prawn with cashew nut. Stir fried prawns with cashew nuts, onion, spring onion and bell pepper

Koong Pad Prik (medium)

Prawn with Chilli. Stir fried prawns with red chilli, onion and spring onion

Koong Pad Nam Prik Pao (medium)

Prawn with Chilli oil. Stir fried prawns with sweet basil, onion, bell pepper, and exotic chilli oil

Koong Pad Khow Pod Aon

Prawn with baby corn. Stir fried prawns with baby corn, garlic, mushroom, and aromatic soy sauce

Koong Pad Krapraow (hot)

Prawn with basil. Stir fried prawns with chilli, garlic and basil leaves

Koong Pad Phong Karee (mild)

Prawn with yellow curry powder stir fried with celery, onion, spring onion, coconut milk and egg

Koong Panang (medium)

Prawn dry red curry with coconut milk and kaffir lime leaves

Keang Keiw Wan Koong (medium)

Prawn green curry with coconut milk, aubergine, bell pepper, courgettes and kaffir lime leaves

Fish Main Dishes

£14.95 per dish

Talay Jan Ron (medium)

Seafood Sizzling. King prawns, scallops, mussels and squid stir fried with garlic and chilli oil

Talay Pad Phong Karee (mild)

Seafood with yellow curry powder stir fried with onion, spring onion, celery, coconut milk and egg

Hoy Shell Jan Ron (mild)

Scallops sizzling with black pepper, garlic, spring onion and bell pepper

Pla Preiw Wan

Sweet and sour bream. Deep fried Bream in a Thai style sweet and sour sauce with pineapple, cucumber, tomatoes, onion, spring onion and bell pepper

Pla Nueng Khing (mild)

Fillet sea bass steamed with ginger, shitake mushroom, soy sauce, spring onion and coriander

Pla Nueng Manow (medium)

Fillet sea bass steamed with chilli and lemon sauce

Pla Yam Mameung (mild)

Fillet sea bass with mango. Deep fried sea bass topped with Thai dressing mango salad

Noodle Main Dishes

£ 12.95 per dish including VAT

Pad Thai Noodles (N)

Flat rice noodles stir fried with eggs, beans sprouts, spring onion, crushed roasted cashew nuts and tamarind sauce.

Served With either: King Prawn or Chicken

Vegetarian Main Dishes

Vegetarian Noodle Pad Thai (N) (V) £7.95

Flat rice noodles stir fried with eggs, beans sprouts, spring onion, crushed roasted cashew nuts and tamarind sauce.

Khow Pad Pak (V) £6.95

Vegetable Fried Rice. Rice stir fried with eggs and seasonal mixed vegetables served with a fried egg.

Pad Pak (V) £6.95

Mixed vegetables stir fried with garlic soy sauce

Preiw Wan TaoHoo (V) £8.95

Sweet and sour tofu. Organic tofu in a Thai style sweet and sour sauce with pineapple, cucumber, tomatoes, onion, spring onion and bell pepper

Pad Pak Choi (V) £6.95

Pak choi stir fried with garlic and soy sauce

Pak Pad Med Mameung Himmaman (N) (V) £6.95

Mix vegetables stir fired with cashew nuts, onion, spring onion and soy sauce

TaoHoo Pad Khing (mild) (V) £8.95

Organic Tofu stir fried with ginger and aromatic soy sauce

Kaeng Keiw Wan Pak (medium) £10.95

Organic Tofu and vegetable green curry

With coconut milk aubergine, bell pepper and Kaffir lime leaves

Please be aware that a small percentage of shrimp is present in the curry paste, making this dish unsuitable for strict vegetarians

Side Orders

Kow Saay

Jasmine Rice

£3.00

Kow Pad Khai

Fried rice with egg, onion, spring onion and soy sauce
£3.75

Kow Kathi (N)
Fried rice in coconut milk
£3.75

Plain Noodles
Flat rice noodles with spring onion and beans sprouts
£3.00

Healthy Options

Starters

Betel Nut Leaves (N)
Served with Cashew Nuts, Lime, Ginger, Chilli, Toasted Coconut
and Dried Shrimp
£6.95

Prawn and Pork Dumpling
Steamed dumplings with Crispy Garlic and Sweet Soy Sauce
£6.95

Pear and Cranberry Salad (V)
Rocket, Candied Sunflower Seeds, Soured Cranberries and Pear Shavings
£5.95

Main Courses

Beef with garlic and pepper. Slices of beef stir fried with garlic and pepper
served with Jasmine Rice
£16.95

Steamed Sea bass with Aromatic Soy Sauce, Ginger and Mushroom
served with Jasmine Rice
£14.95

Slow-roasted Butternut Squash with Coriander, Cumin, Israel Couscous and Almond
Salad with Harissa
£12.50

Desserts

Pineapple Carpaccio with Agave Syrup, Fresh Basil and Coconut Sorbet
£6.95

Selection of Sorbets
£6.25

Mixed Seasonal Fresh Fruit
£6.25