

### Steamed Dim Sum

Har Kau (4) - Prawn Dumplings	£3.50
Siu Mai (4) - Prawn & Meat Dumplings	£3.50
Scallop & Prawn Dumplings (3) <sup>NEW</sup>	£3.50
Prawn & Pak Choi Dumplings (3) <sup>NEW</sup>	£3.50
Beef Dumplings with Ginger & Spring Onion (3)	£3.20
Char Siu Bow (2) - Roast Pork Buns <sup>NEW</sup>	£3.20

### Deep Fried Dim Sum

Spring Rolls (3)	£2.90
Sesame Chicken Cakes (3) <sup>NEW</sup>	£2.90
Chicken & Cheese Rolls (3) <sup>NEW</sup>	£2.90
Prawn Parcels (3)	£2.90
Crispy Won Tun (3) - Prawn Dumplings	£2.90
Prawn Envelopes with Mayonnaise Dip (3) <sup>NEW</sup>	£3.50
Wafer- Paper Wrapped Prawns (3)	£3.50
Sesame Prawn on Toast (4)	£3.50
War Tip (3) - Chicken Dumplings <sup>NEW</sup>	£3.50
Spring Onion Pancakes (3)	£2.90
Curried Beef Samosas (3)	£2.90

### Man Zen Platters

<b>Dim Sum Platter (min 2)</b>	<b>£5.50 per head</b>
<i>Spring Roll, Prawn Parcel, Siu Mai, Beef Dumpling, Sesame Chicken Cakes, served with Seaweed &amp; Pickled Vegetable</i>	
<b>Seafood Dim Sum Platter (min 2)</b>	<b>£5.90 per head</b>
<i>Har Kau, Prawn Envelope, Prawn on Toast, Thai Fish Cake, Crispy Won Tun served with Seaweed &amp; Pickled vegetable</i>	
<b>Man Zen's Combo (min 2)</b>	<b>£6.90 per head</b>
<i>Steak Rolls in Black Pepper Sauce, Barbecued Spare Ribs, Garlic Chicken Wings, Sesame Prawn on Toast, Spring Rolls, Spring Onion Pancake, served with Seaweed &amp; Pickled Veg.</i>	

### Soup

Minced Chicken & Sweet Corn Soup	£2.60
Crab Meat & Sweet Corn Soup	£2.60
Peking Hot & Sour Soup	£2.60
Sliced Chicken & Straw Mushrooms Clear Soup	£2.60
Chicken Noodle Clear Soup	£3.00
Won Tun Clear Soup	£3.50
Tom Yam Gai – Traditional THAI Soup	£3.50
<i>Spicy Chicken Soup seasoned with Lemongrass, Ginger, Chilli &amp; Coriander</i>	
Tom Yam Goong – As Above but with Seafood	£3.90
Assorted Seafood & Seasonal Vegetable Clear Soup	£3.90

### Man Zen Starters

S1 Crispy Seaweed	£3.50
S2 Prawn Crackers	£1.50
S3 Spicy Thai Prawn Crackers with Sweet Chilli Dip	£2.50
S4 Aromatic Crispy Duck with Pancakes	£16.00 half £8.50 quarter
S5 Aromatic Crispy Lamb with Pancakes	£6.50
S6 Barbecued Spare Ribs	£6.00
S7 Garlic & Chilli Spare Ribs	£6.00
S8 Spare Ribs in Peking Sauce *	£6.00
S9 Mini Spare Ribs in OK Sauce	£6.00
S10 Mini Spare Ribs in Sweet & Sour Sauce	£6.00
S11 Deep Fried Crab Claws stuffed with Prawn Paste (2)	£6.00
S12 THAI Chargrilled Satay Chicken or Lamb* (3 skewers)	£4.50
S13 Cantonese Satay Chicken or Lamb (3 skewers)	£4.50
S14 Minced Chicken & Nuts with Lettuce Wrap *	£6.00
S15 Steak Rolls stuffed with Garlic & Coriander in Black Pepper Sauce (3)	£6.00
S17 Deep Fried Squid with Garlic & Chilli	£5.90
S18 Deep Fried Squid with Sweet & Sour Dip	£5.90
S19 Steamed Fresh Scallops in Shell (2) with Garlic or Ginger, Spring Onion & Soya Sauce	£5.90
S20 Deep Fried Sesame King Prawns in Lemon & Honey Sauce (6)	£5.90
S21 Steamed King Prawns with Garlic or Black Bean Sauce (6)	£5.90
S22 Deep Fried King Prawns with Garlic & Chilli (6)	£5.90
S23 Wasabi King Prawns (6) <sup>NEW</sup>	£5.90
S24 "Soft Shell" Crab with Garlic & Chilli (1)	£4.90
S25 Green Lip Mussels in Shell with Szechuan Sauce or Black Bean Sauce	£4.50
S26 Smoked Fish with Pickled Vegetable (Cold)	£4.50
S27 Fried Chicken Wings with Garlic & Chilli or Cantonese Sauce	£4.50
S28 Thai Fish Cakes with Sweet Chilli Dip (4)	£4.00

### MAIN COURSES Seafood Dishes

1 Steamed Sea Bass Fillet with Ginger, Spring Onion & Soya Sauce	£12.00 each
2 Stir Fried Monk Fish with Seasonal Vegetable	£10.90
3 Stir Fried Scallops with Seasonal Vegetable	£8.90
4 Fresh Squid with Garlic & Chilli	£7.90
5 Fresh Squid with Green Pepper & Black Bean Sauce	£7.90
6 Fried Fish Fillet	£7.90
<i>Cod fillet coated in Batter, deep fried and served in the Choice of: Sweet Corn Sauce, Szechuan Sauce or Sweet &amp; Sour Sauce</i>	

### Chef's Specialities

7 Wok Fried Sea Bass Fillet or Wok Fried Halibut Steak	£10.90
<i>Choice of Sauce: Ginger Onion, &amp; Soya Sauce, Preserved Sweet &amp; Sour Vegetables Sauce, Spicy Szechuan Sauce</i>	
8 XO Three Fried Sea Treasure <sup>NEW</sup>	£10.90
<i>Quick Fried Monk Fish, Scallops &amp; King Prawns with Spicy 'xo' Sauce</i>	
9 Stir Fried Monk Fish with Black Bean Sauce	£10.90
10 Stir Fried Scallops & King Prawns with Fresh Asparagus	£9.90
11 Scallops & King Prawns in Black Bean Sauce	£9.90
12 Stir Fried Beef Fillet Strips with Fresh Asparagus	£8.90
13 Beef Fillet Strips in Cantonese Sauce	£8.90
14 Skewered Fillet Steak & Chicken in Satay Sauce *	£8.90
15 Wok Fried Beef Cube Fillet with Garlic and Chilli	£8.90
16 Man Zen Special Curry	£8.00
<i>(King Prawn, Chicken, Beef &amp; Char Siu)</i>	
17 Prawn Meat Balls with Cashewnuts *	£8.00
18 Prawn Meat Balls with Ginger & Spring Onion	£8.00
19 Duck Stuffed with Prawn Paste in Mushroom Sauce	£9.90
20 Crispy Shredded Beef with Chilli	£6.90
21 Crispy Shredded Chicken with Chilli	£6.90
22 Chicken in Lemon Sauce	£6.90
<i>Lightly Battered Chicken Fillet, then topped with our delicious Lemon Sauce</i>	
23 Thai Crispy Chicken Fillet with Sweet & Chilli Dip	£6.90
24 Thai Green Curry with Chicken <sup>NEW</sup>	£6.90
25 Thai Green Curry with King Prawn <sup>NEW</sup>	£8.50
26 Thai Red Curry & Pineapple with Chicken <sup>NEW</sup>	£6.90
27 Thai Red Curry & Pineapple with King Prawn <sup>NEW</sup>	£8.50

### Steak & Lamb Dishes

28 Fillet Steak Cantonese Style	£8.90
29 Fillet Steak in Satay Sauce *	£8.90
30 Fillet Steak in Black Bean Sauce	£8.90
31 Fillet Steak in Black Pepper Sauce	£8.90
32 Fillet Steak with Ginger & Spring Onion	£8.90
33 Lamb Fillet in Black Pepper Sauce	£7.00
34 Lamb Fillet in Black Bean & Spring Onion	£7.00
35 Lamb Fillet with Ginger & Spring Onion	£7.00

### Roast Dishes

36 Barbecued Roast Lean Pork (Char Siu)	£6.00
37 Roast Crispy Chicken Cantonese Style (half)	£8.90
38 Cantonese Roast Duck	£8.50
39 Roast Duck in Plum Sauce*	£8.50
40 Roast Duck in Lemon Sauce	£7.00
41 Roast Duck in Orange Sauce	£7.00
<i>Duck Fillet in Light Batter topped with Orange Sauce with a touch of Cointreau</i>	

### Sweet & Sour Dishes

42 Sweet & Sour Chicken	£6.00
43 Sweet & Sour Pork	£6.00
44 Sweet & Sour King Prawns	£8.00
45 Sweet & Sour Combination	£8.00
<i>(King Prawn, Chicken &amp; Pork)</i>	

### CREATE YOUR OWN FAVOURITE DISH

Select one of the following items :-

<b>King Prawn</b>	<b>£8.00</b>
<b>Chicken</b>	<b>£6.00</b>
<b>Beef</b>	<b>£6.00</b>
<b>Pork</b>	<b>£6.00</b>
<b>Lamb</b>	<b>£7.00</b>

Then create any style by choosing one of our delicious Sauces or Vegetables from the choices below :-

Cantonese Sauce - Fruity  
Szechuan Spicy Sauce  
Curry Sauce  
Satay Sauce\*  
Spring Onion & Black Bean Sauce  
Green Pepper & Black Bean Sauce  
Fresh Ginger & Spring Onion Sauce  
Bamboo Shoot & Oyster Sauce  
Pineapple & Sweet Ginger  
Pineapple  
Straw Mushrooms  
Garlic, Salt & Chilli Pepper (dry)  
Foo Yung - Scrambled Egg  
Fresh Seasonal Vegetables  
Cashewnuts £0.50 Extra  
Spicy 'Kung Po' Style £0.50 Extra  
Fresh Tomato & Spring Onion

### Noodles & Fried Rice

46 Special Chow Mein	£7.90
47 King Prawn Chow Mein	£7.90
48 Sliced Chicken Chow Mein	£7.00
49 Roast Pork Chow Mein	£7.00
50 Sliced Beef Chow Mein	£7.00
51 Fried Vermicelli Singapore Style	£6.50
52 King Prawn Fried Rice	£7.90
53 Chicken Fried Rice	£6.00
54 Char Siu Fried Rice	£6.00
55 Yang Chow Special Fried Rice	£6.00
56 Diced Vegetables Fried Rice	£5.50

## Side Dishes

57 Mixed Vegetables	£4.50
58 Garlic Pak Choi	£4.50
59 Garlic Mushrooms	£3.90
60 Fried Beansprouts	£3.90
61 Soft Noodles with Beansprouts & Onion	£3.90
62 Crispy Noodles	£3.50
63 Soya Sauce with Spring Onion & Chilli	£2.00
64 Sweet & Sour Sauce	£2.00
65 Curry Sauce	£2.00
66 Chips	£2.00
67 Salt & Pepper Chips <b>NEW</b>	£2.50
68 Egg Fried Rice	£2.20
69 Boiled Rice	£2.00

## SPECIAL VEGETARIAN MENU Vegetarian Dim Sum

V1 Crispy Vegetarian Spring Rolls (3)	£2.90
V2 Crispy Vegetarian Won Tun (3)	£2.90
V3 Steamed Vegetable Dumplings (3) <b>NEW</b>	£2.90
V4 Crispy Spring Onions Pancakes (3)	£2.90
V5 Curried Vegetable Samosas (3)	£2.90
V6 Crispy Vegetable Parcel (3)	£2.90

## Starters

V7 Crispy Seaweed	£3.50
V8 Whole Asparagus in Garlic Sauce	£3.90
V9 Fried Beancurd with Salt & Chilli	£4.90
V10 Large Egg Roll with Vegetables Stuffing	£4.90
V11 Vegetarian Lettuce Wrap*	£6.00

*Stir Fried Diced Vegetables & Crushed Nuts with Garlic & Rice Wine, served on a Bed of Crispy Vermicelli with Lettuce & Sauce for Wrapping*

V12 Vegetarian Combo	£5.50
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*Vegetarian Spring Roll, Spring Onion Pancake, Crispy Vegetable Parcel, Curried Vegetable Samosa, Vegetarian Won Tun, served with Seaweed & Pickled Veg.*

(V) Suitable for Vegetarian

\* Contains Peanut or Nut Based Products

We cannot guarantee that any of our dishes are free from nuts.

## Soup

V13 Sweet Corn Soup	£2.60
V14 Sweet Corn & Diced Vegetable Soup	£2.60
V15 Vegetarian Hot & Sour Soup	£2.60
V16 Mixed Vegetable Clear Soup	£2.60
V17 Spicy TOM YAM Vegetable Soup - Thai Style	£3.00

## Main Courses

V18 Vegetarian Chicken (Soya Bean Product)	£6.00
Choice of Sauce : <i>Sweet and Sour Sauce, Lemon Sauce, Curry Sauce, Mushrooms, Szechuan Spicy Sauce, Green Pepper &amp; Black Bean Sauce</i>	
V19 Fried Bean Curd - Choose one of the above Sauces	£5.90
V20 Crispy Fried Soya Bean Strips in Chilli Sauce or Cantonese Sauce <b>NEW</b>	£5.90
V21 Diced Vegetables & Cashewnuts with Spicy Sauce*	£5.90
V22 Braised Assorted Vegetables in Szechuan Sauce	£5.90
V23 Two Combination Mushrooms & Seasonal Vegetable	£5.90
V24 Braised Chinese Mushrooms & Bamboo Shoot	£5.90
V25 Fried Asparagus & Straw Mushrooms	£5.90
V26 Thai Green Curry with Beancurd & Vegetables <b>NEW</b>	£5.90
V27 Fried Mangle Tout & Straw Mushrooms	£5.90
V28 Fried Broccoli and Straw Mushrooms	£5.90
V29 Mixed Vegetables Foo Yung - Scrambled Egg	£5.90
V30 Mixed Vegetables in Satay Sauce*	£5.00
V31 Mixed Vegetables Chow Mein	£6.50
V32 Vegetarian Vermicelli Singapore Style	£5.50
V33 Diced Vegetables Fried Rice	£5.50

**Credit Card can only be accepted  
for payment £10.00 or over.**

All Prices Include VAT

## SPECIAL BANQUET A

**£20.50 per head**

*Minimum for Two People*

Minced Chicken and Sweetcorn Soup with Prawn Crackers  
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**Mixed Platter:**

Spring Rolls

Prawn on Toast

Barbecued Spare Ribs

Spring Onion Pancakes

Fried Garlic Chicken Wings

Thai Skewered Satay Chicken \*

Served with Seaweed and Pickled Vegetable  
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Aromatic Crispy Duck with Pancakes  
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**Main Course for two people:**

Fillet Steak Cantonese Style

Chicken with Green Pepper and Black Bean Sauce

Yang Chow Special Fried Rice

**Extra dish for three people:**

Lamb Fillet with Ginger & Spring Onion

**Extra dish for four people:**

Sweet and Sour Combination

**Extra dish for five people or more:**

King Prawns with Seasonal Vegetable

## SPECIAL BANQUET B

**£23.00 per head**

*Minimum for Two People*

**Mixed Platter:**

Spring Rolls

Sesame Prawn on Toast

Barbecued Spare Ribs

Fried Garlic Chicken Wings

Curried Beef Samosas

Thai Skewered Satay Chicken \*

Served with Seaweed and Pickled Vegetable  
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Steak Rolls Stuffed with Coriander and Garlic in Black Pepper Sauce

Jumbo Tiger Prawn with Spicy Sauce  
\*\*\*

Aromatic Crispy Duck with Pancakes  
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**Main Course for two people:**

Skewered Fillet Steak Cantonese Style

Sliced Roast Pork with Fresh Mangle Tout

Yang Chow Special Fried Rice

**Extra dish for three people:**

Chicken in Lemon Sauce

**Extra dish for four people:**

Thai Green Curry with King Prawn

**Extra dish for five people or more:**

Steamed Sea Bass Fillet with Ginger, Spring Onion

& Soya Sauce



**MANZEN**  
ORIENTAL RESTAURANT

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**Opening Times**

Mon to Sat 5.30pm - 11.30pm

Sunday 12.00noon - 10.00pm

Take Away Menu

90% of our dishes are MSG Free