



Our Menu

Our menu is based on Asian Fusion cuisine, which involves a host of interesting ingredients, flavours and preparation techniques. Many of our dishes will be comprised of familiar basic ingredients, but will have an exquisite finished look and taste, that is totally fresh and new!

Our drinks menu is full of traditional wines, beers and spirits, with an outstanding array of cocktails on offer. At House of Zen, we pride ourselves on providing a high level of customer service with a relaxing and unique ambience and we hope that you have an outstanding dining experience with us.

As we use a wide range of cooking styles at House of Zen, with the majority of our freshly sourced ingredients cooked to order, your meals may not always arrive simultaneously. We would be most grateful if parties could please make allowance for this at time of ordering.

Hire the Restaurant

At House of Zen, we have extensive knowledge of event management and the restaurant can be hired for wedding parties, private functions and corporate events. Each event can be tailored to your specific needs.

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.

Vouchers

Stuck for an idea for a gift for that special person? House Of Zen vouchers can be purchased in multiples of £10, £20 and £50.

A discretionary service charge of 10% will be added to your total bill.

Most major debit and credit cards accepted.



 www.houseofzenseaburn.com

 Find us on facebook: www.facebook.com/houseofzenseaburn

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

House of Zen Seaburn is the latest addition to the group of contemporary Asian restaurants owned by renowned Northern Ireland entrepreneur, Eddie Fung.

Other restaurants within the portfolio include the successful House of Zen, based in Belfast's buzzing Cathedral Quarter and the exclusive Japanese eaterie, Zen Belfast.



3 St Anne's Square
Belfast, BT1 2LR
T: 028 9027 8688
www.houseofzenbelfast.co.uk



55-59 Adelaide Street
Belfast, BT2 8FE
T: 028 9023 2244
www.zenbelfast.co.uk

Prawn Crackers £2.80
Served with house special Thai sweet chilli dipping sauce

Soups

Royal Sweet Corn Soup £4.90
With fresh small diced chicken

Shanghai Style Hot and Sour Soup (S) £4.90
With fresh shredded chicken

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

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

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

Starters

House of Zen Deluxe Platter £11.95
(For two sharing)

Deep Fried Chicken Dumplings, Honey Plum glazed five spice Duck Wings, filo King Prawns and Spring Rolls

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

Dim Sum Platter £10.95
(For two sharing)

(Allow 15mins waiting time)

Steamed prawn Har Gau dumplings & Pork Shumai in a bamboo basket, served with chilli soya dip

Dim Sum – Xiaolongbao £5.80

Classic Chinese steamed juicy pork bun from the Jiangnan region. We suggest you eat this with a spoon.

Dim Sum - Chicken Siu Mai £5.80

Modern twist of the classic China Cantonese Steam Pork Siu Mai, retaining the traditional look and taste. Classic, but different!

Crispy Aromatic Duck 1/4 £11.95

House blended Chinese spices marinated shredded duck served with scallion, cucumber, Hoi Sin sauce and traditional pancake

Crispy Duck Salad £11.50
(Enough for two people)

Lamb lettuce, pine nuts and pomelo and house chilli and coriander dressing

ZEN Five Spice Duck Wings £5.80

Drizzled with our special honey plum glaze

Sakura Salad (V) (S) £5.80

Lamb lettuce, pine nuts and pomelo and house chilli and coriander dressing

House of Zen Spring Roll (V) £5.80

Served with house Thai sweet chilli sauce

Baby Gem Lettuce Wrap (V) (S) £6.20

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

(S) Spicy (V) Vegetarian (GF) Gluten Free

There may be traces of nuts in many of our dishes.

Starters

- Supreme King Prawn Toast** £6.80
Minced King Prawns smothered on toast served with house Thai sweet chilli sauce
- Salt & Chilli King Prawns / Squids / Chicken (S)** £6.20
Stir-fried with fresh scallion, house blended spices and chilli
- House prepared Duck Samosa** £6.20
Served with our homemade hoi sin sauce
- Crispy Filo Chicken Strips** £6.20
Served with house Thai sweet chilli sauce
- Dragon Tail Ribs of Pork** £6.80
Dressed with Honey and plum glaze
- Satay Chicken Skewer (S)** £6.20
served with salad vegetables and house special spicy satay sauce
- Garlic Smoked Crispy Chicken** £6.20
- Deep Fried Crispy Shredded Beef Strips** £6.20
Dressed in Kumquat flavour sauce
- Deep-Fried Chicken Dumpling** £6.20
- Deep-Fried Vegetables Dumpling (V)** £5.80
- Edamame Beans (V)** £4.50
Lightly salted freshly blanched soya beans
- Crispy Duck with Crispy Pancake** £6.80
Petite crispy pancakes layered with crispy duck and hoi sin sauce, shredded lettuce and shaved bell peppers
- Homemade Thai Salmon Fish Cakes** £6.80
Served with house Thai sweet chilli sauce
- Salt & Chilli Baby Ribs (S)** £6.80
Tasty and tender baby ribs of Pork
- Salt & Chilli To-Fu (V) (S)** £5.80
Stir-fried with fresh scallion, house blended spices and chilli
- Deep Fried Angry Soft-Shell Crab (S)** £7.20
Served with Japanese mayo
- Crispy Filo King Prawns** £6.80
Served with house Thai sweet chilli sauce

Mains

- House of Zen Signature Dish (S)** £16.80
Pan-fried diced fillet steak Cantonese style
- Kumquat Chicken** £12.80
Lightly battered diced chicken served in a rich velvety molasses style sauce with kumquats and confit cherry tomatoes
- Five Spice Cumin Spicy Lamb (S)** £13.80
With steamed buns
- Pork 'Kakuni'** £11.80
Slow braised pork belly that literally melts in the mouth with sweet potato & Asian Pak Choi
- Spicy King Prawns (S)** £13.80
Wok-fried King Prawns with chilli pepper & almond
- Deep Fried Sliced Monkfish Tail** £16.80
With sweet & sour pomegranate Tang yang sauce

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Mains

Paradise King Prawns £13.80

Lightly battered with passion fruit mayonnaise

Chinese Roasted Duck £13.80

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

Roasted Duckling with Plum Sauce £13.80

Fresh Sea Bass Fillet (S) £14.80

Lightly battered and wok-fried with curry leaf, red chilli and garlic

Zen Buddha's Monk Assorted Vegetables Delight (V) £10.90

Stir-fried asparagus, Sacred Lotus roots, button straw mushrooms, carrot and tofu

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

Pan-Fried Rib Eye Steak Rolls with Asparagus £16.80

Asparagus wrapped in sliced rib-eye steak, served with black pepper sauce on sizzling plate

Crispy Shredded Beef 'Peking Style' (S) £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) £14.80

Pan-fried salmon fillet served over a medium-hot curry with roasted sweet potato and aubergine

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) £11.80
Select from: Chicken / Beef / King Prawn / Special / Assorted Vegetables

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

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

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

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

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

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**Classic
Asian
cuisine**

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

**Side
orders**

Steamed Rice (GF)	£3.00
Egg Fried Rice	£3.20
Chips	£3.00
Yaki Ramen Noodles	£4.20
Wok-fried Asian Pak Choi (V) with crispy garlic	£5.20
Wok-fried Long Beans (V) (S) with chilli flakes	£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

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GLUTEN FREE CUISINE STARTER

Chicken Skewers served with salad vegetables (V)	£6.20
King Prawn Skewers served with salad vegetables (V)	£6.80
Baby Gem Lettuce Wraps (V)(S) Filled with stir-fried spicy black bean assorted mushrooms and Asian Greens	£6.50
Diced Chicken Baby Gem Lettuce Wraps (V)(S) Filled with diced chicken, assorted mushrooms and Asian Greens	£6.80

GLUTEN FREE CUISINE MAIN

Stir-Fried Sliced Chicken with Pineapple in Plum Sauce	£12.80
Stir-Fried Chicken & Assorted Vegetable in Gluten Free Soya Sauce	£11.80
Stir-Fried King Prawns & Assorted Vegetable in Gluten Free Soya Sauce	£13.80
Stir-Fried Assorted Asian greens in Gluten Free Soya Sauce (V)	£11.80
Chilli Black Bean with Mushroom & King Prawns (S)	£12.50
Fresh Sea Bass Fillet Pan-fried and served with gluten free soya sauce	£14.80

GLUTEN FREE CUISINE SIDE DISHES

Boiled Rice	£3.00
Chips	£3.00
Diced Potatoes	£3.00
Wok-fried Long Beans with Chilli Flakes (V)(S)	£5.20
Wok-fried Asian Pak Choi with Crispy Garlic	£5.50

VEGETARIAN CUISINE

Tofu Stir-Fried (V)	£11.80
With assorted asian green, oil and soya sauce	
Three Style Mushroom Stir-Fried (V)	£11.80
With asparagus, cloud ear (edible jelly fungus) and pine nuts	
Sizzling Aubergines Fritter (V)	£11.80
Served with our homemade Japanese Teriyaki sauce	
Vegetarian Singapore Vermicelli Noodle (V)(S)	£10.80

SIDE DISHES

Wok-fried Asian Pak Choi with Crispy Garlic (V)	£5.50
Wok-fried Long Beans with Chilli Flakes (V)(S)	£5.20
Wok-fried Assorted Asian Greens (V)	£5.20

Allergens

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Other dishes may contain traces of nuts, please ask your server.

Menu content and prices are indicative, and subject to change without notice

A discretionary service charge of 10% will be added to your bill for party of six persons or more.



The Promenade, Whitburn Road, Sunderland, SR6 8AA

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www.houseofzenseaburn.com

www.facebook.com/houseofzenseaburn

Follow us on Instagram: @houseofzenseaburn





Dessert Menu

Caramelised Banana £5.20

Served with caramel sauce, vanilla ice cream and almond flakes.

Cheesecake of the Week £5.20

Please ask your server.

Lemon Panacotta Tart £5.20

Sheer decadence! Rich, buttery shortcrust pastry cases flooded with a smooth lemon panacotta filling, finished with a light sugar dusting.

Chocolate Sponge Pudding £5.20

Served with Belgium chocolate sauce and vanilla ice cream.

Premium Ice Cream/Sorbet £4.50

Vanilla Bean

Strawberry Supreme

Rich Chocolate

Coconut

Mango

Water Mellon Sorbet

Mango Sorbet

Lemon Sorbet

Add one scoop for £1.80

Grown Up Dessert

Gelato Affogato with DiSaronno Amaretto £6.95

Premium Gelato, Espresso, Disaronno shot and Amaretto biscuit. Total Indulgence.

*not included in Set Menu, Lunch Menu & Early Evening Menu

Liqueur Coffees £4.95

Baileys Coffee

Rich espresso, a measure of Baileys and thick cream.

Calypso Coffee

Rich espresso, a measure of Tia Maria and thick cream.

Irish Coffee

Rich espresso, a measure of Jameson's Irish Whiskey and thick cream.

Italian Coffee

Rich espresso, a measure of Disaronno Amaretto and thick cream.

Café Royale

Rich espresso, a measure of brandy and thick cream.

A Selection of Teas and Coffees

English Tea £1.95

Earl Grey Tea £1.95

Yulan Flower Tea £2.95

Oolong Tea £1.95

Green Tea £1.95

Fresh Mint Tea £2.95

Hot Chocolate £2.95

Cappuccino £2.95

Latte £2.95

Americano £2.20

Mocha £2.95

Macchiato £2.95

Espresso £2.00 Large £2.80

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