

# zen by night

thai - asian - dining

www.zendurham.co.uk | info@zendurham.co.uk | 0191 384 9588

OUR KITCHENS ARE OPEN... EVERYDAY ALL DAY 11am until 9.30pm  
10% DISCOUNT OFF ALL FOOD for Durham University Staff & Students

## a tippie perhaps?

### Mojito @£8.00

Fresh mint, crushed Thai lime, secret grog mix of plantation rum, palm sugar syrup, blast of soda, quick churned with crushed ice



### Oriental Iced Tea @£8.00

Heady mix of light rum, vodka, tequila, triple sec, and gin, lengthened with coca cola. Hits the target!

### Pretty In Pink @£7.50

Smirnoff vodka, cointreau, fresh lime, cranberry, finished with an orange zest twist. A Zen take on the traditional cosmopolitan

### Strawberry Daiquiri @£7.00

True to the original, sublime blend of Bacardi rum, fresh lime, blitzed together with a scoop of crushed ice and gomme

## RAISE A GLASS - Cocktail @ a FIVER

Try your luck with our Mixologist and order a Zen classic

## MOCKTAILS @£5.00

**No-jito** In lieu of a mojito, all of the flavour, none of the regret

**Rumble in the Jungle** Muddled tropical fruits, kaffir lime, grenadine finish

## GOLD 'ON KEG' BEER @£5.00

**Tiger** It's the best

**Singha** Light, refreshing, sessionable

## VISIT OUR NEWLY OPENED TAKE AWAY...



ZEN 2 GO is just around the corner @  
17 Hallgarth Street, DH1 3AT  
opposite the Victoria Inn,

0191 386 5556 or 07950 381 849

Kitchen Opening times:

Monday - Saturday 12-8pm

Sunday - Closed

(Pre-order available)

## let's get started

### HAND HELDS @£3.50

**Prawn Crackers** Addictive favourite, sweet chilli dunk 龙虾片

**Rip & Dip** Griddled roti breads with a side of our signature chilli satay sauce for dunking 印度飞饼

### SOUPS 汤 @£5.50 can be gluten free\*

Embellish further with spices and seasonings at your table Choose your bowl

**Peking Hot & Sour** - Aromatic roast duck, shredded veggies, crushed peppercorns, thick & spicy 酸辣汤

**Chicken & Sweetcorn 'not on the cob'\*** 鸡肉玉米浓汤

**Wonton** - Homemade pork & prawn dumplings, swimming in homestyle deluxe chicken consommé, sliced char sui, braised Chinese cabbage. Light, non-spicy classic 云吞汤

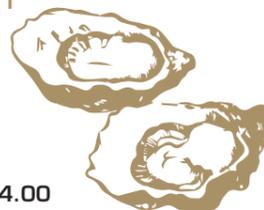
**Tom Yum\*** - Lemongrass broth, boiled with shrimp, chicken, veggies, Thai basil and lime. Hot & spicy Zen staple 冬荫功汤



### RAW & REFRESHING 生鲜

**Market Oysters\*** 新鲜生蚝  
Freshly shucked, served natural on crushed ice, crispy seaweed crumble, bottle of hot sauce

We don't have loads so get in early!  
each @£2.50 | 3 @£7.50 | 6 @£14.00



GIFT VOUCHERS AVAILABLE - PLEASE ASK

can be gluten free\*



## MIX & MATCH FOR ONE @£7.50

### FISH & DIPS 海鲜卷

#### Prawn Toasties 大虾土司

Ground spiced and seasoned prawn, generously spread onto melba toast, crunchy sesame seeds

#### Thai Sea Fishcakes 泰式炸鱼饼

Soft mash, loaded with exotic fish and flavours, rolled in spiced panko crumb  
**Salmon Roll 'Thai Style'** 三文鱼天妇罗  
Super-light tempura dipped, nori dusted, barrel aged soy dip. Seriously sushi, seriously good!

### CRUNCH & DUNK 酥脆

#### Bangkok Bhajis 泰式炸洋葱

Crispy sweet onion patties bursting with far-eastern flavours

#### Siam Samosas 印度咖喱角

Exotically spiced, curried sweet potato, packed into crunchy spring roll triangles

#### Schezuan Tofu Nuggets 四川炸豆腐

Wok tossed in our signature five-spiced seasoning

### MIXED GRILL 美味烤肉

Griddled roti bread. Chilli satay sauce & cooling minty yoghurt dunks

#### Chicken Satay 沙爹鸡串

Your meat is marinated, so it may have a pink-ish colour, but rest assured it's not undercooked, its true satay!

#### Kofta Sticks 风味牛肉串

Meaty patties loaded with a hefty amount of Thai fragrant herbs and aromatics

#### Ringside Kebabs 土耳其烤鸡串

Skewered chicken marinated in lots of Thai spices and crushed garlic

## appe-thai-sers

Perfect for a snack or starter, great when downed with an ice-cold 'on-tap' Singha or Tiger beer!

## SMALL PLATES BIG FLAVOURS @£7.50

### Skewered Chicken Satay 沙爹鸡肉串

Spiced peanut sauce, warmed flatbread. Your meat is marinated, so it may have a pink-ish colour, but rest assured it's not undercooked, its true satay!

### Quacking Duck Rollies 脆皮鸭卷

Twice cooked, five-spiced confit duck meat, wrapped in oriental style pastry, hoi sin ketchup

### Moo Ping Ribs 蜜汁排骨

Finger-licking honey red BBQ glaze, "fall off the bone" tender, sesame seed crunch

### Chicken Gyoza 鸡肉煎饺

Japanese bite-sized dumplings, sizzled & griddled on the teppanyaki, sweet chilli sesame oil glaze

### Box of 'Deville'd' Bones\* 椒盐排骨

Short, meaty, dry-wok-fried crispy pork riblets, garlic, chilli flake grind

### Pad Thai Spring Rolls 泰式素春卷

Thai version of a chop suey roll. Rice noodles, beansprouts, mushrooms, fruity plum ketchup

### Salmon Roll 'Thai Style' 泰式三文鱼卷

Super-light tempura dipped, nori dusted, barrel aged soy dip. Seriously sushi, seriously good!

### Wonton Puffs 炸云吞

Pork & prawn dumplings wrapped in crispy golden pastry, sweet & sour dunk

## MIX & MATCH FOR ONE @£9.50

### Dim Sum Tower 港式经典蒸点

9 hot steamy bites of deliciousness

Ha gau (prawn), su mai (pork & prawn), gyoza (chicken),

stacked up in bamboo steamers, sticky sweet black vinegar dip

**The Prawn Star\*** 泰式咖喱大虾  
XL juicy sea shrimp sizzling in very saucy garlicky butter, chopped red chillies, kaffir lime, Thai basil, warm roti bread for mopping up. Garlic lovers only!

### DIY DUCK & PANCAKES

本店DIY北京烤鸭

Build & fill your own steamed pancakes with skin-on aromatic roast meat, shredded cucumber, spring onion, hoi sin ketchup, for an easy classic

### Salt 'N' Pepper

#### Seafood Basket\* 椒盐海鲜

King prawns, baby squid, sea scallops, big mussels, spicy chilli flake dried garlic grind, spring onion, crispy seaweed sprinkle

## SHARE THE FARE FOR TWO @£8.50 each

### EAT LIKE A BANGKOKIAN

Save the airfare to Thailand and tuk-tuk into the best of all things Thai

#### Moo Ping Ribs

Finger-licking honey red BBQ glaze

#### Thai Sea Fishcakes

Soft mash, loaded with exotic fish and flavours

#### Chicken Satay

Spiced peanut sauce

#### Pad Thai Spring Rolls

Thai version of a chop suey roll

### TASTE OF ZEN

Four of our tantalising more-ish favourites

#### Quacking Duck Rollies

Twice cooked, five spiced confit duck meat, wrapped in oriental style pastry

#### Wonton Puffs

Pork & prawn dumplings wrapped in crispy golden pastry

#### Ringside Kebabs

Skewered chicken marinated in lots of Thai spices and crushed garlic

#### Prawn Toasties

Ground, spiced and seasoned prawn, generously spread onto melba toast, crunchy sesame seeds

## fries & besides...

### Skinny Potato Fries ①

### Jasmine Rice\* ①

@ £3.00

### Salt 'N' Pepa Fries ①

### Eggy Fried Rice\* ①

@ £3.50

### Noodles, beansprouts ①

### Bok Choi, Oyster or Garlic Sauce

### Vermicelli\* ①

@ £6.50

## classic and not so classic

### WOK'D STIR FRY, SIDE OF RICE

What you get when you combine amazing ingredients, Thai technique and Chinese heat  
Eggy fried rice £1.50 supp *can be gluten free\**



**Lemony Chicken Maryland** - Crunchy coated breadcrumb, Thai basil sweet & zesty sauce, shot of kaffir lime syrup  
Can be king prawn

**Crispy Chilli Beef** - Flavourful ginger stem syrup BBQ sauce, long hot peppers, sweet but packing some serious heat!

**Korean Firecracker Chicken** - Spicy gochujang red chilli sauce, chopped green spring onion, will set your taste buds ablaze (V)

**Drunken Duck** - Tropical, fruity hot & sour sauce, charred green peppers, shallots. Allegedly a zany Thai hangover cure

**Weeping Tiger** - Tender wok-charred sliced fillet steak, marinated in jungle spices, spicy chilli garlic sauce. True Thai classic with that Zen twist

**Roast Peking Duck** - Sweet, sticky plum sauce, hint of mandarin orange peel for a zesty fresh aroma

**Mongolian** - Rich oyster sauce sweetened with palm sugar, aromatic minced ginger & sesame oil, chopped mushrooms & spring onion. Savoury & satisfying (Beef, chicken or lamb shank)

**Hunan Chicken** - Hot & sour flavours, plenty of colourful bell peppers & veggies, spicy chilli pepper sauce (V)

**Tokyo Salmon** - Seared on the teppanyaki grill with sesame oil, light & dark soy, shot of sake, sliced mushroom, shredded spring onion

**Seabass Two-Ways** - Served off the bone or very Asian - the whole fish!  
Option 1: **Coastal Cantonese** - lightly steamed before being doused in sweetened soy, shredded young ginger, spring onion garnish. Simple dish, extraordinary taste.

Option 2: **Very Traditional** - AKA Pla Kropong Tod Krob  
Crispy seasoned with two sauces tamarind fruit and hot chili peanut

**The Nutty Buddha\*** - Pleasantly spicy pepper sauce, spring onion, classic combo of cracked cashews and Thai aromatics  
(Chicken, pork or king prawn) (V)

**Kung Pao\*** - Slightly thick silky spicy sauce, chopped green onions & capsicum, toasted Szechuan peppers (Chicken or king prawn) (V)

**Teriyaki** - Tempting barrel aged full-bodied soy sauce, shot of Shaoxing rice wine, garlicky mushrooms, for a Japanese original  
(Chicken or beef) (V)

**The Black Bean** - Deep rich sauce, white mushroom, snapped sun-dried chillies. Cantonese favourite (Beef, chicken or lamb shank)

**Saucy Thai Bird\*** - Spicy sauce, brimming with exotic flavours for a tropical hottie! (Chicken or duck) (V)

**Classic Cantonese** - Lots of wok glazed sliced sweet onions, soothing classic hoi sin sauce. Big bosses' favourite!  
(Beef, chicken or king prawn) (V)

**Polynesian** - Caramelised in sweet chilli, runny honey, ginger & soy sauce, toasted sesame crunch. Can't go wrong with this non-spicy favourite (Chicken, king prawn or pork) (V)

**General Tso Chicken** - Very popular at the moment in Bangkok, mouthwatering, rich sweet spicy sauce (V)

**Cashew** - Pleasing spicy, fragrant sauce, generous topping of honey-candied nuts, perfect combo of sweet & crunchy  
(King prawn or chicken) (V)

**Sweet & Sour** - Sticky, caramelised ripe pineapple & tomato sauce, chopped colourful peppers & scallions, non-spicy favourite  
(Pork, chicken or king prawn) (V)

**The Hash\*** - AKA Pad Ka Pro

Sunny-side up hens' egg laid over chopped belly pork, thick crispy crackling, chunky potato, onion & veggies, smothered in traditional Thai chilli sauce. Perfect mash up! (V)

## SELECT YOUR MEAT, FISH OR VEGE OPTION

@£15.50

**Chicken All White Meat**

**Pork Fillet, Stripped Of All Fat**

**Tofu-Ey Silken Beancurd** (V)

@£16.50

**Beef Beautifully Tender Fillet**

**Duck Boneless Aromatic, Crispy Flavoursome Skin**

**Lamb Shank Deep Braise, Fall-Apart Tender**

**Fish/Seafood Boneless Fillets, Seasonal & Sustainable**

**King Prawn Shell-Off Butterfly Jumbo Shrimp**

## our hearty family recipe curries

**WITH RICE** Eggy fried rice £1.50 supp

**Thai Green\***

Needs little introduction, spicy coconut sauce, laced with aromatic paste, green chilli & Thai basil, Zen's signature curry and best seller  
(Chicken or king prawn) (V)

**Thai Red\***

Robust rich thick sauce with chilli paste, Thai basil for good depth of flavour  
(Chicken, king prawn or duck) (V)

**Massaman**

Creamy curry sauce with potatoes, onions and cashews. Skip the wild and go for the mild  
(Chicken, lamb shank or beef) (V)

**Jungle\***

Earthy mouth sizzling thin liquid curry, loaded with many chillies, devilishly hot for the more adventurous foodie only  
(Chicken or beef) (V)

*can be gluten free\**

**Oh Buddha Me\***

Smooth, rich, creamy coconut spiced gravy, chunky sweet potato. Will leave you well satay-fied!  
(Chicken, lamb shank or king prawn) (V)

**Rendang**

Complex not too liquid sauce, finished with a good glug of fragrant coconut cream, crispy onion sprinkle, undisputed King of Malaysian curries!  
(Beef, chicken or duck) (V)

**Katsu 'Schnitzel' Chicken**

Rolled in panko crumb, sweet silky fragrant curry sauce A Japanese comfort food favourite (V)

**British Chinese Curry**

Just like you'd get at your favourite takeaway. Chunky wok'd onion, peas, lots of sauce!  
(Chicken, beef or king prawn) (V)



## off the live fire

..Just charcoal, flame & meat from well-bred, well-fed native breeds born & raised in the North of England's green & pleasant land

### HANGING SKEWERS

Truly epic chunky skewered prime cuts cooked to temperature with peppers & onions, spiced & seasoned on the grill, basted in our signature Thai hot 'see-ra-cha' BBQ sauce, salt 'n' pepa fries

@ £15.00

**Fiery Pork**

Beautifully tender

**Thai Chicken**

Think Asianised Nandos!

**Hong Kong Tofu-ey**

Charred silken bean curd (V)

**Siam Steak** Dry-aged sirloin @ £16.00



## THE 'SIU MEI' ROAST HOUSE 烧味拼盘

Served up classically by our clever yielding chefs. Chopped to order over braised Chinese cabbage, steamed rice, drizzled in roasting juices 每天新鲜供应, 所有拼盘包括白菜和香米加上厨师的秘制调料

@ £15.50

**'Siu Yuk' Crispy Belly Pork** - thick crunchy crackling, proper artery clogger! 脆皮烧肉

**'Siu Ngaat' Boneless Aromatic Duck** - crispy flavourful skin 玫瑰烧鸭

**'Char Siu'** - honey-glazed sweet red pork 蜜汁叉烧

**ALL OF THE ABOVE** @ £16.50

Crispy belly pork, aromatic duck, char sui 三拼

**STEAKS** @ £16.50

**Steak & Chips**

8oz thick cut sirloin, skinny fries, garden peas.

One for the non-spice lovers and traditionalists, steak lovers steak

**Steak & Rice**

8oz dry-aged sirloin rich, spicy flavourful rub; scored, sizzled & sliced to order, Thai tangy spicy dipping sauce. For a true Thai classic!



## chopstick noodles

**NOODS** @£15.00 *can be gluten free\**



**Egg Noodle Chow Mein Two-Ways** - Garlicky noodles, water chestnuts, Chinese cabbage, mushroom, beansprouts, premium soy gravy

Option 1: **Combination Meat Feast** - Aromatic duck, soy chicken, sweet red pork, Option 2: **Seafood** - Sea scallops, king prawns, big mussels, squid rings & tentacles (V)

**Singapore Vermicelli\*** - Honey roast pork, chicken, prawn, wok tossed curried fine noodles, shredded omelette, beansprouts, spring onion, pak choi. Non-spicy favourite (V)

**Pad Thai Two-Ways\*** Heap of rice noodles tossed in cracked hens' egg, sweet tangy tamarind sauce, caramelised roast nut crumble, lime squeeze for that extra zing! Thailand's national dish

Option 1: **'Old Skool'** - Chicken, king prawns, Option 2: **Seafood** - Sea scallops, king prawns, big mussels, squid rings & tentacles (V)

**Millionaire** - Chicken, pork, shrimp, chopped eggy noodle, spring onion, tangy decadent aromatic seasoned sauce

**Yummy BBQ'd Duck** - Wok'd with yellow noodle, runny honey five-spiced plum sauce, dollop of Thai chilli marmalade, noodle. Sweet & not-too-spicy

**Thai Satay Beef** - Thick, bouncy spicy noodles, bok choi, sliced onion, mushroom, uncomplicated, Bangkokian favourite

## YOUNG ZENNERS

Under 8's only, non-chilli tots nosh,  
before 7.30pm @ £6.50

**Chicken Nuggets**

Zen's fried chicken, skinny fries

**Nood-ley Chicken** (V)

**Chicken Eggy Fried Rice** (V)

All with prawn crackers

## the sweet stuff...

@£3.50

**Ice Cream** (V) A simple sweet treat to finish your meal  
2 scoops

**Orange or Lemon Sorbet** (V)

Served in the fruit, super refreshing

@£4.50

With dollop of ice-cream,

**Banana Spring Rolls** (V)

**Molten Chocolate Cake** (V)

**Mango Cheesecake**



## Dietary Requirements

No added MSG, please tell us if you have a food hypersensitivity. Some of our dishes are complex so not all ingredients are listed. All dishes prepared in an environment where nuts, wheat, gluten and other allergens are handled. Consumption of undercooked (meat) or raw foods (oysters) increases the risk of food borne illnesses. We do not allow vaping or electronic cigarettes to be used inside premises, please use the outside area.



Please be considerate of other diners and ensure that all members of your party are well behaved - thank you!

GIFT VOUCHERS AVAILABLE - PLEASE ASK