

Vegetarian Menu

All items are made out of soybean. GUARANTEED no MEAT!

Appetizers

(素) 炸腐竹 VA1.	Drum Stick	7.25
(素) 炸豆腐 VA2.	Boneless Ribs	7.25

Chicken

(素) 芥蘭雞 VC1.	Chicken with Broccoli	10.95
(素) 蒜香雞 VC2.	Chicken in Garlic Sauce	10.95
(素) 豉汁雞 VC3.	Chicken in Black Bean Sauce	10.95
(素) 子薑雞 VC4.	Ginger Chicken with String bean	10.95
(素) 湖南雞 VC5.	Hunan Chicken	10.95
(素) 沙茶雞 VC6.	Chicken in Spicy Tea Sauce	10.95
(素) 宮保雞 VC7.	Chicken with Peanuts	10.95
(素) 蔬菜雞 VC8.	Chicken with Assorted Vegetables	10.95

Pork

(素) 芥蘭肉 VP1.	Pork with Broccoli	10.50
(素) 蒜香肉 VP2.	Pork in Garlic Sauce	10.50
(素) 豉汁肉 VP3.	Pork in Black Bean Sauce	10.50
(素) 子薑肉 VP4.	Ginger Pork with String bean	10.50
(素) 湖南肉 VP5.	Hunan Pork	10.50
(素) 沙茶肉 VP6.	Pork in Spicy Tea Sauce	10.50
(素) 蔬菜肉 VP7.	Pork with Assorted Vegetables	10.50

Beef

(素) 芥蘭牛 VB1.	Beef with Broccoli	12.50
(素) 蒜香牛 VB2.	Beef in Garlic Sauce	12.50
(素) 豉汁牛 VB3.	Beef in Black Bean Sauce	12.50
(素) 子薑牛 VB4.	Ginger Beef with String bean	12.50
(素) 湖南牛 VB5.	Hunan Beef	12.50
(素) 沙茶牛 VB6.	Beef in Spicy Tea Sauce	12.50
(素) 蔬菜牛 VB7.	Beef with Assorted Vegetables	12.50

Specialties

(素) 左宗雞 VS1.	General Tso's Chicken	13.95
(素) 左宗豆腐 VS2.	General Tso's Tofu	13.95
(素) 麻辣雞 VS3.	Mala Chicken	13.95

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness

Fried Rice, Chow Mein & Lo Mein

(素) 肉炒飯 RM1.	Vegetable or Pork Fried Rice	8.50
(素) 雞炒飯 RM2.	Chicken Fried Rice	8.50
(素) 牛柳炒飯 RM3.	Beef Fried Rice	8.95
(素) 蝦仁炒飯 RM4.	Shrimp Fried Rice	8.95
(素) 鳳梨炒飯 RM5.	Pineapple Fried Rice	9.25
(素) 本港炒飯 RM6.	House Special Fried Rice	9.25
(素) 素炒麵 RM7.	Vegetable Chow Mein	7.95
(素) 肉炒麵 RM8.	Pork Chow Mein	8.75
(素) 雞炒麵 RM9.	Chicken Chow Mein	8.75
(素) 牛柳炒麵 RM10.	Beef Chow Mein	8.95
(素) 蝦仁炒麵 RM11.	Shrimp Chow Mein	8.95
(素) 本港炒麵 RM12.	House Special Chow Mein	8.95
(素) 素撈麵 RM13.	Vegetable Lo Mein	7.95
(素) 肉撈麵 RM14.	Pork Lo Mein	8.75
(素) 雞撈麵 RM15.	Chicken Lo Mein	8.75
(素) 牛柳撈麵 RM16.	Beef Lo Mein	8.95
(素) 蝦仁撈麵 RM17.	Shrimp Lo Mein	8.95
(素) 本港撈麵 RM18.	House Special Lo Mein	9.25

Lunch Special

Served Monday to Saturday 11:30am - 3:00pm
Included Soup & Rice (Steamed White)

湖南肉 L1.	Hunan Pork	6.95
魚香肉 L2.	Shredded Pork in Garlic Sauce	6.95
蔬菜肉 L3.	Pork with Assorted Vegetables	6.95
子薑肉 L4.	Ginger Pork with String Beans	6.95
甜酸雞 L5.	Sweet & Sour Chicken	6.95
芥蘭雞 L6.	Sliced Chicken with Broccoli	6.95
魚香雞 L7.	Sliced Chicken in Garlic Sauce	6.95
子薑雞 L8.	Ginger Chicken with String Beans	6.95
磨菇雞 L9.	Moo Goo Gai Pan	6.95
豆豉雞 L10.	Sliced Chicken with Black Bean Sauce	6.95
芥蘭牛 L11.	Beef with Broccoli	7.50
蔬菜牛 L12.	Beef with Assorted Vegetables	7.50
青椒牛 L13.	Pepper Steak	7.50
干燒牛 L14.	Shredded Beef Szechuan Style	7.50
湖南牛 L15.	Hunan Beef	7.50
甜酸蝦 L16.	Sweet & Sour Shrimp	7.75
芥蘭蝦 L17.	Shrimp with Broccoli	7.95
魚香蝦 L18.	Shrimp in Garlic Sauce	7.95
蔬菜蝦 L19.	Shrimp with Assorted Vegetables	7.95
雪豆蝦 L20.	Shrimp with Snow Peas	7.95
素什錦 L21.	Buddhist Delight	6.75
炒芥蘭 L22.	Sautéed Broccoli Flowerets	6.75
炒飯 L23.	Fried Rice (Chicken, Pork, Beef, Shrimp, or Veg.)	6.75
撈麵 L24.	Lo Mein (Chicken, Pork, Beef, Shrimp, or Veg.)	6.75

House Special Luncheons

脆皮肉 H1.	Crispy Pork	7.25
芝麻雞 H2.	Sesame Chicken	7.25
左宗雞 H3.	House Special Chicken	7.25
鐵板雞 H4.	Sizzling Chicken with Seasonal Vegetables	7.25
鐵板牛 H5.	Sizzling Beef with Seasonal Vegetables	7.75
陳皮牛 H6.	Tangerine Beef	7.75
鐵板豆腐 H7.	House Special Sizzling Bean Curd	8.25

Pork & Beef

回鍋肉 P1.	Twice Sautéed Pork	10.50
芽菜肉 P2.	Shredded Pork with Bean Sprouts	10.50
魚香肉絲 P3.	Shredded Pork in Garlic Sauce	10.50
豆豉肉 P4.	Shredded Pork in Black Bean Sauce	10.50
湖南肉 P5.	Hunan Pork	10.50
芥蘭牛 B6.	Beef with Broccoli	12.50
雪豆牛 B7.	Beef with Snow Peas	12.50
蔬菜牛 B8.	Beef with Assorted Vegetables	12.50
青椒牛 B9.	Pepper Steak	12.50
干燒牛 B10.	Shredded Beef Szechuan Style	12.50
魚香牛 B11.	Beef in Garlic Sauce	12.50
湖南牛 B12.	Hunan Beef	12.50
沙茶牛 B13.	Sliced Beef in Spicy Tea Sauce	12.50

Zen Gardens

Fine Chinese Cuisine

御園

Tel.: (802) 862-8885/8886

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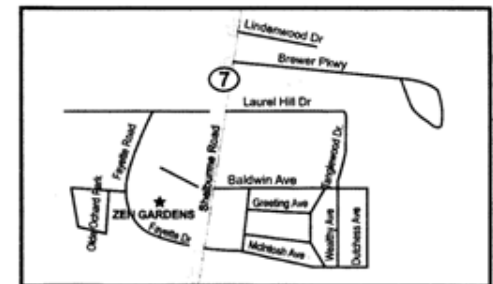
(Additional parking beneath & behind the restaurant)

Business Hours

Mon - Thurs.: 11:30am - 9:30pm

Fri. - Sat.: 11:30am - 10:30pm

Sun.: 12:00pm - 9:30pm



Appetizers

素春卷	A1.	Vegetable Roll (1)	1.75
春卷	A2.	Spring Roll (1)	1.75
蔥油餅	A3.	Zen's Pancake	4.95
水餃 / 鍋貼	A4.	Boiled or Pan Fried Dumplings (6)	5.50
素燒餅	A5.	Steamed Vegetable Dumplings (6)	5.50
蔥油餅	A6.	Shu-Mai (8)	5.95
雞絲卷	A7.	Chicken Wings (8)	5.95
雞絲卷	A8.	Chicken Fingers	5.95
涼麵	A9.	Cold Noodle with Sesame Sauce	5.95
蟹鉗	A10.	Crab Rangoon (6)	5.95
油炒手	A11.	Szechuan Dumpling in Hot Sesame Sauce (8)	5.95
牛肉串	A12.	Teriyaki Beef Sticks (4)	7.50
骨排	A13.	Boneless Spare Ribs	7.50
芝麻骨排	A14.	BBQ Spare Ribs (4)	7.50
芝麻骨排	A15.	Sesame Spare Ribs	7.50
鳳尾蝦	A16.	Fantail Shrimp (4)	7.95
寶盤	A17.	Shrimp Song with Lettuce Wrappers	8.95
寶盤	A18.	Pu Pu Platter	16.50

Includes BBQ Spare Ribs, Fantail Shrimp, Spring Roll, Teriyaki Beef, Crab Rangoon and Chicken Fingers. (Exchange is limited and may differ on price. Additional \$1 for each exchange item)

Soup

純湯	S1.	Wonton Soup	2.50	4.50
酸辣湯	S2.	Hot & Sour Soup	2.50	4.50
蛋花湯	S3.	Egg Drop Soup	2.50	4.50
菜豆腐湯	S4.	Vegetable Bean Curd Soup (For 2)		4.50
海鮮羹	S5.	Hot & Sour Seafood (For 2)	6.95	
木樨湯	S6.	House Special Soup (For 2)	6.95	

Seafood

甜酸蝦	SF1.	Sweet & Sour Shrimp	12.25
蒜茸炒蝦	SF2.	Shrimp with Assorted Vegetables	12.75
蒜茸炒蝦	SF3.	Shrimp with Broccoli	12.75
蒜茸炒蝦	SF4.	Shrimp with Snow Peas	12.75
椒鹽蝦	SF5.	Shrimp with Lobster Sauce	12.75
椒鹽蝦	SF6.	Shrimp with Spicy Tea Sauce	12.75
豆豉蝦 / 干貝	SF7.	Shrimp (or) Scallops in Garlic Sauce	12.75
豆豉蝦 / 干貝	SF8.	Shrimp (or) Scallops in Black Bean Sauce	12.75
魚香雙鮮	SF9.	Shrimp and Scallops in Garlic Sauce	13.25

Vegetable

素什錦	V1.	Buddhist Delight	9.50
四季豆	V2.	Sautéed String Bean	9.50
魚香豆腐	V3.	Broccoli Flowerets in Garlic Sauce	9.50
芋菜豆腐	V4.	Sautéed Bean Curd and Bean Sprouts	9.50
魚香豆腐	V5.	Eggplant in Garlic Sauce	9.50
麻婆豆腐	V6.	Bean Curd Szechwan Style	9.50
豉汁豆腐	V7.	Bean Curd in Black Bean Sauce	9.50
咖喱豆腐	V8.	Curry Tofu	9.50
三菇豆腐	V9.	Tofu with Assorted Mushrooms	10.95

Poultry

甜酸雞	C1.	Sweet & Sour Chicken	10.50
芥蘭雞	C2.	Sliced Chicken with Broccoli	10.95
鹿絲雞	C3.	Moo Goo Gai Pan	10.95
香滑雞	C4.	Sliced Chicken with Snow Peas	10.95
糖粟雞	C5.	Diced Chicken with Cashew Nuts	10.95
子姜雞	C6.	Ginger Chicken with String Beans	10.95
魚香雞	C7.	Sliced Chicken in Garlic Sauce	10.95
宮保雞	C8.	Sliced Chicken with Peanuts	10.95
湖南雞	C9.	Hunan Chicken	10.95
沙茶雞	C10.	Sliced Chicken in Spicy Tea Sauce	10.95
雙丁	C11.	Diced Chicken and Shrimp Combination	10.95

Traditional Chinese Dishes

Cold Appetizers

冷盤	101.	Seaweed with Garlic Sauce	5.95
海帶	102.	Shredded Jelly Fish in Garlic Sauce	7.95
鹹水鴨	103.	Light Salt Duck	8.75
五香牛肉	104.	Aromatic Sliced Beef	8.95
三拼	105.	Special Platter with Three Choices	19.95
四拼	106.	Special Platter with Four Choices	26.95

Vegetable

素菜	201.	Cabbage with Dried Shrimp	9.95
紅燒豆腐	202.	Stewed Bean Curd with Brown Sauce	9.95
蒜苗炒肉	203.	Vegetarian Delight	9.95
炒時蔬	204.	Stir Fried Seasonal Chinese Vegetable	12.95

Pork & Beef

豬蹄膀	301.	Shredded Pork with Slender Bamboo Shoots	14.50
香干肉絲	302.	Shredded Pork with Dry Bean Curd	14.50
京都排骨	303.	Home Style Pork Chop	14.50
椒鹽排骨	304.	Deep Fried Pork Chop with Spicy Salt	14.50
蜀式牛肉	305.	Shredded Beef with Slender Bamboo Shoots	14.95
沙茶牛肉	306.	Sliced Beef with Barbecued Sauce	14.95
辣嫩牛肉	307.	Shredded Beef with Fresh Hot Pepper	14.95

Seafood

海蝦	401.	Shrimps with Bean Curd	13.95
芥蘭炒蝦	402.	Sautéed Squid with Chinese Celery	15.95
毛豆炒蝦	403.	Shrimp with Green Peas	16.95
椒鹽有頭蝦	404.	Salt and Pepper Shrimp with Shell	17.50
蝦子炒麵	405.	Shrimp with Pork Tendon	21.95
紅燒海菜	406.	Braised Sea Cucumber	23.75

Casserole

佛手雞	501.	Basil Chicken in the Hot Pot	14.95
佛手雞	502.	Pork Tendons in Casserole	15.95

Rice Cake & Noodle

炒麵	601.	Noodle with Meat Sauce	8.25
榨菜肉絲麵	602.	Soup Noodle with Pickled Cabbage and Pork	8.95
牛腩麵	603.	Stewed Beef Noodle Soup	9.95
炒麵	604.	Rice Cake with Chicken/Pork/Beef/Shrimp/Veg	11.75
什錦炒麵	605.	House Special Rice Cake	11.95
炒麵	606.	Chow Fen with Chicken/Pork/Beef/Shrimp/Veg	11.75
什錦炒麵	607.	House Special Chow Fen	11.95

Healthy Food Selection

水浸素什錦	HF1.	Steamed Mix Vegetables	9.50
水浸雙秀	HF2.	Steamed Broccoli and Snow Peas	9.50
水浸素豆腐	HF3.	Steamed Bean Curd with Assorted Vegetables	9.50
水浸菜蔬雞	HF4.	Steamed Chicken with Mix Vegetables	10.95
水浸雪豆雞	HF5.	Steamed Chicken with Snow Peas	10.95
水浸芥蘭雞	HF6.	Steamed Chicken with Broccoli	10.95
水浸菜蔬雞	HF7.	Steamed Shrimp with Mix Vegetables	12.75
水浸雪豆雞	HF8.	Steamed Shrimp with Snow Peas	12.75
水浸芥蘭雞	HF9.	Steamed Shrimp with Broccoli	12.75
水浸海鮮大會	HF10.	Steamed Seafood Platter	17.50

Moo Shu

素木須	M1.	Moo Shu Vegetable	8.25
木須肉	M2.	Moo Shu Pork	8.75
木須雞	M3.	Moo Shu Chicken	8.75
木須牛	M4.	Moo Shu Beef	8.95
木須蝦	M5.	Moo Shu Shrimp	8.95
京醬木須肉 / 雞	M6.	Moo Shu Pork (or) Chicken in Peking Sauce	8.75
京醬木須牛 / 蝦	M7.	Moo Shu Beef (or) Shrimp in Peking Sauce	8.95

Specialties

脆皮肉	HS1.	CRISPY PORK	14.50
<i>Thin strips of fried and crispy pork covered with our sweet & sour chef's special brown sauce</i>			
左宗雞	HS2.	GENERAL TSO'S CHICKEN	14.50
陳皮雞	HS3.	TANGERINE CHICKEN	14.50
麻辣雞	HS4.	MALA CHICKEN	14.50
<i>Sliced chicken breast meat sautéed with snow peas, red peppers, mushrooms and onion in a spicy black-pepper mala sauce</i>			
怪味雞	HS5.	CHICKEN AMAZING	14.50
<i>Sliced white meat chicken together with garden vegetable in delicate spicy red sauce</i>			
芝麻雞	HS6.	SESAME CHICKEN	14.50
<i>Lightly fried crispy strip white meat chicken cover with our chef's glaze sauce</i>			
陳皮牛	HS7.	TANGERINE BEEF	15.50
芝麻牛	HS8.	SESAME BEEF	15.50
香大會	HS9.	VEGETARIAN PARADISE	13.95
<i>Combination of sautéed string beans, fried bean curd in garlic sauce and Buddhist Delight served on one plate</i>			
菠蘿雙柳	HS10.	PINEAPPLE DOUBLE WONDER	15.75
<i>Strips of white meat chicken and sliced beef with pineapple, onion, and bell peppers sautéed in a light sweet and sour sauce</i>			
麻辣羊	HS11.	MALA LAMB	15.95
雙爆羊	HS12.	LAMB WITH SCALLION	15.95
雙味羊	HS13.	LAMB IN TWO STYLE	16.95
三味蝦	HS14.	SHRIMP ROYAL	16.25
<i>Jumbo shrimp and shredded pork combined with red pepper, bamboo shoots, and snow peas in our special royal sauce</i>			
陳皮蝦	HS15.	TANGERINE SHRIMP	16.25
脆皮蝦	HS16.	CRISPY SPICY JUMBO SHRIMP	16.25
火山	HS17.	VOLCANO	16.25
<i>Jumbo shrimp, sliced beef and chicken with vegetables stir-fried in our traditional brown sauce</i>			
全家福	HS18.	HAPPY FAMILY	16.50
椒鹽雙鮮	HS19.	SALT AND PEPPER SEAFOOD DOUBLE	17.50
<i>Jumbo shrimp combined with sea scallops breaded, fried, and sautéed with salt and pepper</i>			
麻辣海鮮	HS20.	MALA SEAFOOD	17.50
龍鳳配	HS21.	DRAGON & PHOENIX	17.50
<i>Combination of General Tso's Chicken & Lobster in Chili sauce served on one plate</i>			
海鮮花籃	HS22.	SEAFOOD IN THE BIRD'S NEST	17.95
<i>Shrimps, scallops, lobster and crab meat sautéed with vegetables, served in a crispy noodle bird's nest</i>			
蔬菜煲	HS23.	VEGETABLE HOT POT	12.75
牛腩煲	HS24.	CHICKEN HOT POT	13.75
牛腩煲	HS25.	BEEF HOT POT	15.50
鐵板雞	HS26.	SIZZLING CHICKEN	14.50
鐵板牛	HS27.	SIZZLING BEEF	15.50
鐵板豆腐	HS28.	HOUSE SPECIAL SIZZLING BEAN CURD	16.50
鐵板海鮮	HS29.	SIZZLING SEAFOOD	17.50
梅香鴨	HS30.	ROSE DUCK	16.25
<i>Half of a boneless duck topped with our special plum sauce Blended with black mushrooms and snow peas</i>			
北京鴨	HS31.	PEKING DUCK	28.95
<i>Tender boneless meat of a whole duck served with crepes fresh scallions and cucumber with hoisin sauce</i>			
清蒸魚	HS32.	STEAMED FISH	SEASONAL
脆皮魚	HS33.	CRISPY FISH	SEASONAL