

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 4.90
5 pieces of vegetable filled potstickers, served with vinegar soy sauce

VEGETABLE SPRING ROLLS 4.90
3 pieces of deep-fried shiitake mushroom & vegetable filled spring rolls, with sweet chilli sauce

HOT & SOUR SOUP 4.90
Wood ear mushroom & tofu in a sour & spicy thick soup broth

SALT & PEPPER TOFU 8.90

SALT & PEPPER CAULIFLOWER 8.90

SALT & PEPPER CHIPS 5.50

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

Oriental Curry

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 **Fried Rice:**

Mushroom & Vegetable Fried Rice

Tofu & Vegetable Fried Rice

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

Mushroom & Vegetable Noodles

Tofu & Vegetable Noodles

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

CHIPS 4.50

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VEGAN MENU

FROM THE WOK

All 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 13.50

Stir fried in a savoury 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

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 garlic sauce with shiitake mushrooms, white mushrooms & wok fried onions

ORIENTAL CURRY 13.50

Sweet & savoury Chinese curry served with wok fried onions & blanched tenderstem broccoli

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

WOK 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 RICE DISHES

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

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

FRIED NOODLES

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

MUSHROOM & VEGETABLE 12.50

TOFU & VEGETABLE 12.90

DESSERTS

APPLE SPRING ROLLS 8.50

Served with vegan vanilla ice cream & caramel sauce

BANANA FRITTERS 8.50

Served with vegan vanilla ice cream & caramel sauce

PASSIONFRUIT CHEESECAKE 7.90

Made with coconut milk