

uts & garbanzo bean spread. served w/ delicious yam fries	9.50
M FRIES	9.50
ed with shredded carrots, alfalfa sprouts, ic yam fries.	
P w/SMALL SALAD	9.50
ce, crisp vegetables & hoisin sauce, wrapped in a spinach tortilla	
CH w/SMALL SALAD	9.50
ts and alfalfa sprouts	

2.95	ALL-NATURAL ROOT BEER	2.50
2.95	SODA (can)	1.95
2.95	FIJI WATER	3.75 5.95
2.95	SAN PELLEGRINO	3.75 5.95
2.95	FRESH-SQUEEZED ORANGE JUICE	5.95
3.50	FRESH-SQUEEZED CARROT JUICE	5.95
4.00	MIXED ORANGE/CARROT JUICE	5.95

2.75	DECAF RELAXING TEA	2.25
2.25	JASMINE TEA	2.25
2.25		

4.50	KEY LIME HIGH	4.50
4.50	MOLTON HOT CHOCOLATE CAKE	4.50

## VALUE-EXPRESS LUNCH MENU

dine-in and take out only  
MON~FRI 11:00AM ~ 4:00PM

**\$9.95**

### CHOOSE YOUR ENTREE

Sesame Medallions

Sweet & Sour Sensation

Curry Supreme

Eggplant Zentastic

Tofu Delight

Rose Petals

Shredded Melody

Mini Veggie Loaf

Stir-Fried Whole Wheat Noodles

Zen Burger w/ Yam Fries

### CHOOSE YOUR BEVERAGES

dine-in & pickup only

Cranberry Iced Tea

Pineapple Iced Tea

Apple Iced Tea

Green Iced Tea

Regular Iced Tea

Organic Hot Green Tea

Decaf Hot Tea (Mint/Chamomile)

## LOCATION

663 Ninth Ave. (at 46th st.)

New York, NY 10036

Tel. 212.582.1669

## Ask for NEW LOCATION

### UPPER WESTSIDE

239 W. 105 St.

(corner of broadway)

212.222.2111

### UNION SQUARE

115 E. 18 St.

(between park ave s. & irving place)

New York, NY 10003

212-387-8885

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*~Vogue, May 1995*



## SOUPS

WONTON SOUP	3.95
HOT & SOUR SOUP	3.95
MISO SOUP	3.95

## SALADS

HOUSE SALAD	5.95
THAI CHOPPED SALAD	5.95
GRILLED SESAME TOFU SALAD	5.95
KALE & SEAWEED SALAD	5.95
SPINACH LINGUINE SALAD	5.95

## STARTERS

TARO SPRING ROLLS (2)	3.50
PEANUT-BASIL MOO-SHU ROLLS (2)	3.50
SWEET YAM FRIES	4.95
VEGETABLE DUMPLINGS (6) (steamed or pan-fried)	5.75
SCALLION PANCAKES	5.50
EDAMAME	4.95
AUTUMN ROLLS (6)	6.95

## RICE & NOODLES

STIR-FRIED SOBA NOODLE w/SOY & VEGETABLES	8.95
CURRY NOODLE SOUP (your choice of noodles)	8.95
DUMPLING SOUP w/VEGETABLES	8.95
TONG MEIN NOODLE SOUP w/DELUXE VEGETABLES	9.25
HONG KONG-STYLE STIR-FRIED RICE FETTUCCHINI w/SOY	8.95
STIR-FRIED SPINACH LINGUINE	8.95
SINGAPORE-STYLE CURRIED RICE NOODLES	8.95
STIR-FRIED BROWN RICE w/SOY	7.95
STEAMED BROWN & RED RICE	1.95

## PR I X F I X E

SHREDDED HEAVEN (w/taro spring rolls, brown & red rice) <i>chives, bean sprouts, bell peppers, jalapeños, two kinds of shredded soy &amp; wheat gluten</i>	11.95
SWEET AND SOUR SENSATION (w/taro spring rolls, brown & red rice) <i>battered soy protein in sweet &amp; sour sauce on a bed of blanched broccoli</i>	10.50
MANGO HALO (w/taro spring rolls, brown & red rice) <i>fresh mangos, cherry tomatoes, ginkgo nuts, snow peas &amp; soy nuggets in a sweet kung pau sauce</i>	11.95
SOUTH BY SOUTHEAST (w/basil moo shu rolls & blanched vegetables) <i>a healthy mix of southeast asian and southern american flavors, kidney beans and hearty soy croquettes served with a light and spicy vietnamese-style lemongrass sauce</i>	11.95
SHREDDED MELODY (w/taro spring rolls, brown & red rice) <i>shredded soy protein stir-fried with celery, carrots, zucchini &amp; pine nuts in a light garlic sauce</i>	10.95
FELICITY MUSHROOM (w/basil peanut rolls, brown & red rice) <i>fresh shiitake &amp; button mushrooms sautéed with basil, bamboo shoots &amp; carrots</i>	12.50
CURRY SUPREME (w/taro spring rolls, brown & red rice) <i>tender soy protein with potatoes &amp; carrots in a mild curry sauce</i>	9.95
MOO-SHU FANTASIA (w/taro spring rolls, 2 moo shu crêpes) <i>wok-sautéed shredded green cabbage, carrots, glass noodles, mushrooms and savory soy ham with two moo shu crêpe wraps</i>	11.50
ROSE PETALS (w/taro spring rolls, brown & red rice) <i>home-made soy crêpes with wolfberry seeds &amp; garden vegetables (cabbage, mushrooms, snow peas &amp; carrots) in a sweet rice ginger sauce</i>	11.75
MEDITERRANEAN MEDLEY (w/taro spring rolls & brown & red rice) <i>artichokes, basil, and tomatoes stir-fried to perfection in a basil garlic sauce with seitan</i>	11.95
EGGPLANT ZENTASTIC (w/taro spring rolls, brown & red rice) <i>eggplant &amp; shanghai bok choy in a garlic sauce</i>	10.75
TOFU DELIGHT (w/taro spring rolls, brown & red rice) <i>soft tofu with zucchini &amp; tomatoes in a black bean sauce</i>	9.95
TEX-MEX MOO SHU (w/ taro spring rolls, salad) <i>kidney beans, barley &amp; soy protein wrapped in spinach crêpes served with guacamole &amp; carrot peanut cole slaw</i>	11.95
SESAME MEDALLIONS (w/taro spring rolls, brown & red rice) <i>sliced wheat gluten in an Asian barbecue sauce garnished with blanched broccoli</i>	11.25
SHEPHERD PIE CROQUETTE (w. basil moo shu rolls, salad) <i>mini potato pie stuff w/ a hearty combination of soy protein &amp; veggies served w/ teriyaki sauce, 2 basil rolls, pickled cabbage &amp; salad</i>	11.95
MINI VEGGIE LOAF (w. taro spring rolls, broccoli) <i>Spaghetti w. veggie loaves (soy protein flake, chick pea, tofu, oat meal, brown rice, jicama, carrot, cilantro, dry onion flake &amp; tapioca starch) w. home-made marinara sauce w. apple, tomato &amp; onion</i>	11.95

## D I N E R Z E N

## APPETIZERS, DINNER RICE & NOODLES

TRI-COLOR ZENMAKI
SAMPLER FOR TWO
CANTONESE PAN-FRIED NOODLE
BANGKOK FRIED RICE
STEAMED STICKY RICE
MOO SHU CREPE (2)

## ENTREES

CELESTIAL TOFU <i>delicately-battered soft bean curd w/ sun-dried tomato, tender seitan &amp; broccoli in a light tomato-sage sauce</i>
SIZZLING MEDALLIONS <i>crispy wheat gluten filet à l'orange w/ fresh asparagus, mushrooms, string beans</i>
TEMPLE OF ZEN <i>a healthful mélange of string beans, squash, carrot, broccoli, snow peas, mushrooms, jalapeno peppers, topped with grilled tofu, crunchy kale and sesame seed</i>
TAPESTRY EMBRACE <i>grilled marinated seitan filet and fresh shiitake mushroom in a sweet teriyaki sauce and yellow squash with a banana-leaf cone of asian sticky rice</i>
WHEEL OF DHARMA <i>tempura-battered shiitake mushrooms, mashed sweet potato and snow peas</i>
CRÊPE DE FLEUR <i>soy protein, pine nuts, waterchestnut &amp; vermicelli noodles with shiitake mushrooms &amp; red onion in light curry sauce. garnished w/ a crispy yuba beggar's purse</i>
E.T. <i>eggplant and tofu! With tender wheat gluten, asparagus spears and ginger, green bean and basil sauce, served on a sizzling platter</i>
TASTE OF CURRY <i>squash, cauliflower, okra, bell pepper new potato and delicate tofu puffs in a light curry sauce</i>
RED MIST <i>soy bean crepe wrapped in seaweed served w/ sweet &amp; spicy satay sauce, mushrooms, shiitake &amp; enoki mushroom &amp; red onion, garnish w/ broccoli, rice noodle &amp; sesame seeds</i>