



## Zen Forrest, Lunch Menu

Call us today! 727-372-9545

4148 Rowan Road  
New Port Richey, Fl 34653  
[www.zenforrest.com](http://www.zenforrest.com)

Tuesday - Thursday : 11:30 – 9:30  
Friday & Saturday : 11:30 – 10:00  
Sunday : Closed  
Monday : 4:30 -- 9:30

Lunch available Tuesdays - Saturdays  
11:30 AM to 3:00 PM

### A la Carte Menu

A la carte items can be added to any of the lunch menu choices.

- House Salad \$2.00
- Half order of rolls \$2.50
- Bowl of Soup  
(Wonton or Chicken Rice) \$3.95

### Dessert

Don't forget about dessert: Zen Forrest  
Dark Chocolate Mousse or Cheese  
cakes \$5.95

### Lunches that Include a Zen Forrest Roll

Zen Forrest Rolls served with a spicy mustard sauce.

#### Healthy Stir-Fries \$7.25

Choose chicken, shrimp or tofu with mixed vegetables sautéed in a fiery wok with your choice of sauce: & choice of Jasmine rice or fried rice. Choose your sauce:

Classic brown sauce  
Lemon-grass sauce  
Tangy garlic sauce  
Spicy Szechwan sauce  
Forrest Coconut Zing sauce

#### Popular Chicken Dishes \$7.00

Classic General Tso's Chicken  
Zesty Orange Chicken  
Sesame Chicken

#### Bul Go Gi or Bul Go Gi Fried Rice \$7.50

Tender sirloin shaved thin then bathed in our delicious sesame/soy and garlic marinade and finished in a scorching wok.

#### Jumbo Shrimp & Garlic with Baby spinach in Lo Mein \$8.95

Grilled Tuna or Salmon Steak \$8.98  
with Peppercorn Teriyaki Glaze Sautéed mixed vegetables & jasmine rice.

### Stand-alone Lunches

These lunches are not served with a Zen Forrest Roll

#### Satay Chicken Salad \$7.50

Chicken marinated in loads of Thai herbs, spices, & coconut then grilled and served over a crisp salad with spicy mango dressing.

#### Soup & Salad Combo \$5.75

A large salad of mixed greens with soup of the day Choice of house made dressing:

Zen Forrest house dressing  
Spicy Mango  
Black Sesame Vinaigrette

#### Banh Mi (French/Viet. sandwich) \$5.95

French bread filled with citrus roasted pork, garlic mayo, pate, cucumber, pickled carrots & daikon topped with fresh cilantro and sliced jalapeño.

#### General Tso's Chicken (China) or Tangy Orange Zested Chicken(China) or Sesame Chicken (China) \$7.00

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

#### Roasted Asian eggplant sandwich \$5.95

Oven roasted Asian eggplant, roast marinated red onions, chopped tomatoes, arugula, & crumbled feta severed on French bread.