


House of  
**zen**  
Seaburn



The Promenade, Whitburn Road,  
Sunderland, SR6 8AA

 +44 (0) 191 5292 907

 [www.houseofzenseaburn.com](http://www.houseofzenseaburn.com)

 [www.facebook.com/houseofzenseaburn](http://www.facebook.com/houseofzenseaburn)

 Follow us on Instagram: [@houseofzenseaburn](https://www.instagram.com/houseofzenseaburn)

**Early Bird Menu**

# LATE AFTERNOON/ EARLY EVENING MENU

Sunday - Friday  
3pm - 6pm

2 courses **£15.95**

(Starter & Main Course)

3 courses **£18.95**

(Starter, Main Course & Dessert)

Main dish comes with fried rice, boiled rice (GF) or chips, Except rice or Noodle dishes.

(Sharing starter Dim Sum, Aromatic Duck with Pancakes, Deluxe Platter can only be ordered to share between minimum of 2 people).

\*Not available during December

## Prawn Crackers

£2.80

Served with house special Thai sweet chilli dipping sauce

## Starters

### House of Zen Deluxe Platter (For two sharing)

Crispy filo king prawns, honey glazed duck wings, deep fried chicken dumplings and spring rolls

### House of Zen Signature Starter (S)

Deep fried succulent king prawns with bird-eye chilli and curry leaves

### Dim Sum Platter (For two Sharing)

(Allow 15mins waiting time) Steamed prawn Har Gau dumplings & Pork Shumai in a Bamboo basket, served with chilli soya dip

### Crispy Aromatic Duck ¼ (For two sharing)

With shredded scallion, cucumber, Hoi Sin Sauce and traditional pancakes

### Crispy Duck Salad

With lamb lettuce, pine nuts and pomelo in our homemade chilli and coriander dressing

### Sakura Salad (V)

With lamb lettuce, pine nuts and pomelo in our homemade chilli and coriander dressing

### Spring Roll (V)

Served with our homemade sweet chilli sauce

### Baby Gem Lettuce Wraps (V)(S)

Filled with stir-fried spicy black beans assorted mushrooms and Asian greens

### Supreme King Prawn Toast

Minced king prawns smothered on toast and served with our homemade sweet chilli sauce

### Salt & Chilli King Prawns / Squids / Chicken (S)

Stir-fried with fresh scallion, five spices and chilli

### Homemade Duck Samosa

Served with our homemade Hoi Sin sauce

### Crispy Filo Chicken Strips

Served with our homemade sweet chilli sauce

### Dragon Tail Ribs

Ribs of Pork Coated with Honey and plum glaze

### Satay Chicken Skewer (S)

Served with salad vegetables and House special spicy satay sauce

### Garlic Smoked Chicken

### Deep Fried Crispy Shredded Beef Strips

Dressed in kumquat flavour sauce

### Deep-Fried Chicken Dumpling

### **Deep-Fried Vegetarian Dumpling (V)**

### **Edamame Beans (V)**

Lightly salted, freshly blanched soya beans

### **Crispy Duck with Crispy Pancake**

Petite crispy pancakes layered with crispy duck and Hoi Sin sauce, shredded lettuce and shaved bell peppers

### **ZEN Five Spice Duck Wings**

Drizzled with our special honey plum glaze

### **House specially prepared Thai Salmon Fish Cakes**

Served with our homemade sweet chilli sauce

### **Salt & Chilli Baby Ribs (S)**

Small baby ribs tasty and tender

### **Salt & Chilli Tofu (V)(S)**

Stir-fried with fresh scallion, five spices and chilli

### **Crispy Filo King Prawns**

Served with our homemade sweet chilli sauce

### **Chicken Skewers (GF)**

Served with our homemade sweet chilli sauce

## **Mains**

### **Sticky Sweet & Sour Chicken**

Classic Southern China flavour

### **Sticky Sweet & Sour King Prawns**

Classic Southern China flavour

### **Honey Chilli Crispy Chicken (S)**

### **Crispy Chicken 'Peking Style' (S)**

### **Salt and Chilli Chicken (S)**

### **Salt and Chilli King Prawns or Squid (S)**

### **Malaysian Curry (S)**

Select from: Chicken / Beef / King Prawns / Special / Assorted Vegetables

### **Thai Red Curry (S)**

Select from: Chicken / Beef / King Prawns / Assorted Vegetables

### **Thai Green Curry (S)**

Select from: Chicken / Beef / King Prawns / Assorted Vegetables

### **Traditional Black Pepper (S)**

Select from: Chicken / Beef / King Prawns / Assorted Vegetables

### **Thai Satay (S)**

Select from: Chicken / Beef / King Prawns / Assorted Vegetables

### **Chilli Black Bean with Mushroom (S)**

Select from: Chicken / Beef / King Prawns

### **Singapore Vermicelli Noodle (S)**

### **Phad Thai Noodles**

with Chicken / Beef / King Prawn / Vegetables

### **Nasi Goreng (S)**

Indonesian Style Fried Rice served with Satay Chicken Skewer

### **Stir-Fried Chicken with Pineapple (GF)**

in plum sauce

### **Kumquat Chicken**

Lightly battered diced chicken served in a rich velvety molasses style sauce with Kumquats and confit cherry tomatoes

### **Pork 'Kakuni'**

Slow braised pork belly that literally melts in the mouth with sweet potato & Asian Pak Choi

### **Spicy King Prawns (S)**

Wok-fried king prawns with chilli pepper & almond

### **Paradise King Prawns**

Lightly battered with passion fruit mayonnaise

### **Chinese Roasted Duck**

Traditionally prepared, hung overnight and roasted in a duck furnace. Duck is marinated in Chinese Angelica and herbs. Served with roasted peanuts.

### **Wok-fried Diced Duck 'Kung Po' Style (S)**

### **Crispy Shredded Beef 'Peking Style' (S)**

### **Stir-Fried Chicken with Thai Basil & Cashew Nuts**

### **Stir-fried Shredded Duck in Japanese Teriyaki Sauce**

### **Roasted Duckling with Plum Sauce**

## Allergies

Guests with allergies and intolerances should make a member of the team aware, before placing an order for food or beverages.

Guests with severe allergies or intolerances should be aware that although all due care is taken, there is a risk of allergen ingredients still being present.

Please note, any bespoke orders requested cannot be guaranteed as entirely allergen free and will be consumed at the guests own risk.

Management reserve the right to refuse service.