



Zen Forrest, Lunch Menu

Call us today! 727-372-9545

4148 Rowan Road
New Port Richey, Fl 34653
www.zenforrest.com

Tuesday - Thursday : 11:30 – 9:30
Friday & Saturday : 11:30 – 10:00
Sunday : Closed
Monday : 4:30 -- 9:30

Lunch available Tuesdays - Saturdays
11:30 AM to 3:00 PM

A la Carte Menu

A la carte items can be added to any of the lunch menu choices.

- House Salad \$2.00
- Half order of rolls \$2.50
- Bowl of Soup
(Wonton or Chicken Rice) \$3.95

Dessert

Don't forget about dessert: Zen Forrest
Dark Chocolate Mousse or Cheese
cakes \$5.95

Lunches that Include a Zen Forrest Roll

Zen Forrest Rolls served with a spicy mustard sauce.

Healthy Stir-Fries \$7.25

Choose chicken, shrimp or tofu with mixed vegetables sautéed in a fiery wok with your choice of sauce: & choice of Jasmine rice or fried rice. Choose your sauce:

Classic brown sauce
Lemon-grass sauce
Tangy garlic sauce
Spicy Szechwan sauce
Forrest Coconut Zing sauce

Popular Chicken Dishes \$7.00

Classic General Tso's Chicken
Zesty Orange Chicken
Sesame Chicken

Bul Go Gi or Bul Go Gi Fried Rice \$7.50

Tender sirloin shaved thin then bathed in our delicious sesame/soy and garlic marinade and finished in a scorching wok.

Jumbo Shrimp & Garlic with Baby spinach in Lo Mein \$8.95

Grilled Tuna or Salmon Steak \$8.98
with Peppercorn Teriyaki Glaze Sautéed mixed vegetables & jasmine rice.

Stand-alone Lunches

These lunches are not served with a Zen Forrest Roll

Satay Chicken Salad \$7.50

Chicken marinated in loads of Thai herbs, spices, & coconut then grilled and served over a crisp salad with spicy mango dressing.

Soup & Salad Combo \$5.75

A large salad of mixed greens with soup of the day Choice of house made dressing:

Zen Forrest house dressing
Spicy Mango
Black Sesame Vinaigrette

Banh Mi (French/Viet. sandwich) \$5.95

French bread filled with citrus roasted pork, garlic mayo, pate, cucumber, pickled carrots & daikon topped with fresh cilantro and sliced jalapeño.

General Tso's Chicken (China) or Tangy Orange Zested Chicken(China) or Sesame Chicken (China) \$7.00

Lightly battered chicken breast fried to a golden crisp then drizzled with your choice of one of these classic sauces.

Roasted Asian eggplant sandwich \$5.95

Oven roasted Asian eggplant, roast marinated red onions, chopped tomatoes, arugula, & crumbled feta severed on French bread.