

ZenHouse Vegetarian (100%) “The Six Chapters” Dinner Menu

禪之家六篇素菜

A. Vegetables & Mushroom 青菜鮮菇篇

“The real thing” – there is nothing mock in these dishes!!

- A1. Boiled Chinese Broccoli with soy sauce 油芥蘭 \$8.00
Boiled chinese broccoli served with mushroom sauce
- A2. Stir Fried Bak Choy 炒小白菜 \$10.00
Chinese Bak Choy with carrot, black mushroom, ginger slices and baby corn.
- A3. Stir Fried Spinach 炒菠菜 \$10.00
Spinach with carrot, black mushroom, ginger slices and baby corn.
- A4. Stir Fried seasonal vegetables (Check with chef) 四季菜 \$12.90
Choice of seasonal vegetables stir fried with a mushroom sauce.
- A5. Stir Fried mixed vegetables 炒雜菜 \$12.90
Cauliflower, carrots, black mushrooms, snow peas and button mushroom stir fried with a mushroom sauce.
- A6. Egg Plant in spicy sauce or tomyum sauce. 炒茄子 (辣或東炎味) \$12.90
Egg Plant stir fried with spicy sauce or tomyum sauce.
- A7. Stir Fried button mushroom 炒白菇 \$13.90
Button mushrooms stir fried with a mushroom sauce.
- A8. Stir Fried Mixed Mushrooms 炒珍品菇 \$17.90
Choice of mixed mushrooms (abalone, knoki, button, etc depends on seasons) stir fried with a Barbecue sauce.

B. Tofu 豆腐篇

Yummy tofu in all kinds of styles!

- B1. Sweet & Sour Tofu 酸甜豆腐 \$12.00
Fried Tofu, capsicum, tomatoes, pineapples, cucumber & sweet and sour sauce
- B2. Ma Po Tofu 麻坡豆腐 \$12.00
A blend of Tofu, minced soy, peas and mushroom served in a spicy chilli bean sauce
- B3. Zenhouse Tofu Claypot 禪之家豆腐砵 \$15.90
Fried Tofu, Chinese cabbage, goji (Chinese herbs for nourishing eyes), baby corns, mushrooms, cauliflower, broccoli served in mushroom sauce
- B4. Spicy Sze Chuan Tofu 四川豆腐 \$14.00
Fried Tofu stir fried with spicy Sze Chuan vegetable, baby corns, mushrooms and carrots.
- B5. Sweet & Sour Bean Curd Skin “Tau Bao” 酸甜豆包 \$14.00
Bean Curd skin, capsicum, tomatoes, pineapples, cucumber & sweet and sour sauce
- B6. “Tau Bao” in Sambal Grilled Chilli Sauce 三芭辣豆包 \$14.00
Bean Curd skin, capsicum, tomatoes, pineapples, cucumber & sambal chilli sauce

C. SoyA FIBRE & Gluten Food

(Mock Series) 素料篇

*No more boring salad or vegetables! These are the **new age food** that cater for all non-vegetarians & also vegetarian/Vegans. These foods are either made of soya fibre, Yam powder or bean curd skins. Don't be fooled by the name, they aren't real meat!*

Not-Chicken & Not-Duck 素雞與素鴨系列

- C1. Sweet & Sour Not-Chicken Nugget 酸甜素雞丁 \$13.00
Soya Not-Chicken Nugget, capsicum, tomatoes, pineapples, cucumber & sweet and sour sauce
- C2. Kung Po Not-Chicken 宮保素雞丁 \$13.00
Soya Not-Chicken Nugget, capsicum, beans, baby corn, cucumber in spicy lemongrass sauce
- C3. Immortal Not-Duck in lemon sauce 素神仙鴨 \$14.90
Soya Duck, lettuce, carrots, in zenhouse made lemon sauce
- C4. Curry Not-Chicken 咖喱素雞 \$14.90
Soya Not-Chicken Nugget, potatoes, carrots in curry flavour
- C5. Sweet & Sour Salted Fried Not-Chicken 酸甜咸素雞 \$16.90
Salted fried Not-Chicken(soya fibre, capsicum, tomatoes, pineapples, cucumber & sweet and sour sauce

Not-Pork 素排骨王系列

- C6. Sweet & Sour Not-Pork Rib King 酸甜排骨王 \$13.90
Soya fibre, capsicum, tomatoes, pineapples, cucumber & sweet and sour sauce
- C7. Barbecue Sauce Not-Pork Rib King 沙撈排骨王 \$14.90

Soya fibre , capsicum, tomatoes, pineapples, cucumber in barbecue sauce

C8. Tomyum Not-Pork Rib King 東炎排骨王 \$14.90

Soya fibre, capsicum, tomatoes, pineapples & cucumber in tomyum sauce

Not-Beef & Not-Mutton 素牛肉與素羊肉系列

C9. Sizzling Not-beef steak with black pepper sauce 黑胡椒松珍小牛排 \$16.90

Small soya beef steaks, baby corn, capsicum, tomatoes, cauliflower & broccoli in black pepper sauce

C10. Pepper Steak with cup mushroom 鮮菇沙撈肉排 \$16.90

Soya fibre, capsicum, tomatoes, pineapples & cucumber in barbecue sauce

C11. Curry Not-Mutton 加哩素羊肉 \$16.90

Mushroom chunk, carrots, potatoes & cabbage in curry

C12. Rendang Not-Mutton Curry 仁嚙加哩 \$16.90

Malaysian Style curry with mushroom chunks.

Not-Seafood 素海鮮系列

(Soya prawns are actually made of Konjac(Yam) powder and Not-fish are basically either soya fibre or bean curd skins with seaweed)

C13. Sweet & Sour Not-Prawns 酸甜素蝦 \$16.90

Soya not-prawns, capsicum, tomatoes, pineapples & cucumber in sweet & sour sauce

C14. Sambal Grilled Not-Fish ball 三芭素魚丸 \$16.90

Soya not-fish ball, capsicum, tomatoes, pineapples & cucumber in sambal sauce

C15. Sweet & Sour Ribbon Not-Fish 酸甜白帶魚 \$16.90

Soya ribbon not-fish, capsicum, tomatoes, pineapples & cucumber in sweet & sour sauce

C16. Assam Not-Fish 雅三素魚 (SPICY) \$15.90

Soya Not-fish, capsicum, tomatoes, pineapples & cucumber in Assam sauce

C17. Sizzling Hot Plate Ribbon Not-Fish in black bean sauce. 鐵板黑豆白帶魚 \$16.90
Soya not pork rib king, capsicum, tomatoes, pineapples & cucumber in black bean sauce

C18. Curry Not-Fish 加哩魚 \$16.90
Soya ribbon fish, potatoes & carrots in curry.

C19. Tomyum Claypot Not-Fish 東炎素魚砵 \$16.90
Soya fish, capsicum, tomatoes, pineapples & lady finger in tomyum sauce

D. Chef's Special 特別篇

A series of wicked food recommended by the chef.

D1. Sweet and Sour (Deep Fried Abalone mushroom) 酸甜炸鮑魚菇 \$16.90
Abalone Mushroom, capsicum, tomatoes, pineapples & cucumber in sweet & sour sauce

D2. Stir Fried Abalone Mushroom with bay choy. 炒鮑魚菇小白菜 \$16.90
Abalone Mushroom, bay choy, carrots & baby corns.

D3. Salt & Pepper Deep Fried Abalone mushroom 五味炸鮑魚菇 \$17.90
Deep fried abalone mushroom in zenhouse five spices powder.

D4. Sizzling Hot Plate Abalone mushroom in blk bean sauce 鐵板黑豆鮑魚菇 \$16.90
Abalone mushroom, capsicum, carrots, broccoli & cauliflower in black bean sauce

D5. Sizzling Hot Plate Not-Cate Eel in sambal chilli sauce 鐵板辣醬騷曼 \$16.90
Soya fish, capsicum, tomatoes, pineapples & cucumber in sambal sauce

D6. Stir Fired Taiwanese "Betel palm flowers" 臺灣檳榔花 \$16.90
Betel palm flowers, carrots, baby corn, bay choy in soy sauce

E. Special Soup 湯篇

Time to nourish yourself with these herbal soups!

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| E1. “Bakuteh” Herbal Soup
素肉骨茶湯
<i>Special Herbal Soup For Nourishing
Chinese Herbs(Dong Gui, Goji, tang sheng, yu zhu etc), mushroom chunk, tofu puff & coriander</i> | M\$15 L\$20 | \$5.50 |
| E2. Not-Sharkfin Soup
素魚翅湯
<i>Seaweed vegetable, shredded snow pea, carrot, mushroom, tofu, ginger & coriander</i> | M\$17 L\$34 | \$6.50 |
| E3. Nourishing Soup Taiwanese “Treasure”
珍寶湯
<i>Chinese herbs, goji, mushroom, & coriander</i> | M\$17 L\$24 | \$6.50 |
| E4. Sze Chuan Tofu Soup
四川豆腐湯
<i>Sze Chuan salted pickle mustardvegetable, tofu, carrot, mushroom & coriander.</i> | M\$14 L\$18 | \$5 |

F. Salad 沙拉篇

*Nice and cooling salad that you can't have it elsewhere except Zenhouse in Adelaide!
EXCLUSIVE!!!*

F1. Taiwanese “Betel palm flowers” salad 臺灣檳榔花沙拉 \$13.90
Cooling salad dishes served with very rare Betel Palm Flowers.

F2. Taiwanese Burdock Salad 臺灣牛蒡三絲沙拉 \$12.90
Nourishing & revitalizing.
Burdock (Arctium lappa, gobo - Japanese term), sesame & seasoning.

Steam Rice 白飯 \$1.50