

Gourmet Chinese
ORIENTED TO HEALTH



Chinese Foods & Catering

2695 Merrick Road (Next to ACE) Bellmore, NY 11710

Delivery Fee \$1.00



516-221-8888



Scan QR Code Order Online at

www.zenschinesefood.com

MON. 11:00 AM - 9:30 PM
TUE. --- **CLOSED** ---
WED. 11:00 AM - 9:30 PM
THU. 11:00 AM - 9:30 PM
FRI. 11:00 AM - 9:30 PM
SAT. 11:00 AM - 9:30 PM
SUN. 12:00 PM - 9:30 PM

CATERING TRAYS

HALF TRAY
Serve 7

Fried Rice Roast pork, chicken or house special	47.95
Lo Mein Roast pork, chicken or house special	49.95
Roast Pork w. Broccoli Mixed vegetable or string bean	63.95
Chicken w. Broccoli Mixed vegetable or string bean	63.95
Beef w. Broccoli Mixed vegetable or string bean	69.95
Shrimp w. Broccoli Mixed vegetable or string bean	69.95
Sesame or General Tso's Chicken	70.95

Combo Meal

Lunch

from 11:00am to 3:00pm Except Sunday & Holidays.

Served w. Roast Pork Fried Rice, White Rice or Brown Rice

Add on Egg Drop, Wonton or Hot & Sour Soup, Can Soda or Egg Roll for just 85¢ w. Meals.

Dinner

Served All Day

Served w. Egg Roll & Roast Pork Fried Rice, White Rice or Brown Rice

Egg Roll Can Be Substituted By Soup

Vegetable

	Lunch	Dinner
V 1. Broccoli with Garlic Sauce	9.25	11.75
V 2. Mixed Veg. (w. Garlic Sc. or Brown Sc.)	9.25	11.75
V 3. Tofu with Mixed Vegetable	9.25	11.75
V 4. Broccoli, String Bean, Zucchini & Mushroom	9.25	11.75

Chicken

all white meat

	Lunch	Dinner
C 1. Chicken Lo Mein	9.75	12.65
C 2. Chicken w. Cashew Nuts	9.75	12.65
C 3. Chicken w. Broccoli	9.75	12.65
C 4. Chicken w. String Beans	9.75	12.65
C 5. Chicken w. Mixed Veg.	9.75	12.65
C 6. Chicken Pepper w. Onions	9.75	12.65
C 7. Chicken w. Garlic Sauce	9.75	12.65
C 8. Chicken Chow Mein	9.75	12.65
C 9. Sweet & Sour Chicken	9.75	12.65
C 10. 🌶️ Hot & Spicy Chicken	9.75	12.65
C 11. 🌶️ Hunan Chicken	9.75	12.65
C 12. 🌶️ Kung Pao Chicken	9.75	12.65
C 13. 🌶️ Orange Flavor Chicken (White Meat)	10.25	13.25
C 14. 🌶️ General Tso's Chicken (White Meat)	10.25	13.25
C 15. Sesame Chicken (White Meat)	10.25	13.25
C 16. Teriyaki Chicken	10.95	13.85
C 17. Fried Chicken Wings (6)	9.75	N/A
C 18. Fried Half Chicken	9.75	N/A

Shrimp

	Lunch	Dinner
S 1. Shrimp Lo Mein	10.25	12.95
S 2. Shrimp Chow Mein	10.25	12.95
S 3. Shrimp w. Lobster Sauce	10.25	12.95
S 4. Shrimp w. Broccoli	10.25	12.95
S 5. Shrimp w. Cashew Nut	10.25	12.95
S 6. Shrimp w. String Bean	10.25	12.95
S 7. Shrimp w. Mixed Veg.	10.25	12.95

Pork

	Lunch	Dinner
P 1. Boneless Ribs	10.55	13.45
P 2. Bar - B - Q Spare Ribs	10.55	13.45
P 4. 🌶️ Hot & Spicy Pork	9.75	12.65
P 5. 🌶️ Hunan Pork	9.75	12.65
P 6. Roast Pork Lo Mein	9.75	12.65
P 7. Pork w. Garlic Sauce	9.75	12.65
P 8. Roast Pork w. Broccoli	9.75	12.65
P 9. Roast Pork w. Mixed Vegetable	9.75	12.65

Beef

	Lunch	Dinner
B 1. Beef w. Broccoli	10.25	12.95
B 2. Beef w. Mixed Veg.	10.25	12.95
B 3. Beef w. String Beans	10.25	12.95
B 4. 🌶️ Hot & Spicy Beef	10.25	12.95
B 5. 🌶️ Hunan Beef	10.25	12.95
B 6. 🌶️ Mala Beef	10.25	12.95
B 7. Pepper Steak	10.25	12.95
B 8. Beef w. Garlic Sauce	10.25	12.95
B 9. 🌶️ Szechuan Beef	10.25	12.95

Steamed (Light) Combo

	Lunch	Dinner
NO OIL, SUGAR & CORN STARCH		
Brown or White Sauce on the Side		
D 1. Steamed Mixed Vegetables	9.25	11.75
D 2. Steamed Chicken w. Mixed Vegetable	9.75	12.65
D 3. Steamed Chicken w. Broccoli	9.75	12.65
D 4. Steamed Shrimp w. Mixed Vegetable	10.25	12.95
D 5. Steamed Chicken w. Slices	11.50	14.50
D 6. Steamed Shrimp with Broccoli	10.25	12.95
D 7. Steamed Jumbo Shrimp & Chicken w. Mixed Vegetable	11.50	14.95
D 8. Steamed Shrimp & Chicken w. String Bean	11.50	14.95

🌶️ HOT & SPICY

Appetizer

1. Roast Pork Egg Roll		2.25
2. Shrimp Roll		2.45
3. Shanghai Spring Vegetable Roll (2)		4.15
5. Bar-B-Q Spare Ribs	(Sm.) 10.75	(Lg.) 18.55
6. Boneless Spare Ribs	(Sm.) 10.75	(Lg.) 18.55
7. Fried Shrimp (8)		9.25
8. Chicken Dumpling (Steamed or Pan Fried) (7)		8.15
9. Vegetable Dumpling (Steamed or Pan Fried) (7)		8.15
10. Pork Dumpling (Steamed or Fried) (6)		8.15
11. Crystal Shrimp Dumpling (7)		8.95
12. Fried Wontons (12)		7.95
13. Cheese Wontons w. Crab Meat (8)		8.75
14. Wontons in Garlic Sauce (Steamed or Fried)		7.50
15. 🍴 Wonton in Szechuan Sauce (Steamed or Fried)		7.50
16. 🍴 Wontons in Hot Sesame Sauce		7.50
17. 🍴 Sesame Noodle (Cold or Hot)		7.55
18. Scallion Pancakes		6.95
19. Chicken on the Stick (3)		7.85
20. Beef on the Stick (3)		9.50
21. Fried Chicken Wings (4)		7.95
22. French Fries	(Sm.) 4.35	(Lg.) 7.50
23. Fried Half Chicken		8.55
24. Edamama		5.95

Soup

	Sm.	Lg.
1. Wonton Soup	3.95	6.45
2. Egg Drop Soup	3.95	6.45
3. Chicken Noodle Soup	3.95	6.45
4. Chicken Rice Soup	3.95	6.45
5. Wonton Egg Drop Soup	4.15	6.75
6. 🍴 Hot & Sour Soup	4.15	6.75
7. Chicken w. Baby Corn Soup	6.25	8.95
8. Shrimp Noodle Soup	6.25	8.95
9. Chicken or Shrimp w. Vegetable Soup	6.25	8.95
10. Tofu w. Chinese Veg. Soup		6.85
11. Seafood Soup		10.75
12. House Special Soup w. Wonton	6.75	10.50
13. Yat Gat Mein Soup (Chicken, Pork or Shrimp)		8.50

Chicken Dumpling Noodle Soup

Choice of thin egg noodle, chow fun noodle, mei fun noodle or lo mein

1. With Vegetable	11.95
2. With Chicken or Roast Pork	12.95
3. With Shrimp or Beef	13.25
4. With House Special or Seafood	13.75

Fried Rice

	Sm.	Lg.
1. Plain	5.50	9.50
2. Vegetable	6.75	11.25
3. Roast Pork or Chicken	6.85	11.60
4. Shrimp or Beef	7.65	12.50
5. House Special	8.45	12.95
6. Yang Chow Fried Rice (Use White Rice)	8.45	12.95

Chow Mein with White Rice

	Sm.	Lg.
1. Roast Pork or Chicken	7.75	13.25
2. Vegetable	7.50	12.25
3. Shrimp or Beef	8.25	13.95
4. House Special	8.75	14.25

Chow Fun (Flat) or Mei Fun (Skinny)

Rice Noodle

1. Vegetable	12.25
2. Roast Pork or Chicken	12.95
3. Shrimp or Beef	13.25
4. House Special	13.50
5. 🍴 Singapore Chow Mei Fun	13.50

Pan Fried Noodle

Crispy Thin Egg Noodle

1. Roast Pork or Chicken	13.50
2. Beef or Jumbo Shrimp	13.95
3. House Special	14.50
4. Seafood	16.95
5. Chicken and Shrimp	16.50

Lo Mein

Soft Noodle

	Sm.	Lg.
1. Plain	6.70	10.95
2. Roast Pork or Chicken	7.75	12.45
3. Vegetable	7.50	12.25
4. Shrimp or Beef	8.35	13.70
5. 🍴 Lo Mein, Szechuan Style	8.75	14.25
6. House Special	8.75	14.25

Chicken

(All White Meat) w. White Rice

	Sm.	Lg.
1. Sweet & Sour Chicken	9.35	14.85
2. Chicken w. Broccoli	9.35	14.85
3. Chicken w. Zucchini	9.35	14.85
4. Moo Goo Gai Pan	9.35	14.85
5. Chicken w. Black Bean Sauce	9.35	14.85
6. Chicken w. Fresh Mushroom	9.35	14.85
7. Chicken w. Garlic Sauce	9.35	14.85
8. Chicken w. String Beans	9.35	14.85
9. 🍴 Curry Chicken	9.35	14.85
10. Chicken w. Cashew Nuts	9.35	14.85
11. Chicken w. Mixed Veggies	9.35	14.85
12. 🍴 Szechuan Flavored Chicken		14.85
13. 🍴 Kung Pao Chicken	9.35	14.85
14. 🍴 Hunan Chicken		14.85
15. 🍴 Mala Chicken		14.85
16. Chicken w. Baby Eggplant in Garlic Sc.		15.95
17. Teriyaki Chicken		16.50
18. Sesame Chicken		16.75
19. 🍴 General Tso's Chicken		16.75

Moo Shu

w. White Rice & 4 Pancakes

1. Vegetables	12.95
2. Pork or Chicken	13.95
3. Shrimp or Beef	14.25

Egg Foo Young

w. White Rice

1. Roast Pork or Chicken	14.50
2. Vegetable or Mushroom	13.95
3. Shrimp or Beef	14.95
4. House Special	14.95

Beef (USDA Choice) w. White Rice		Sm.	Lg.
1.	Beef w. Zucchini	9.95	16.75
2.	Beef w. Broccoli (in Brown or Garlic Sauce)	9.95	16.75
3.	Pepper Steak w. Onions	9.95	16.75
4.	Beef w. Chinese Vegetable	9.95	16.75
5.	Beef w. Oyster Sauce	9.95	16.75
6.	Beef w. Fresh Mushroom	9.95	16.75
7.	Beef w. Scallions	9.95	16.75
8.	Beef w. String Beans	9.95	16.75
9.	Hot & Spicy Beef		16.75
10.	Szechuan Flavored Beef		16.75
11.	Hunan Beef		16.75
12.	Eggplant w. Beef in Garlic Sauce		16.95
13.	Beef w. Garlic Sauce		16.75
14.	Beef w. Black Bean Sauce		16.75
15.	Mala Beef		16.75
16.	Teriyaki Beef		17.50

Pork w. White Rice		Sm.	Lg.
1.	Roast Pork w. Broccoli	9.35	14.85
2.	Roast Pork w. Chinese Vegetables	9.35	14.85
3.	Roast Pork w. Oyster Sauce	9.35	14.85
4.	Roast Pork w. String Bean	9.35	14.85
5.	Roast Pork w. Fresh Mushroom	9.35	14.85
6.	Roast Pork w. Bean Sprouts	9.35	14.85
7.	Roast Pork w. Mixed Vegetables	9.35	14.85
8.	Pork w. Garlic Sauce		14.85
9.	Double Cooked Pork		14.85
10.	Hunan Pork		14.85
11.	Pork Szechuan Style		14.85
12.	Pork w. Black Bean Sauce		14.85
13.	Mala Pork		14.85

Jumbo Shrimp w. White Rice		Sm.	Lg.
1.	Shrimp w. String Bean	9.95	16.75
2.	Shrimp w. Zucchini	9.95	16.75
3.	Shrimp w. Lobster Sauce	9.95	16.75
4.	Shrimp w. Broccoli	9.95	16.75
5.	Shrimp w. Cashew Nuts	9.95	16.75
6.	Shrimp w. Mixed Vegetables	9.95	16.75
7.	Shrimp w. Chinese Veg. (in White Sauce)	9.95	16.75
8.	Kung Pao Shrimp	9.95	16.75
9.	Shrimp w. Garlic Sauce		16.75
10.	Shrimp w. Black Bean Sauce		16.75
11.	Eggplant w. Shrimp in Garlic Sauce		16.95
12.	Teriyaki Shrimp		16.75
13.	Jumbo Shrimp Szechuan Style		16.75
14.	Hunan Shrimp Black Bean Sauce		16.75
15.	Mala Shrimp		16.75

Vegetarian Dishes w. White Rice			
1.	Sauteed Broccoli (in brown or garlic sauce)		11.95
2.	Broccoli, String Bean, Zucchini & Mushroom		11.95
3.	Sauteed String Beans		11.95
4.	Sauteed Mixed Veggies. (in brown or white or garlic sc)		11.95
5.	Broccoli, Zucchini & Chinese Eggplant in Garlic Sc.		13.50
6.	Tofu w. Mixed Veg. (in brown or white or garlic sc)		13.50
7.	Tofu w. Eggplant		13.50
8.	Tofu w. Broccoli		13.50
9.	General Tso's or Sesame Tofu		13.75

House Special

1.	Sesame Chicken	(White Meat)	16.75
2.	General Tso's Chicken or Orange Chicken	(White Meat)	16.75
3.	Mandarin Chicken		16.75
	Tender chunks of chicken lightly fried with pepper and onion sauteed in special black bean sauce		
4.	Steak & Shrimp w. Garlic Sauce		17.95
	Steak marinated and jumbo shrimp w. assorted veggie in special brown garlic sauce		
5.	Sauteed Chicken & Beef		16.50
	Sliced white meat chicken and beef with fresh veggie sauteed in light special brown sauce (no sugar, no corn starch)		
6.	Chicken & Shrimp w. Broccoli		16.95
7.	Chicken & Shrimp w. String Beans in Garlic Sc.		16.95
8.	Shrimp & Chicken w. Cashew Nuts		16.95
	Jumbo shrimp & diced white chicken with diced celery carrot, string bean & baby corn in brown sauce		
9.	Chicken & Shrimp w. Eggplant in Garlic Sc.		16.95
10.	Seafood Combination		19.95
	Scallops, Jumbo shrimp crab meat, green mussel & fish cake deliciously sauteed w assorted Chinese veggie in special white sauce		
11.	Triple Delight w. Mixed Vegetable	Jumbo Shrimp	16.95
	sliced chicken, roast pork sauteed w. mixed veggie in brown sauce		
12.	Three Stars in Garlic Sauce		17.55
	Scallop, Jumbo shrimp and white meat chicken w. mixed veggie		
13.	Hunan Delicacy		17.55
	Sliced beef, chicken, jumbo shrimp sauteed with mixed veggie in spicy black bean brown sauce		
14.	Sesame or Crispy Orange Beef		17.50
	Crispy battered fried beef in spicy orange flavor sauce, sesame sweet brown sauce or general tso's sauce.		
15.	Teriyaki Chicken & Shrimp		17.95
	Chicken breast & shrimp sauteed w. onion, carrot, string bean, broccoli in house special teriyaki sauce.		
16.	Happy Family		18.95
	Scallop, jumbo shrimp, sliced beef, chicken and roast pork w. house mixed veggie in chef brown sauce		
17.	Four Happiness		17.95
	Jumbo shrimp, sliced beef, chicken and roast pork w. house mixed veggie in chef special sauce		
18.	Sesame Shrimp or General Tso's Shrimp		16.95
	Jumbo shrimp bread deep fried w. sesame seeds in sweet sesame sauce or sweet spicy general tso's sauce		
19.	Crispy Wor Shu Duck		32.95
	Boneless crispy roasted half a duck over a bed of mixed veggie		
20.	Super Mala Trio		17.50
	Jumbo shrimp, sliced white meat chicken and beef w. mixed veggie in Szechuan black pepper spicy brown sauce		

Steamed (Light) w. White Rice or Brown Rice

NO OIL, SUGAR & CORN STARCH

Brown or White Sauce on the Side,

1.	Steamed Mixed Vegetables		11.95
2.	Steamed Chicken w. Mixed Vegetables		14.85
3.	Steamed Chicken w. Broccoli		14.85
4.	Steamed Jumbo Shrimp Mixed Vegetables		16.75
5.	Steamed Chicken Slices		16.95
6.	Steamed Shrimp & Chicken w. Mixed Vegetables		16.95
7.	Steamed Chicken w. String Bean, Zucchini & Broccoli		14.85
8.	Steamed Shrimp & Chicken w. String Bean		16.95

1.	House Fried Noodle		1.25
2.	White Rice	(Sm.) 2.50 (Lg.)	4.25
3.	Brown Rice	(Sm.) 2.95 (Lg.)	4.95
4.	Homemade Duck Sauce		1.75