

Steamed Dim Sum

Har Kau (4) - Prawn Dumplings	£3.50
Siu Mai (4) - Prawn & Meat Dumplings	£3.50
Beef Dumplings with Ginger & Spring Onion (3)	£2.90
Char Siu Bow (2) - Roast Pork Buns	£2.90
Scallop & Prawn Dumplings (3)	£3.30
Prawn & Pak Choi Dumplings (3)	£3.30

Deep Fried Dim Sum

Spring Rolls (3)	£2.90
Sesame Chicken Cakes (3)	£2.90
Chicken & Cheese Rolls (3)	£2.90
Prawn Parcels (3)	£3.30
Crispy Won Tun (3) - Prawn Dumplings	£3.30
Prawn Envelopes with Mayonnaise Dip (3)	£3.30
Wafer- Paper Wrapped Prawns (3)	£3.30
Sesame Prawn on Toast (4)	£3.30
War Tip (3) - Chicken Dumplings	£3.30
Spring Onion Pancakes (3)	£2.90
Curried Beef Samosas (3)	£2.90

Man Zen Platters

Dim Sum Platter (min. 2) £5.50 per head

(Spring Roll, Prawn Parcel, Siu Mai, Beef Dumpling, Sesame Chicken Cakes, served with Seaweed & Pickled Vegetable)

Seafood Dim Sum Platter (min. 2) £6.50 per head

(Har Kau, Prawn Envelope, Prawn on Toast, Thai Fish Cake, Crispy Won Tun served with Seaweed & Pickled vegetable)

Man Zen's Mixed Hors-D'oeuvres (min. 2) £7.50 per head

(Steak Rolls in Black Pepper Sauce, Barbecued Spare Ribs, Garlic Chicken Wings, Sesame Prawn on Toast, Spring Rolls, Spring Onion Pancake, served with Seaweed & Pickled Veg.)

Man Zen's Seafood Hors-D'oeuvres (min. 2) £8.50 per head

Our Chef's Dedication to Seafood Lovers

(Crab Claws Stuffed with Prawn Paste, Jumbo Prawns with Garlic & Chilli, Steamed Mussels with Garlic, Thai Fish Cake, Crab Stick Roll, Smoked Fish, served with Seaweed & Pickled Vegetable)

Soup

Minced Chicken & Sweet Corn Soup	£2.60
Crab Meat & Sweet Corn Soup	£2.60
Peking Hot & Sour Soup	£2.60
Sliced Chicken & Straw Mushrooms Clear Soup	£2.60
Won Tun Clear Soup	£3.90
Tom Yam Gai - Traditional THAI Soup	£3.50
<i>Spicy Chicken Soup seasoned with Lemongrass, Ginger, Chilli & Coriander</i>	
Tom Yam Goong - As Above but with Seafood	£3.90
Assorted Seafood & Seasonal Vegetable Clear Soup	£3.90

Man Zen Starters

S1 Crispy Seaweed	£2.90
S2 Prawn Crackers	£1.50
S3 Spicy Thai Prawn Crackers with Sweet Chilli Dip	£2.50
S4 Aromatic Crispy Duck with Pancakes	Half £16.00 Quarter £8.50
S5 Aromatic Crispy Lamb with Pancakes	£6.00
S6 Lobster Tail with Ginger & Spring Onion or Szechuan Sauce	each £8.50
S7 Barbecued Spare Ribs	£6.50
S8 Garlic & Chilli Spare Ribs	£6.50
S9 Spare Ribs in Peking Sauce *	£6.50
S10 Mini Spare Ribs in OK Sauce	£6.50
S11 Mini Spare Ribs in Sweet & Sour Sauce	£6.50
S12 Deep Fried Crab Claws stuffed with Prawn Paste (2)	£6.90
S13 Minced Chicken & Nuts with Lettuce Wrap*	£6.00
S14 Steak Rolls stuffed with Garlic & Coriander in Black Pepper Sauce (3)	£6.50
S15 Deep Fried Squid with Garlic & Chilli	£5.50
S16 Deep Fried Squid with Sweet & Sour Dip	£5.50
S17 Steamed Fresh Scallops in Shell (2) with Garlic or Ginger, Spring Onion & Soya Sauce	£5.50
S18 Deep Fried Sesame King Prawns in Lemon & Honey Sauce	£5.50
S19 Steamed King Prawns with Garlic or Black Bean Sauce (6)	£5.50
S20 Fried King Prawns with Garlic & Chilli (6)	£5.50
S21 Pan Fried Jumbo Tiger Prawn	£4.90
Choice of Sauce: <i>Garlic & Chilli, Szechuan Spicy Sauce or Cantonese Sauce</i>	
S22 "Soft Shell" Crab with Garlic & Chilli (1)	£4.90
S23 Green Lip Mussels in Shell with Szechuan Sauce or Black Bean Sauce	£4.50
S24 Fried Chicken Wings with Garlic & Chilli or Cantonese Sauce	£4.90
S25 Thai Fish Cakes with Sweet Chilli Dip (4)	£3.80
S26 Smoked Fish with Pickled Vegetable (Cold)	£4.50
S27 Skewered THAI Satay Chicken or Lamb* (3)	£4.90
S28 Skewered Chicken or Lamb in Cantonese Sauce (3)	£4.90
S29 Wasabi Prawns (6)	£5.50

MAIN COURSES

Seafood Dishes

1 Steamed Sea Bass Fillet with Ginger, Spring Onion & Soya Sauce	each £10.90
2 Stir Fried Dover Sole Fillet with Fresh Asparagus, Spicy Szechuan Sauce or Ginger & Spring Onion	£11.90
3 Stir Fried Monk Fish with Seasonal Vegetable	£10.90
4 Stir Fried Scallops with Seasonal Vegetable	£8.90
5 Deep Fried Squid with Chilli & Garlic	£7.90
6 Fresh Squid with Green Pepper & Black Bean Sauce	£7.90

7 Fried Fish Fillet	£7.90
<i>Cod Fillet Coated in Batter, Deep Fried and served in the Choice of Sweet Corn Sauce, Szechuan Sauce or Sweet & Sour Sauce</i>	

Chef's Specialities

8 Wok Fried Sea Bass Fillet or Wok Fried Halibut Steak	£10.90
Choice of Sauce: <i>Ginger & Spring Onion, Rice Wine & Soya Sauce, Preserved Sweet & Sour Vegetables Sauce, Spicy Szechuan Sauce</i>	
9 XO Three Fried Sea Treasure	£11.90
<i>Quick Fried Monk Fish, Scallops & King Prawns with Spicy 'XO' Sauce</i>	
10 Stir Fried Monk Fish with Black Bean Sauce	£10.90
11 Stir Fried Scallops & King Prawn with Fresh Asparagus	£9.90
12 Scallops & King Prawns in Black Bean Sauce	£9.90
13 Stir Fried Beef Fillet Strips with Fresh Asparagus	£8.90
14 Beef Fillet Strips in Cantonese Sauce	£8.90
15 Skewered Fillet Steak & Chicken in Satay Sauce *	£8.90
16 Wok Fried Beef Cube Fillet with Garlic and Chilli	£8.90
17 Man Zen Special Curry	£7.90
<i>(King Prawn, Chicken, Beef & Char Siu all inc.)</i>	
18 Prawn Meat Balls with Cashewnuts *	£7.90
19 Prawn Meat Balls with Ginger & Spring Onion	£7.90
20 Stuffed Green Pepper with Prawn Paste in Black Bean Sauce	£7.90
21 Spicy 'Mau Tai' Chicken	£6.90
<i>Marinated Chicken Slices with MAU TAI Wine, seasoned with Fresh Chilli & Garlic</i>	
22 Crispy Shredded Beef with Chilli	£6.90
23 Crispy Shredded Chicken with Chilli	£6.90
24 Chicken in Lemon Sauce	£6.90
<i>Lightly Battered Chicken Fillet, then topped with our delicious Lemon Sauce</i>	
25 Thai Crispy Chicken Fillet with Sweet & Chilli Dip	£6.90
26 Thai Green Curry with Chicken	£6.90
27 Thai Green Curry with King Prawn	£8.50
28 Thai Red Curry & Pineapple with Chicken	£6.90
29 Thai Red Curry & Pineapple with King Prawn	£8.50

Steak & Lamb Dishes

30 Fillet Steak Cantonese Style	£8.90
31 Fillet Steak in Satay Sauce *	£8.90
32 Fillet Steak in Black Bean Sauce	£8.90
33 Fillet Steak in Black Pepper Sauce	£8.90
34 Fillet Steak with Ginger & Spring Onion	£8.90
35 Lamb Fillet in Black Pepper Sauce	£6.90
36 Lamb Fillet in Black Bean & Spring Onion	£6.90
37 Lamb Fillet with Ginger & Spring Onion	£6.90

Roast Dishes

38 Barbecued Roast Lean Pork (Char Siu)	£6.50
39 Roast Crispy Chicken Cantonese Style (half)	£9.50
40 Duck Stuffed with Prawn Paste in Mushroom Sauce	£8.90
41 Cantonese Roast Duck	£8.50
42 Roast Duck in Plum Sauce*	£8.50
43 Roast Duck in Lemon Sauce	£6.90
44 Roast Duck in Orange Sauce	£6.90
<i>Duck Fillet in Light Batter topped with Orange Sauce with a touch of Cointreau</i>	
45 Roast Duck with Green Pepper & Black Bean Sauce	£6.90
46 Roast Duck with Pineapple & Sweet Ginger	£6.90

Sweet & Sour Dishes

47 Sweet & Sour Chicken	£6.50
48 Sweet & Sour Pork	£6.50
49 Sweet & Sour King Prawns	£7.90
50 Sweet & Sour Combination	£7.90
<i>(King Prawn, Chicken & Pork)</i>	

CREATE YOUR OWN FAVOURITE DISH

Select one of the following items :-

King Prawn	£7.90
Chicken	£6.50
Beef	£6.50
Pork	£6.50
Lamb	£6.90

Then create any style by choosing one of our delicious Sauces or Vegetables from the choices below :-

Cantonese Sauce - Fruity
Szechuan Spicy Sauce
Curry Sauce
Satay Sauce*
Spring Onion & Black Bean Sauce
Green Pepper & Black Bean Sauce
Fresh Ginger & Spring Onion Sauce
Bamboo Shoot & Oyster Sauce
Black Pepper Sauce
Broccoli & Garlic
Pineapple & Sweet Ginger
Straw Mushrooms
Garlic, Salt & Chilli Pepper
Foo Yung - Scrambled Egg
Fresh Seasonal Vegetables
Cashewnuts £0.50 Extra*
Spicy 'Kung Po' Style £0.50 Extra*
Fresh Tomato & Spring Onion

Noodles, Rice Sticks & Fried Rice

51	Special Chow Mein	£8.50
52	King Prawn Chow Mein	£8.50
53	Sliced Chicken Chow Mein	£6.90
54	Sliced Char Siu Chow Mein	£6.90
55	Sliced Beef Chow Mein	£6.90
56	Japanese Udon Noodle with Fillet Steak Strips in Black Pepper Sauce	£8.90
57	Fried Vermicelli Singapore Style	£6.50
58	King Prawn Fried Rice	£7.50
59	Chicken Fried Rice	£5.50
60	Char Siu Fried Rice	£5.50
61	Yang Chow Fried Rice	£5.50
62	Man Zan Special Fried Rice <small>NEW</small>	£7.50

Side Dishes

63	Mixed Vegetables	£4.50
64	Garlic Pak Choi	£4.50
65	Fried or Steamed Broccoli with Garlic	£4.50
66	Garlic Mushrooms	£3.90
67	Fried Bean Sprouts	£3.90
68	Soft Noodles with Bean Sprouts & Onion	£3.50
69	Crispy Noodles	£3.00
70	Soya Sauce with Spring Onion & Chilli	£2.00
71	Sweet & Sour Sauce	£2.00
72	Curry Sauce	£2.00
73	Chips	£2.00
74	Egg Fried Rice	£2.00
75	Boiled Rice	£1.80

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SPECIAL VEGETARIAN MENU

Vegetarian Dim Sum

V1	Crispy Vegetarian Spring Rolls (3)	£2.90
V2	Crispy Vegetarian Won Tun (3)	£2.90
V3	Steamed Vegetable Dumplings (3)	£2.90
V4	Crispy Spring Onions Pancakes (3)	£2.90
V5	Curried Vegetable Samosas (3)	£2.90
V6	Crispy Vegetable Parcel (3)	£2.90

99% of our cooking have no MSG added.

(V) Suitable for Vegetarian

* Contains Peanut or Nut Based Products

Starters

V7	Crispy Seaweed with Crushed Cashewnuts Topping*	£2.90
V8	Whole Asparagus in Garlic Sauce	£3.90
V9	Large Egg Roll with Vegetables Stuffing	£4.50
V10	Fried Bean Curd with Salt & Chilli	£4.90
V11	Vegetarian Lettuce Wrap* <i>Stir Fried Diced Vegetables & Crushed Nuts with Garlic & Rice Wine, served on a Bed of Crispy Vermicelli with Lettuce & Sauce for Wrapping</i>	£5.50
V12	Vegetarian Platter <i>Vegetarian Spring Roll, Spring Onion Pancake, Crispy Vegetable Parcel, Curried Vegetable Samosa, Vegetarian Won Tun, served with Seaweed & Pickled Veg.</i>	£5.50

Soup

V13	Sweet Corn Soup	£2.50
V14	Sweet Corn & Diced Vegetable Soup	£2.50
V15	Vegetarian Hot & Sour Soup	£2.50
V16	Mixed Vegetable Clear Soup	£2.50
V17	Spicy TOM YAM Vegetable Soup - Thai Style	£3.00

Main Courses

V18	Vegetarian Chicken (Soya Bean Product) Choice of Sauce : <i>Sweet and Sour Sauce, Lemon Sauce, Curry Sauce, Mushrooms, Szechuan Spicy Sauce, Green Pepper & Black Bean Sauce</i>	£6.50
V19	Fried Bean Curd - Choose one of the above Sauces	£6.50
V20	Crispy Fried Soya Bean Strips in Chilli Sauce or Cantonese Sauce	£6.50
V21	Diced Vegetables & Cashewnuts with Spicy Sauce*	£5.90
V22	Braised Assorted Vegetables in Szechuan Sauce	£5.50
V23	Fried Asparagus & Straw Mushrooms	£5.90
V24	Thai Green Curry with Bean Curd & Vegetables	£6.50
V25	Fried Mange Tout & Straw Mushrooms	£5.50
V26	Fried Broccoli & Straw Mushrooms	£5.50
V27	Mixed Vegetables Foo Yung - Scrambled Egg	£5.50
V28	Mixed Vegetables in Satay Sauce*	£5.00
V29	Mixed Vegetables Chow Mein	£6.50
V30	Vegetarian Vermicelli Singapore Style	£5.50
V31	Diced Vegetables Fried Rice	£4.50

Credit Card can only be accepted
for order of £10 or over.

~ All Prices Include VAT ~

SPECIAL BANQUET A

£20.50 per head

Minimum for Two People

Minced Chicken & Sweet Corn Soup with Prawn Crackers

Mixed Platter:

Spring Rolls
Prawn on Toast
Barbecued Spare Ribs
Spring Onion Pancakes
Fried Garlic Chicken Wings
Thai Skewered Satay Chicken *

Served with Seaweed & Pickled Vegetable

Aromatic Crispy Duck with Pancakes

Main Course for two people:

Fillet Steak Cantonese Style
Chicken with Green Pepper and Black Bean Sauce
Yang Chow Fried Rice

Extra dish for three people:

Lamb Fillet with Ginger & Spring Onion *

Extra dish for four people:

Sweet and Sour Combination

Extra dish for five people or more:

King Prawns with Seasonal Vegetable

SPECIAL BANQUET B

£23.00 per head

Minimum for Two People

Mixed Platter:

Spring Rolls
Sesame Prawn on Toast
Barbecued Spare Ribs
Fried Garlic Chicken Wings
Curried Beef Samosas
Thai Skewered Satay Chicken *

Served with Seaweed & Pickled Vegetable

Steak Rolls Stuffed with Coriander & Garlic
in Black Pepper Sauce

Jumbo Tiger Prawn with Spicy Sauce

Aromatic Crispy Duck with Pancakes

Main Course for two people:

Skewered Fillet Steak Cantonese Style
Sliced Roast Pork with Fresh Mange Tout
Yang Chow Fried Rice

Extra dish for three people:

Chicken in Lemon Sauce

Extra dish for four people:

Thai Green Curry with King Prawn*

Extra dish for five people or more:

Steamed Sea Bass Fillet with Ginger & Spring Onion in Soya Sauce



MANZEN

ORIENTAL RESTAURANT

169 Ashley Road, Hale, Altrincham WA15 9SD

Tel: 0161 928 1222 / 2228

www.manzenrestaurant.co.uk

Mon to Sat 5.30pm - 11.30pm

Sunday 2.00pm - 11.00pm