

zen
thai • asian • dining



THE RABBIT HOLE

CANTONESE-FUSION UNCOVERED

LIMITED EDITION

Thai asian lunchtime menu

1.09.26 TO 21.09.26

MONDAY TO FRIDAY

12 NOON - 4.30 PM

LET'S GET STARTED

PRAWN CRACKERS

4.50

Served with sweet chilli sauce.

APPE-THAI-SERS

Delicious street-vendor eats.

SPECIALITY SMALL PLATES

Perfect table fillers.

'Siu Yuk' Crispy Belly Pork 11.50

Thick crunchy crackling.

'Char Siu' Sliced Pork 11.50

Honey-glazed sweet red pork.

The Prawn Star 12.50

XL juicy sea shrimp sizzling in very saucy garlicky butter, chopped red chillies, kaffir lime, Thai basil, warm roti bread.

Chilli Squid 11.50

Crisp & peppery batter fried calamari, red chilli, dim sum dipping sauce.

Lettuce Wraps 11.50

Hot & sour Larb salad filling, minced chicken, roasted rice, shallot, kaffir lime leaf, spring onion, ground chilli & mint, spooned into iceberg pockets with crunchy noodles & plum ketchup.

Lava Shrimp Tempura 11.50

Delicious, tempura fried rock shrimp, tossed in zesty, siracha mayo.

DIETARY REQUIREMENTS

Please tell us if you have a food hypersensitivity. Some of our dishes are complex so not all ingredients are listed.

All dishes prepared in an environment where nuts, wheat, gluten, and other allergens are handled.



Our Favourites



Gluten Free Option



Vegetarian Option



Nuts



Vegan Friendly

Scoville Scale (spice/heat pungency)    

CLASSIC SOUPS

Make a meal of it ... add noodles 2.00.

Peking Duck Hot & Sour 10.00

Thick & Tangy. Shredded bamboo, ginger & crunchy veggies, silken bean curd.

Won Ton 10.00

Light, non-spicy classic. Pork dumplings & poached jumbo king prawns swimming in homestyle deluxe chicken consommé, sliced char sui, braised Chinese cabbage.

Tom Yum Goong 10.00

Super healthy and brimming with spicy & sour flavours. Lemongrass & ginger root broth, slow boiled prawn, long string mushrooms, Thai basil & lime leaf.

Tom Yum Gai 9.50

Super healthy and brimming with spicy & sour flavours. Lemongrass & ginger root broth, poached chicken, long string mushrooms, Thai basil & lime leaf.

Sukhothai 12.50

Thai noodle hot & sour soup with ground pork, wonton dumplings, sliced char sui, pork ball, sliced boiled hen's egg, crushed nuts, fried garlic, crunchy greens.

ZEN COLLECTIONS

Perfect for those who like to share the fare.

D-I-Y Duck Pancakes

Qtr 16.50 Half 27.00

Build & fill your own steamed pancakes with skin-on duck two ways – aromatic sliced breast & pulled roast leg meat, shredded cucumber, spring onion & hoi sin ketchup.

Steamy Dumplings 14.00

Dim Sum style ground pork & prawn Siu Mai, plump prawn Har Gow, mixed vegetable gyoza. Black vinegar and chilli oil infused dipping sauce.

ALLERGENS MENU



10% discount for all Durham University staff and students

A discretionary 10% service charge will be added to your bill.

THAIPAS

Chicken Satay **N** 7.50

Your meat is marinated, so it may have a pinkish colour, but rest assured it's not undercooked, it's true satay.

Duck Roll Cigars 7.50

Twice cooked, five-spiced confit duck meat, wrapped in oriental style pastry & hoi sin ketchup.

Pad Thai Spring Rolls **VF** 7.50

Thai version of a chop suey roll. Rice noodles, shredded veggie & beansprouts, fruity plum ketchup.

Salt & Pepper **GFO**

Crispy coated in light batter, generously wok'd with onion, pepper, chilli & crispy garlic.

Chicken **9.00**

King Prawn **11.50**

Tofu **VF** 9.00

THAI FRY

All served with white jasmine rice.

Add egg fried rice 1.90.

Pad Prik King **GFO** 16.50

Crispy belly pork in red curry paste, sweet aromas from fresh lemongrass, galangal & kaffir lime leaf, green beans & Thai sweet basil.

Pad Kra Pao **Z** 16.50

Spicy Thai holy basil, chopped greens, under crispy sunny side up hen's egg laid over ground meat, steamed rice, fish sauce for a salty tang.

Ground Chicken **17.50** Ground Pork **16.50**

Salt & Pepper Belly Pork 16.50

Cleaver Chopped Crispy pork belly, tossed with chilli & garlic, green onion & pepper, served with jasmine rice.

Giggling Fish **GFO** 18.50

Lightly wok fried, boneless fish fillets, palm sugar & red curry paste, French bean, finely shredded lime leaf, red chilli.

RICE BOWLS

Zenny Fried Rice **VO** 18.00

Packed with chicken, shrimp, char sui, shredded egg omelette, peas, light soy sauce. Topped with Thai style fried egg, traditional chilli fish sauce on side.

Indonesian Fried Rice **N** 18.50

Satay chicken skewers over butterfly shrimp, egg yellow rice, chopped spring onion, warm peanut sauce.

CHOPSTICK NOODLES

Pad Thai Four Ways

'Old Skool' **N** 18.50

Soy Chicken, plump sea prawns, heap of rice noodles tossed in cracked hen's egg, sweet tangy tamarind sauce, caramelised roast nut crumble, lime.

OR

Chicken Pad Thai **N** 17.50

Soy chicken, heap of rice noodles tossed in cracked hen's egg, sweet tangy tamarind sauce, caramelised roast nut crumble, lime.

OR

Floating Market **N** 18.50

Sea shrimps, squid, spring onion, bean sprouts.

OR

Pad Thai Jay **N** 17.50

Tofu & veggies – packed with flavoursome greens, soft egg free noodle, crushed peanut & lime. (does contain fish sauce).

Drunken Duck Noodles 18.50

Twist on popular favourite Pad Kee Mao, crispy duck piled with thin egg noodles & fixings. It's a sweet & spicy hoi sin flavour explosion.

Meat Feast Noodles **VO** 18.50

Garlicky egg noodles, aromatic duck, soy chicken, sweet red pork, Chinese cabbage, beansprouts, fried crispy garlic, premium soy gravy.

Millionaire Noodles **N** **VO** 18.50

Chicken, pork, shrimp & crushed nut crumble tossed in ribbon noodles, combined with the tangy, decadent aromatic sauce.

Singapore Vermicelli **VO** 18.50

Honey roast pork, chicken, prawn, wok tossed curried fine noodles, shredded omelette, peppers, bean sprouts, pak choi.

WOK STIR-FRY ZEN CLASSICS

All served with white jasmine rice. Add egg fried rice 1.90.

Crispy Chilli Beef 🌶️ 18.50

Flavourful sweet & savoury BBQ sauce, long hot peppers, stem ginger. Sweet but packing some serious heat!

Katsu Chicken 16.50

Crispy panko-crumbed chicken cutlet served over steamed rice with rich Japanese curry sauce, pickled vegetables and sesame.

Nutty Buddha 🌱 🌱 🌱

Pleasantly spicy pepper sauce, spring onion, classic combo of roasted cashews, Thai aromatics & tender young coconut.

Chicken 16.50

Tofu & Veggies 16.50

King Prawn 18.50

Teriyaki 🌱

Tempting barrel aged full-bodied soy sauce, shot of Shaoxing rice wine & garlicky mushrooms.

Chicken 16.50

Beef 18.50

King Prawn 18.50

Tofu & Veggies 16.50

Grilled Salmon 18.50

Polynesian 🌱 🌱

Caramelised in sweet chilli, runny honey, ginger & soy sauce.

Chicken 16.50

Pork 16.50

King Prawn 18.50

Tofu & Veggies 16.50

ZEN CURRIES

All Gluten-free

All of our curries are 100% made from scratch, from years of trial and little error – we seriously recommend you try one of these!

All served with white jasmine rice. Add egg fried rice 1.90.

Pick your fill from the protein menu

All White Chicken	16.50	Lean Pork Fillet	16.50
Sliced Beef Fillet	18.50	Jumbo King Prawns	18.50
Variety of Veggies & Tofu Bean Curd		16.50	

Thai Green 🌱

Needs little introduction. Spicy coconut sauce, laced with aromatic paste, green chilli, egg plant & Thai basil. Zen's signature curry & best seller.

Thai Red 🌶️ 🌶️

Robust rich thick sauce with chilli paste, sweet squash, red & green chilli, Thai basil for good depth of flavour.

Thai Yellow 🌱

Zen's vegan friendly curry. A delicious, mild curry characterised by tasty aromatics including lemongrass, turmeric & coriander.

Oh, Buddha Me 🌱 🌱

Chef's special. Smooth, rich, creamy coconut spiced peanut gravy, chunky sweet potato. Will leave you well satay-fied!

Penang 🌶️ 🌶️

Renowned indulgent northern Thai style curry with Burmese influence. Pepped up with sundried chilli, betel nut leaves, galangal, lemongrass, coriander & shredded basil. Easy, simplified, one pot dish.

Massaman 🌱

Indian roots, mild in flavour, with all the usual Thai suspects like coconut milk & galangal. Creamy curry sauce with potatoes, onions & cashews.

Rendang 🌱

Explosively flavourful, legendary complex not too liquid sauce, finished with a good glug of fragrant coconut cream, crispy onion sprinkle & shredded sweet basil. Undisputed King of Indonesian curries.

BESIDES

Jasmine Rice	5.00	Noodles & Beansprouts	5.00
Egg Fried Rice	5.50	Wok Broccoli	7.50
French Fries	5.50	Mixed Asian Greens	7.50
Salt & Pepper Fries	6.00	Satay Sauce 🌱	2.50
		Curry Sauce	3.50

YOUNG ZENNERS

Zen F.C. 9.50

Crispy coated chicken nuggets with French fries & tomato dunk.

I'm Young Fried Rice 🌱 9.50

Chicken & fresh garden pea, wok tossed in egg fried rice.

Mini Duck Pancakes 9.50

Cucumber sticks & Hoi sin ketchup.