



*Vegetarian Yum Cha*

TEAHOUSE | CAFE | RESTAURANT | TAKEAWAY

## *ZenHouse Menu*

100% NATURAL  
FREE OF BIRD FLU  
FREE OF MAD COW DISEASE  
FREE OF KARMA  
FREE OF CHOLESTROL  
FREE OF MEAT  
LESS OIL (CANOLA OIL)



# APPETIZER(ENTREE) STUFF

A1....	<b>Cold Salad Roll (Vietnamese Style) (G)</b> lettuce, cucumber,, bean sprouts, peppermint leaves, vermicelli (3pcs)	<b>\$4.50</b>
A2....	<b>Spring Roll (2pcs)</b> carrots, celery, cabbage, vermicelli, mixed beans & seasonings.	<b>\$3.00</b>
A3....	<b>China Dumplings (STEAM or PAN-FRIED) (6 pcs)</b> mushroom, tofu, vermicelli, salt & flour.	<b>\$5.50</b>
A4....	<b>Crystal Dumpling (Har Gao) (5pcs) (G)</b> cabbage, carrots, mushroom, coriander, soya fibre, vegetables, seasonings.	<b>\$5.50</b>
A5....	<b>Dim Sim (steamed) (7pcs)</b> Steamed cup-shaped dumplings with textured soya beans and carrots.	<b>\$5.50</b>
A6....	<b>Fried Wonton (5pcs)</b>	<b>\$4.50</b>
A7....	<b>Curry Puffs (2pcs)</b>	<b>\$3.50</b>
A8....	<b>Mixed Entrees (Deep-fried)</b> Mini Spring Rolls (3), Dumplings (3), Dim Sim (3)	<b>\$8.50</b>
A9....	<b>Zenhouse Satay (Malaysian style) (4pcs) (G)</b> Pieces of marinated soya fibre on a stick served with satay sauce	<b>\$5.00</b>
A10...	<b>Steamed Buns(small) - 3 buns</b> Choose from: Pandan Lotus, Red Bean, Sweet Corn, Yam, Vegetable & Char Siew (BBQ)	<b>\$3.00</b>
A11...	<b>Steam Bun (Medium) - 1</b> Choose from BBQ, Curry, Soy meat or Whole Meal BBQ.	<b>\$2.00</b>
A12...	<b>Steam Bun (Giant Size) - 1 (Biggest Bun in SA!)</b> (Choose Plain or Wholemeal) Wheat Flour, flour, soy protein, baking powder & vegetarian seasonings.	<b>\$4.00</b>
A13...	<b>Hot Chips (G)</b>	<b>\$4.50</b>
A14...	<b>Taiwanese Jade Roll (5) (G)</b> Fried Taiwanese Veggie Roll which contains soy protein, mushrooms, water chestnut & carrots.	<b>\$5.00</b>
A15....	<b>Malaysian Rojak Salad</b> (Malaysian Spicy Veggie Salad Dish) -Cucumber, You-tiao (Fried Dough Fritters), Bean Sprout, Pineapple, Chinese turnip & Rojak sauce	<b>\$6.00</b>
A16...	<b>ZENHOUSE Salted Fried Not-Chicken</b> textured soya protein, cinnamon flour, chinese pepper, white pepper powder, soya sauce powder, potato starch.	<b>\$7.00</b>
A17...	<b>Tofu Salad (Tau Hu Goreng) (G)</b> lettuce, cucumber,, bean sprouts and Tofu serve with satay sauce.	<b>\$6.00</b>

## SOUP

B1....	<b>Thai Tom Yum Soup</b> (tofu pieces, tomato, mushroom, seaweed slice) (G)	
B2....	<b>Creamy Corn Soup</b> (sweet corn, corn starch)	<b>\$5.50</b>
B3....	<b>Creamy Mushroom Soup</b> (mushroom, cream, milk & seasonings)	<b>\$5.50</b>
B4....	<b>Five Elements Organic Vegetable Soup</b> (Organic Radish, Radish Leave, Carrot, Burdock, and Dry Mushroom.)	<b>\$5.50</b>

**G- GLUTEN FREE** ■ **NOT VEGAN, CONTAIN DAIRY INGREDIENTS.**

# MAIN COURSE STUFF

## YUMMY SALAD DISHES (Natural, Cooling & Sensational!)

C1... <b>Cold Salad Noodles</b>	\$7.50
Spagetti Noodle, shredded lettuce, cucumber, mints, cabbage, carrots, beans sprouts, served with Zenhouse Satay Sauce.	
C2... <b>Salted Fried Not-Chicken with Salad</b>	\$9.00
textured soya protein with lettuce, carrots, purple cabbage, cucumber & tomato served with Zenhouse Salad dressing.	
C3... <b>Zenhouse Tofu Salad (Big Serve)</b> see A17 for ingredients. (G)	\$7.50
C4... <b>Tempeh Salad (G)</b>	\$7.50
tempeh (fermented soya bean), shredded lettuce, cucumber, mints, cabbage, carrots, beans sprouts, served with Zenhouse BBQ Sauce.	
C5... <b>Taiwanese Betta Palm Flowers Salad (G)</b>	\$13.90
Taiwanese Betta Palm Flowers, shredded lettuce, cucumber, mints, cabbage, carrots, beans sprouts.	
C6... <b>Taiwanese Burdock Salad (G)</b>	\$12.90
Shredded Burdock, shredded lettuce, cucumber, mints, cabbage, carrots, beans sprouts.	

## ASIAN STIR FRIED NOODLES(Less oil, Less fat, No msg!)

We use Canola Oil(Zero Cholestrol) in all our Asian stir fried noodles.

C7... <b>Mee Goreng</b>	\$8.50
Malaysian Style stir fried hokkien noodle (non dairy) in sweet & sour sauce with tofu & vegetables.	
C8... <b>ZenHouse Claypot Noodle</b>	\$12.90
stir fried hokkien noodle (non dairy) with chinese cabbage, tofu & vegetables etc.	
C9... <b>ZenHouse Sizzling Hot Plate Noodle</b>	\$13.90
Hot plate stir fried hokkien noodle (non dairy) in black bean sauce served with fresh fried beancurd, carrots, mushroom & capsicum.	

## WESTERN DELIGHTS(Natural, Less fat, High fibre!)

C10... <b>Not-Beef Steak with Hot Chips</b>	\$9.50
Black pepper Soya bean fiber with hot chips	
C11... <b>Not-Fish Steak (seaweed soya fibre slice) with Hot Chips</b>	\$9.50
bread crumbs wheat protein(soya), seaweed with hot chips	
C12... <b>Salted Fried Not-Chicken with Chips</b>	\$9.50
textured soya protein with hot chips	
C13... <b>Salted Fried Not-Chicken with rice</b>	\$8.50
textured soya protein served with steam rice	
C14... <b>Ribbon Not-Fish(seaweed soya slices) with rice</b>	\$9.50
textured soya protein, soya bean pastry, seaweeds served with steam rice	
C15... <b>Black Pepper Steak with rice</b>	\$9.50
black pepper textured soya protein served with steam rice	

## LUNCH SPECIAL OF THE DAY (Please Check with counter)

# MAIN COURSE STUFF

## BURGERS

C16... <b>Tempeh Burger</b>	<b>\$6.50</b>
Tempeh, lettuce, carrots, cumcumber, tomatoes	
COMBO SET:	
with soft drinks(can drink) + Chips <b>\$8.50</b> , fruit juice (S) extra \$0.20	
C17... <b>Not-Beef Burger</b>	<b>\$7.00</b>
Soya fibre, lettuce, carrots, cumcumber, tomatoes	
COMBO SET: with soft drinks + Chips <b>\$9.50</b> , fruit juice (S) extra \$0.20	
C18... <b>Not-Fish Burger</b>	<b>\$7.00</b>
Soya fibre, lettuce, carrots, cumcumber, tomatoes	
COMBO SET: with soft drinks + Chips <b>\$9.50</b> , fruit juice (S) extra \$0.20	
C19... <b>Not-Chicken Burger</b>	<b>\$7.00</b>
Soya fibre, lettuce, carrots, cumcumber, tomatoes	
COMBO SET: with soft drinks + Chips <b>\$9.50</b> , fruit juice (S) extra \$0.20	
C20... <b>Egg Burger</b>	<b>\$6.00</b>
egg, lettuce, carrots, cumcumber, tomatoes	
COMBO SET: with soft drinks + Chips <b>\$8.50</b> , fruit juice (S) extra \$0.20	

Optional:

Vegetarian Cheese \$0.50 extra

Vegan Tofu Cheese \$1.00 extra

\* Combo set promotion. (Burger, chips & soft drinks)

\* With chips only extra \$2.00

## ROLLS

C21... <b>Veggie Salad Roll</b>	<b>\$5.00</b>
(lettuce, carrots, cumcumber, tomatoes)	
COMBO SET: with soft drinks + Chips <b>\$6.00</b> , fruit juice (S) extra \$0.20	
C22... <b>Tempeh Salad Roll</b>	<b>\$6.00</b>
(Tempeh, lettuce, carrots, cumcumber, tomatoes)	
COMBO SET: with soft drinks + Chips <b>\$6.50</b> , fruit juice (S) extra \$0.20	
C23... <b>Soya Nugget Salad Roll</b>	<b>\$6.00</b>
(Soya Nugget, lettuce, carrots, cumcumber, tomatoes)	
COMBO SET: with soft drinks + Chips <b>\$7.00</b> , fruit juice (S) extra \$0.20	

Optional:

Vegetarian Cheese \$0.50 extra

Vegan Tofu Cheese \$1.00 extra

\* Combo set promotion. (Roll, chips & soft drinks)

\* With chips only extra \$2.00

## SANDWICHES/ BREAD / TOAST

C24... <b>Soya Nugget Sandwich</b>	<b>\$5.00</b>
(Soya Nugget, Tomato, Cucumber, Lettuce)	
C25... <b>Salad Sandwich</b>	<b>\$5.00</b>
(Tomato, Cucumber, Lettuce, Carrot, Cheese)	
Vegan Cheese extra \$1, Normal Cheese \$0.50	
C26. <b>Plain Toast</b> (2)	<b>\$2.80</b>
(Your Choice of Butter(non dairy), Jam, Peanut Butter)	
C27. <b>Fried Egg Toast</b> (2)	<b>\$2.00</b>
C28. <b>Zenhouse Scrambled Eggs</b> (eggs, oregano, seasonings, toast)	<b>\$5.00</b>
C29. <b>Tasty Omelette with Sauce</b>	<b>\$5.00</b>
(oregano, milk, parsley, seasonings & soya sauce)	

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