

Classic Asian Cuisine

Sticky Sweet & Sour Chicken
£11.80

Sticky Sweet & Sour King Prawns
£13.80

Honey Chilli Crispy Chicken (S)
£12.80

Crispy Chicken 'Peking Style' (S)
£12.80

Salt and Chilli Chicken (S)
£12.80

Salt and Chilli King Prawns or Squid (S)
£13.80

Malaysian Curry (S)
Select from: Chicken / Beef / King Prawn / Special /
Assorted Vegetables
£11.80

Thai Red Curry (S)
Select from: Chicken / Beef / King Prawn / Assorted Vegetables
£11.80

Thai Green Curry (S)
Select from: Chicken / Beef / King Prawn / Assorted Vegetables
£11.80

Traditional Black Pepper (S)
Select from: Chicken / Beef / King Prawn / Assorted Vegetables
£11.80

Thai Satay (S)
Select from: Chicken / Beef / King Prawn / Tofu /
Assorted Vegetables
£11.80

Chilli Black Bean with Mushroom (S)
Select from: Chicken / Beef / King Prawn
£11.80

Singapore Vermicelli Noodle (S)
£11.50

Phad Thai Noodles
with Chicken / Beef / King Prawn / Vegetables
£13.50

Nasi Goreng (S)
Indonesian style fried rice served with satay chicken skewer
£13.50

Sides

Steamed Rice (GF)
£3.00

Egg Fried Rice
£3.20

Chips
£3.00

Yaki Ramen Noodles
£4.20

Wok-fried Asian Pak Choi with Crispy Garlic (V)
£5.20

Wok-fried Long Beans with Chilli Fakes (V)(S)
£5.20

Wok-fried Assorted Asian Greens (V)
£5.20

Garlic Diced Potatoes
£3.20

Salt and Chilli Chips (S)
£3.80

Seaweed
£3.00

Allergens

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.



Take Away menu is
up to **20% discount**
on sit in prices.
Phone in your order
on **0191 5292 907**
to collect.

The Promenade, Whitburn Road, Sunderland, SR6 8AA

+44 (0) 191 5292 907

www.houseofzenseaburn.co.uk

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(S) Spicy (V) Vegetarian

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Soups

Royal Sweet Corn Soup
With fresh hand pulled shredded chicken
£4.90

Shanghai Style Hot & Sour Soup (S)
with fresh shredded chicken
£4.90

Vegetarian Hot and Sour Soup (V)(S)
With shitake mushroom, black fungus and bamboo shoot
£4.60

Thai Tom Yam Chicken Soup (S)
Thin in consistency, hot and spicy with lemongrass,
Kaffir lime leaf and galangal
£4.90

Thai Tom Yam King Prawn Soup (S)
Thin in consistency, hot and spicy with lemongrass,
Kaffir lime leaf and galangal
£4.90

Starters

House of Zen Deluxe Platter (For two sharing)
Deep Fried Chicken Dumplings, Honey Plum glazed
five spice Duck Wings, filo King Prawns and Spring Rolls
£11.95

House of Zen Signature Starter (S)
Deep fried succulent king prawns with birds-eye chilli
and curry leaves
£6.80

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
£10.95

Crispy Aromatic Duck 1/4
House blended Chinese spices marinated shredded duck
served with scallion, cucumber, Hoi Sin sauce and
traditional pancake
£11.95

Crispy Duck Salad (Enough for two people)
Lamb lettuce, pine nuts and pomelo and house chilli
and coriander dressing
£11.50

ZEN Five Spice Duck Wings
Drizzled with our special honey plum glaze
£5.80

(S) Spicy (V) Vegetarian

Starters

Sakura Salad (V)(S)
Lamb lettuce, pine nuts and pomelo and house chilli
and coriander dressing
£5.80

House of Zen Spring Roll (V)
Served with house Thai sweet chilli sauce
£5.80

Baby Gem Lettuce Wrap (V)(S)
Filled with stir-fried spicy black bean assorted
mushrooms and Asian greens
£6.20

Supreme King Prawn Toast
Minced King Prawns smothered on toast served with
house Thai sweet chilli sauce
£6.80

Salt & Chilli King Prawns / Squids / Chicken (S)
Stir-fried with fresh scallion, house blended spices
and chilli
£6.20

House prepared Duck Samosa
Served with our homemade hoi sin sauce
£6.20

Crispy Filo Chicken Strips
Served with house Thai sweet chilli sauce
£6.20

Dragon Tail Ribs of Pork
Dressed with Honey and plum glaze
£6.80

Satay Chicken Skewer (S)
Served with salad vegetables and house special
spicy satay sauce
£6.20

Garlic Smoked Shredded Chicken
£6.20

Deep Fried Crispy Shredded Beef Strips
Dressed in Kumquat flavour sauce
£6.20

Deep-Fried Chicken Dumpling
£6.20

Deep-Fried Vegetables Dumpling (V)
£5.80

Edamame Beans (V)
Lightly salted freshly blanched soya beans
£4.50

(S) Spicy (V) Vegetarian

Starters

Crispy Duck with Crispy Pancake
Petite crispy pancakes layered with crispy duck and hoi sin
sauce, shredded lettuce and shaved bell peppers
£6.80

Homemade Thai Salmon Fish Cakes
Served with house Thai sweet chilli sauce
£6.80

Salt & Chilli Baby Ribs (S)
Tasty and tender baby ribs of Pork
£6.80

Salt & Chilli To-Fu (V)(S)
Stir-fried with fresh scallion, house blended spices and chilli
£5.80

Deep Fried Angry Soft-Shell Crab (S)
Served with Japanese mayo
£7.20

Crispy Filo King Prawns
Served with house Thai sweet chilli sauce
£6.80

Mains

House Of Zen Signature Dish (S)
Pan-fried diced fillet steak Cantonese style
£16.80

Kumquat Chicken
Lightly battered diced chicken served in a
rich velvety molasses style sauce with
kumquats and confit cherry tomatoes
£12.80

Five Spice Cumin Spicy Lamb (S)
With steamed buns
£13.80

Pork 'Kakuni'
Slow braised pork belly that literally melts in
the mouth with sweet potato & Asian Pak Choi
£11.80

Spicy King Prawns (S)
Wok-fried King Prawns with chilli pepper
& almond
£13.80

Deep Fried Sliced Monkfish Tail
With sweet and sour pomegranate tang yang sauce
£16.80

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Mains

Paradise King Prawns
Lightly battered with passion fruit mayonnaise
£13.80

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
£13.80

Roasted Duckling with Plum Sauce
£13.80

Fresh Sea Bass Fillet (S)
Lightly battered and wok-fried with curry leaf,
red chilli and garlic
£14.80

Zen Buddha's Monk Assorted Vegetables Delight (V)
Stir-fried asparagus, Sacred Lotus roots, button straw
mushrooms, carrot and tofu
£10.80

Wok-fried Diced Duck 'Kung Po' Style (S)
£13.80

Pan-Fried Rib Eye Steak Rolls with Asparagus
Asparagus wrapped in sliced rib-eye steak, served
with black pepper sauce on sizzling plate
£16.80

Crispy Shredded Beef 'Peking Style' (S)
Slow braised suckling lamb shank with bay
leaves, shallot, shitake mushroom and parsnip
£13.80

Stir-Fried Chicken with Thai basil & cashew nuts
£12.80

Stir-Fried Shredded Duck in Japanese Teriyaki Sauce
£13.80

Steamed Salmon in Japanese Teriyaki Sauce
£14.80

Salmon Fillet with Medium Hot Curry (S)
Pan-fried salmon fillet served over a medium-hot curry
with roasted sweet potato and aubergine
£14.80

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