

萬珍

# MAN ZEN

CONTEMPORARY ORIENTAL RESTAURANT & BAR

## GLUTEN FREE MENU

### FOR THE TABLE

**EDAMAME** 4.90  
Edamame beans coated with chilli & garlic

### SALT & PEPPER

**CHICKEN BITES** 8.90  
**CHICKEN WINGS (6 PCS)** 8.90  
**CRISPY SHREDDED BEEF** 10.50  
**KING PRAWNS (6 PCS)** 10.50

**FISH** 10.50  
**TOFU** 8.90  
**CAULIFLOWER** 8.90  
**CHIPS** 5.50

### 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

**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

### 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:**

**Wok Fried Vegetables**  
**Wok Fried Tenderstem Broccoli**  
**Wok Fried Mushrooms**

Select your choice of **Fried Rice:**

**Chicken Fried Rice**  
**Beef Fried Rice**  
**King Prawn Fried Rice**  
**Mushroom & Vegetable Fried Rice**  
**Tofu & Vegetable Fried Rice**

**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 **chicken, beef, king prawns, tofu or mixed vegetables**

**Tenderstem Broccoli & Garlic**  
**Ginger & Spring Onion**  
**Mushroom & Oyster Sauce**

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

**Chicken Noodles**  
**Beef Noodles**  
**King Prawn Noodles**  
**Mushroom & Vegetable Noodles**  
**Tofu & Vegetable Noodles**

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## GLUTEN FREE MENU

### 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 *chicken, beef, king prawns, tofu or mixed vegetables*

#### TENDERSTEM BROCCOLI 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

#### MUSHROOM & OYSTER SAUCE 13.50

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

### SIGNATURE MAINS

#### FISH, TOFU & SHIITAKE POT 14.50

Tender fish, shiitake mushrooms & tofu braised in a savoury oyster & garlic sauce

### FRIED RICE DISHES

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

#### CHICKEN 12.90

#### BEEF 12.90

#### KING PRAWN 13.90

#### MUSHROOM & VEGETABLE 12.50

#### TOFU & VEGETABLE 12.90

### FRIED NOODLES

Our gluten free noodles use rice vermicelli, stir fried with onions, beansprouts & spring onion in soy sauce

#### CHICKEN 12.90

#### BEEF 12.90

#### KING PRAWN 13.90

#### MUSHROOM & VEGETABLE 12.50

#### TOFU & VEGETABLE 12.90

### EXTRAS

#### WOK FRIED VERMICELLI 6.50

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 TENDERSTEM BROCCOLI 5.50

Tenderstem broccoli stir fried with garlic & soy sauce

#### WOK FRIED MUSHROOMS 5.50

Shiitake & white mushrooms stir fried with garlic & soy sauce

#### BOILED RICE 3.50

#### EGG FRIED RICE 4.50

#### CHIPS 4.50

### DESSERTS

#### BLACK SESAME BROWNIE 8.50

Chocolate fudge brownie served with black sesame ice cream & sesame seeds