



Zen Forrest
www.zenforrest.com

Call us today! 727-372-9545

DINNER MENU

4148 Rowan Road New Port Richey, FL 34653

Starters

Zen Forrest Rolls \$5.50

Sautéed minced chicken and a medley of vegetables wrapped in an egg roll shell accompanied by our spicy lemon mustard dipping sauce.

Spicy Tuna and avocado Tartar \$8.90

Creamy Avocado chopped Ahi tuna, fresh lime and herbs blended in a spicy sauce served with wonton crisps

Escargot in Garlic Black Bean Sauce

\$8.00

A new favorite at Zen. Plump Escargot prepared w/ Asian twist.

Crab Rangoon \$6.50

Minced crabmeat and cream cheese encased in a crispy wonton shell, A long time favorite.

Tuna Tataki (Japan) \$8.90

Tuna seared to medium rare, sliced thin and dished up with fresh greens and our Citrus Ponzu sauce.

Grandpa's Pot Stickers (China) \$7.50

These steamed or pan-fried dumplings are made with seasoned pork, shitake mushrooms, Napa cabbage, & chives encased in a flour shell Served with our garlic soy dipping sauce.

Char Siu (China) \$6.00

This tender pork is first immersed in our bar-be-que sauce over night then slowly roasted in the smoker. Served sliced with our sesame honey plum sauce.

Mussels in Holly Basil (Taiwan) \$8.90

Prince Edward Island mussels fired up with holly basil, garlic, ginger and more. This taste sensation this will leave you in a flavored bliss.

Vermicelli Crunch Salad (Vietnam) \$8.50

A crisp, refreshing union of sprouts, cucumbers, carrots, herbs and more give this dish just the right texture to tantalize your senses. Topped baby shrimp or calamari and Nouc Cham dressing.

Starters Continued

Edamame (Japan) \$4.50

Soy bean pods seasoned lightly with flavors of ginger, spice and course sea salt.

Kim Chi (Korea) \$4.50

Sharp, snappy, and spicy, a traditional Korean pickled cabbage.

Main Course

Minced Chicken & Leek Wontons \$14.50

Wontons, the origin of tortellini. Thin and delicate wonton noodles are filled with sautéed leek and minced chicken, steamed then tossed in a Shitake mushroom Beurre blanc.

Szechwan Peppercorn Steak \$22.50

New York Strip infused with our Zen Forrest rub, finished on the grill and drizzled with the ultimate Szechwan Cracked Peppercorn and Garlic sauce

Beef Negimaki (Japan) \$19.90

Teriyaki soaked steak, with fresh scallions rolled inside, sizzled on the grill Top it off with an onion teriyaki sauce and Wasabi mashed potato. Sure to satisfy.

General Tso's or Tangy Orange Zested or Sesame Chicken (China) \$13.50

Lightly battered chicken breast fried to a golden crisp then drizzled with your choice of one of these classic sauces.

Thai Coconut Curry w/ Lemongrass

Infused Chicken \$14.50 or Shrimp \$16.95

Aromatic and luscious, our coconut curry is cooked for hours, chicken or shrimp is seasoned with lemongrass, seared and served with Jasmine rice.

Bul Go Gi (Korea) \$16.50

This tender sirloin is first sliced thin and bathed in our delicious sesame/soy & garlic marinade then finished in a scorching pan.

Mahi Mahi in Thai Chili Sauce (Call)

Excite all the taste buds with Pan seared Mahi Mahi finished in a sweet, sour, savory, and spicy sauce topped fresh green onions, cilantro & lime. Please specify your heat level.

Shrimp and lobster Sauce (China) \$14.90

A classic America-Chinese dish, at Zen Forrest we combine jumbo shrimp crunchy water chestnuts with sweet peas then sauté it all in a thick white wine and garlic sauce.

Main Course Continued

Tofu Zen \$13.50

Tofu steaks are lightly dusted with rice flour and pan fried. Then a combination of fresh vegetables, wood-ear, shitake and straw mushrooms are sautéed in a delicious sauce.

Jumbo Shrimp and Garlic tossed with lomein and baby spinach \$15.90

Jumbo Shrimp, fresh sliced garlic, julienne onions, sweet red peppers and baby corn sautéed in a scorching wok with Lomein noodles and Fresh baby spinach.

Rice & Noodles

Fried rice (China) \$9.90

Tasty barbequed roast pork (char siu), chicken or shrimp tossed up in a sizzling wok with Jasmine rice, sweet peas, green and red onions, eggs and crisp sprouts.

Zen Forrest fried rice \$11.50

Made with jasmine & red rice, chock full of herbs & vegetables with a touch of Ginseng. Refreshing & extremely healthy to boot. A great energizer. Add Chicken or Shrimp for \$2.50

Bul Go Gi fried rice (Korea) \$12.90

delicious sesame/soy & garlic marinated shaved sirloin seared in a scorching pan then tossed in with jasmine rice, green and Spanish onions, green peas, and soybeans.

Sautéed Singapore Rice Vermicelli (Singapore) \$12.90

Fine rice noodles sautéed with a combination of chicken, shrimp and char siu with plenty of crunchy vegetables and flavored with a blended curry.

Golden Pan Fried Noodles and Seafood Medley (Hong Kong) \$16.95

First thin egg noodles are fired up in a hot pan until crisp and golden. Second a medley of shrimp, scallops, calamari, and mussels are sautéed in a delectable sauce. Finally the noodles are smothered in the seafood and sauce.

Lo Mein (China) \$10.50

Tasty barbequed roast pork(char siu), chicken or shrimp with soft egg noodles and vegetables sautéed in a sizzling wok with and finished with sprinkle of crisp sprouts.

Call for Dessert specials!