

萬珍

MAN ZEN

CONTEMPORARY ORIENTAL RESTAURANT ☎ BAR

GLUTEN FREE MENU

FOR THE TABLE

EDAMAME 4.90
Edamame beans coated with chilli & garlic

SOUPS

CHICKEN SWEETCORN 5.50
Shredded chicken pieces, sweetcorn & egg ribbons in a comforting chicken soup broth

PRAWN SWEETCORN 5.90
Prawns, sweetcorn & egg ribbons in a comforting chicken soup broth

BUILD YOUR OWN BENTO

Select your choice of dishes, paired alongside your choice of fried rice & stir fried noodles

4-PART BENTO 42.90
Choose 2 of the below dishes, paired alongside your choice of fried rice & stir fried noodles

Choose Between:

Signature Mains:

Salmon & Soy (Supplement of 3.00)

Wok Fried Vegetables

Wok Fried Tenderstem Broccoli

Wok Fried Mushrooms

Select your choice of **Fried Rice:**

King Prawn Fried Rice

Mushroom & Vegetable Fried Rice

Tofu & Vegetable Fried Rice

FROM THE WOK

All **From The Wok & Signature Mains** dishes are served A'la carte. We recommend these dishes best paired with boiled or egg fried rice

Prepared with your choice of **king prawns, tofu or mixed vegetables**

TENDERSTEM BROCCOLI & GARLIC 13.50
Stir fried in a savoury oyster & garlic sauce with tenderstem broccoli & wok fried onions

GINGER & SPRING ONION 13.50
Stir fried in a savoury ginger sauce with spring onions & wok fried onions

SIGNATURE MAINS

SALMON & SOY 16.50
Pan fried salmon coated in a sweet & sticky soy glaze with wok fried onions

FRIED RICE DISHES

All fried rices are stir fried with wok fried onions, beansprouts & spring onion

KING PRAWN 13.90

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

EXTRAS

WOK FRIED VERMICELLI 6.50
Shiitake & white mushrooms stir fried with garlic & soy sauce

WOK FRIED VEGETABLES 5.50
Leafy green vegetables stir fried with garlic & soy sauce

WOK FRIED TENDERSTEM BROCCOLI 5.50
Tenderstem broccoli stir fried with garlic & soy sauce

DESSERTS

BLACK SESAME BROWNIE 8.50
Chocolate fudge brownie served with black sesame ice cream & sesame seeds

HOT & SOUR (MEAT) 5.50
Prawns, shredded chicken pieces, wood ear mushroom & tofu in a sour & spicy thick soup broth

HOT & SOUR (VEGETABLE) (V) 4.90
Wood ear mushroom & tofu in a sour & spicy thick soup broth

6-PART BENTO 62.90
Choose 4 of the below dishes, paired alongside your choice of fried rice & stir fried noodles

From The Wok: Choose **king prawns, tofu or mixed vegetables**
Tenderstem Broccoli & Garlic
Ginger & Spring Onion
Mushroom & Oyster Sauce

Select your choice of **Stir Fried Vermicelli Noodles:**

King Prawn Noodles

Mushroom & Vegetable Noodles

Tofu & Vegetable Noodles

MUSHROOM & OYSTER SAUCE 13.50
Stir fried in a savoury oyster sauce with shiitake mushrooms, white mushrooms & wok fried onions

FISH, TOFU & SHIITAKE POT 14.50
Tender fish, shiitake mushrooms & tofu braised in a savoury oyster & garlic sauce

FRIED NOODLES

Our noodles are prepared using rice vermicelli, stir fried with wok fried onions, beansprouts & spring onion

KING PRAWN 13.90

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

WOK FRIED MUSHROOMS 5.50
Shiitake & white mushrooms stir fried with garlic & soy sauce

BOILED RICE 3.50

EGG FRIED RICE 4.50
With beansprouts & spring onions in soy sauce

CHIPS 4.50

萬珍

MAN ZEN

CONTEMPORARY ORIENTAL RESTAURANT @ BAR

VEGAN MENU

FOR THE TABLE

EDAMAME 4.90
Edamame beans coated with chilli & garlic

STARTERS

VEGETABLE POTSTICKERS (5PCS) 7.90
Vegetable dumplings served with vinegar soy sauce

SALT & PEPPER TOFU 8.90

BUILD YOUR OWN BENTO

Select your choice of dishes, paired alongside your choice of fried rice & stir fried noodles

4-PART BENTO 42.90

Choose 2 of the below dishes, paired alongside your choice of fried rice & stir fried noodles

Choose Between:

From The Wok: Choose **tofu** or **mixed vegetables**

Tenderstem Broccoli & Garlic

Black Bean

Black Pepper

Ginger & Spring Onion

Mushroom & Garlic Stir Fry

Select your choice of **Fried Rice**:

Mushroom & Vegetable Fried Rice

Tofu & Vegetable Fried Rice

FROM THE WOK

All **Signature Mains** & **From The Wok** dishes are served A'la carte
We recommend these dishes best paired with boiled rice

Prepared with your choice of **tofu** or **mixed vegetables**

TENDERSTEM BROCCOLI & GARLIC 13.50

Stir fried in a savoury oyster & garlic sauce with tenderstem broccoli & wok fried onions

BLACK BEAN 13.50

Stir fried in a savoury black bean sauce with peppers & wok fried onions

BLACK PEPPER 13.50

Stir fried in a savoury cracked black pepper sauce with peppers & wok fried onions

SIGNATURE MAINS

SWEET & SOUR TOFU 13.50

Stir fried Cantonese style with pineapple, peppers & wok fried onions

WOK FRIED VEGETABLES 9.90

Leafy green vegetables stir fried with garlic & soy sauce

FRIED RICE DISHES

All fried rices are stir fried with wok fried onions, beansprouts & spring onion

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

EXTRAS

WOK FRIED VERMICELLI 6.50

Rice vermicelli with beansprouts wok fried onions & spring onions in soy sauce

WOK FRIED VEGETABLES 5.50

Leafy green vegetables stir fried with garlic & soy sauce

WOK FRIED TENDERSTEM BROCCOLI 5.50

Tenderstem broccoli stir fried with garlic & soy sauce

SOUPS

HOT & SOUR (VEGETABLE) 4.90
Wood ear mushroom & tofu in a sour & spicy thick soup broth

SALT & PEPPER CAULIFLOWER 8.90

SALT & PEPPER CHIPS 5.50

6-PART BENTO 62.90

Choose 4 of the below dishes, paired alongside your choice of fried rice & stir fried noodles

Signature Mains:

Wok Fried Vegetables

Wok Fried Tenderstem Broccoli

Wok Fried Mushrooms

Sweet & Sour Tofu

Select your choice of **Stir Fried Vermicelli Noodles:**

Mushroom & Vegetable Noodles

Tofu & Vegetable Noodles

GINGER & SPRING ONION 13.50

Stir fried in a savoury ginger sauce with spring onions & wok fried onions

MUSHROOM & GARLIC 13.50

Stir fried in a savoury mushroom sauce with shiitake mushroom, white mushrooms & wok fried onions

WOK FRIED TENDERSTEM BROCCOLI 9.90

Tenderstem broccoli stir fried with garlic & soy sauce

WOK FRIED MUSHROOMS 9.90

Shiitake & white mushrooms stir fried with garlic & soy sauce

FRIED NOODLES

Our noodles are prepared using rice vermicelli, stir fried with wok fried onions, beansprouts & spring onion

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

WOK FRIED MUSHROOMS 5.50

Shiitake & white mushrooms stir fried with garlic & soy sauce

BOILED RICE 3.50

CHIPS 4.50