

御園 Zen Gardens

Fine Chinese Cuisine

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7 Fayette Drive,
South Burlington, VT 05403
(Additional parking beneath & behind the restaurant)

Hours:

M-Th 11:30-9:30

F-Sa 11:30-10:30

Sun. 12:00-9:30

We Deliver



www.zengardens-vt.com



Specialties

左宗雞/陳皮雞	HS1.	Zen's Special Chicken Famous dish which made with chunks of marinated chicken, deep-fried and sautéed in your choice of <ul style="list-style-type: none"> ➤ A. General Tso's Chicken 14.50 ➤ B. Tangerine Chicken 14.50 	14.50
麻 辣 雞	HS2.	➤ Mala Chicken Sliced chicken breast meat sautéed with snow peas, red peppers, mushrooms and onion in a spicy black-pepper mala sauce	14.50
怪 味 雞	HS3.	➤ Chicken Amazing Sliced white meat chicken together with garden vegetable in a delicate spicy red sauce	14.50
芝 麻 雞	HS4.	Sesame Chicken Lightly fried crispy strip white meat chicken cover with our chef's glaze sauce	14.50
陳皮牛/芝麻牛	HS5.	Zen's Beef Large chunks of steak lightly breaded and fried till crispy, in your choice of <ul style="list-style-type: none"> ➤ A. Tangerine Beef 14.50 B. Sesame Beef 14.50 	14.50
麻辣羊/蔥爆羊	HS6.	Zen's Lamb <ul style="list-style-type: none"> ➤ A. Mala Lamb 15.50 B. Lamb w/ Scallion 15.50 ➤ C. Lamb in Two Style (choice of Mala, Scallion, Spicy Tea Sauce) 16.50 	15.50
雙 味 羊			16.50
三 絲 蝦	HS7.	➤ Shrimp Royal Jumbo shrimp and shredded pork combined with red pepper, bamboo shoots, and snow peas in our special royal sauce.	16.25
陳皮蝦/脆皮蝦	HS8.	Zen's Jumbo Shrimp Jumbo shrimp lightly breaded and fried till crispy, in your choice of <ul style="list-style-type: none"> A. Tangerine Shrimp 15.95 B. Crispy Shrimp 15.95 	15.95
脆 皮 肉	HS9.	Crispy Pork Thin strips of fried and crispy pork covered with our sweet and sour chef's special brown sauce	14.50
菠 蘿 雙 柳	HS10.	Pineapple Double Wonder Strips of white meat chicken and sliced beef with pineapple, onion, and bell peppers sautéed in a light sweet and sour sauce	15.75
火 山	HS11.	Volcano Jumbo shrimp, sliced beef and chicken with vegetables stir-fried in our traditional brown sauce	16.25
全 家 福	HS12.	Happy Family Shrimp, scallop and beef and roasted pork sautéed with vegetables in our traditional brown sauce.	16.50
海 鮮 花 籃	HS13.	Seafood in the Bird's Nest Shrimps, scallops, lobster and crab meat sautéed with vegetables, served in a crispy noodle bird's nest.	17.95
椒 鹽 雙 鮮	HS14.	Salt and Pepper Seafood Double Jumbo shrimps combined with sea scallops breaded, fried, and sautéed with salt and pepper.	17.25
麻 辣 海 鮮	HS15.	Mala Seafood Jumbo shrimps and sea scallops sautéed with snow peas, red peppers, mushrooms and onion in a black-pepper mala sauce.	17.50
龍 鳳 配	HS16.	Dragon and Phoenix Combination of General Tso's Chicken and Lobster in Chilli Sauce served on one plate.	17.50
普 大 會	HS17.	Vegetarian Paradise Combination of Sautéed String Beans, Fried Bean Curd in Garlic Sauce and Buddhist Delight served on one plate.	13.25
素菜煲/雞煲/牛煲	HS18.	Zen's Sizzling Pot Special A. Veg. Pot 12.75 B. Chicken Pot 13.75 C. Beef Pot 15.50	15.50
鐵板雞/牛/海鮮	HS19.	Zen's Sizzling Plate Special A. Chicken 13.75 B. Beef 15.50 C. Seafood 17.50	17.50
梅 香 鴨	HS20.	Rose Duck Half of a boneless duck topped with our special plum sauce blended with black mushrooms and snow peas.	16.25
清 蒸 / 脆 皮 魚	HS21.	Zen's Special Fish <ul style="list-style-type: none"> ➤ A. Steamed Fish S/P B. Crispy Fish S/P C. ➤ Tilapia Pepper Fish 29.95 	29.95
北 京 鴨	HS22.	Peking Duck Tender boneless meat of a whole duck served with crepes fresh scallions and cucumber with hoisin sauce.	30.00
蒙 古 牛	HS23.	➤ Mongolian Beef	15.75
各 式 兩 面 黃	HS24.	Pan Fried Noodles <ul style="list-style-type: none"> A. Choice of Pork, Chicken or Vegetable 14.95 B. Choice of Shrimp, Beef or Vegetable 15.95 	14.95
海 鮮 兩 面 黃	HS25.	Seafood Pan Fried Noodles	16.95

Traditional Chinese Dishes

Cold Appetizers

蒜泥海帶	1.	Seaweed with Garlic Sauce	6.95
五香牛肉	2.	Aromatic Sliced Beef	8.95
鹹水鴨	3.	Light Salt Duck	8.75
海蜇皮	4.	Shredded Jelly Fish in Garlic Sauce	7.95
三拼	5.	Special Platter with Three Choice	19.95
四拼	6.	Special platter with Four Choice	26.95
牛肉葱捲餅	7.	Scallion Pancake with Beef	9.95

Vegetable

菜甫蛋	101.	Pan Fried Egg with Dried Radish	8.95
紅燒豆腐	102.	Stewed Bean Curd with Brown Sauce	9.95
炒時菜	103.	Stir Fried Seasonal Chinese Vegetable	13.95
清炒絲瓜	104.	Sauteed Towel Gourd	13.95
茄炒九層塔	105.	Egg Plant with Basil	10.95
絲瓜炒海瓜子	106.	Clams with Towel Gourd	14.50
炒土豆絲	107.	Sauteed Sliced Potato	10.25

Pork & Beef

筍尖肉絲	201.	Shredded Pork with Slender Bamboo Shoots	14.50
香干肉絲	202.	Shredded Pork with Dry Bean Curd	14.50
椒鹽排骨	203.	Deep Fried Pork Chop with Spicy Salt	14.50
筍尖牛絲	204.	Shredded Beef with Slender Bamboo Shoots	14.95
水煮肉片	205.	Steamed Spicy Pork	14.95
水煮牛肉	206.	Steamed Spicy Beef	15.50
中式沙茶牛	207.	Sliced Beef with Barbecued Sauce	14.95
辣椒牛肉絲	208.	Shredded Beef with Fresh Hot Pepper	14.95
三椒牛	209.	Triple Pepper Beef	15.50
辣子五花肉	210.	Roasted Belly Pork with Pepper Garlic	14.95
京醬牛肉絲	211.	Shredded Beef with Peking Sauce	13.95
花椒雞	312.	Szechuan Pepper with Chicken	15.95
三椒雞	313.	Triple Pepper Chicken	14.95

Seafood

豆豉花蜆	304.	Clams with Black Bean Sauce	15.95
椒鹽魷魚	305.	Squids with Salt and Pepper	16.50
公保魷魚	306.	Kung Pao Fried Squid	15.95
芹菜魷魚	307.	Sauteed Squid with Chinese Celery	15.95
椒鹽有頭蝦	308.	Fried Fresh Shrimps in Shell with White Pepper and Salt	17.95

Casserole

三杯雞	401.	Basil Chicken in the Hot Pot	14.95
九層塔炒鴨片	402.	Basil with Duck	16.95

Rice Cake & Noodle

炒年糕	501.	Rice Cake with Chicken, Pork, Beef, Shrimp or Veg.	11.75
什錦炒年糕	502.	House Special Rice Cake	11.95
炒河粉	503.	Chow Fen with Chicken, Pork, Beef, Shrimp or Veg.	11.75
什錦炒河粉	504.	House Special Chow Fen	11.95
各式炒米粉	505.	Fried Rice Noodles w. Chicken, Pork, Beef, Shrimp or Veg.	11.75
星洲米粉	506.	Singapore Rice Noodle	11.95
紅燒牛肉麵	507.	Beef Stew Noodle Soup	9.95
榨菜肉絲麵	508.	Shredded Pork w. Shredded Cabbage Noodle Soup	8.95
雪菜肉絲麵	509.	Pickled Cabbage w. Shredded Pork Noodle Soup	8.95
海鮮湯麵	510.	Seafood Noodle Soup	11.95

Healthy Food Selection

水煮素什錦	HF1.	Steamed Mix Vegetables	9.50
水煮雙秀	HF2.	Steamed Broccoli and Snow Peas	9.50
水煮蔬菜豆腐	HF3.	Steamed Bean Curd with Assorted Vegetables	9.50
水煮蔬菜雞	HF4.	Steamed Chicken with Mix Vegetables	10.95
水煮雪豆雞	HF5.	Steamed Chicken with Snow Peas	10.95
水煮芥蘭雞	HF6.	Steamed Chicken with Broccoli	10.95
水煮蔬菜蝦	HF7.	Steamed Shrimp with Mix Vegetables	12.75
水煮雪豆蝦	HF8.	Steamed Shrimp with Snow Peas	12.75
水煮芥蘭蝦	HF9.	Steamed Shrimp with Broccoli	12.75
水煮海鮮大會	HF10.	Steamed Seafood Platter	17.50

Fried Rice, Chow Mein & Lo Mein

蔬肉炒飯	RM1.	Vegetable or Pork Fried Rice	8.50
雞肉炒飯	RM2.	Chicken Fried Rice	8.50
牛肉炒飯	RM3.	Beef Fried Rice	8.95
蝦仁炒飯	RM4.	Shrimp Fried rice	8.95
本樓炒飯	RM5.	House Special Fried Rice	9.25
鳳梨炒飯	RM6.	Pineapple Fried Rice	9.25
蔬菜炒麵	RM7.	Vegetable Chow Mein	7.95
肉絲炒麵	RM8.	Pork Chow Mein	8.75
雞肉炒麵	RM9.	Chicken Chow Mein	8.75
牛肉炒麵	RM10.	Beef Chow Mein	8.95
蝦仁炒麵	RM11.	Shrimp Chow Mein	8.95
本樓炒麵	RM12.	House Special Chow Mein	8.95
蔬菜撈麵	RM13.	Vegetable Lo Mein	8.50
肉絲撈麵	RM14.	Pork Lo Mein	8.75
雞肉撈麵	RM15.	Chicken Lo Mein	8.75
牛肉撈麵	RM16.	Beef Lo Mein	8.95
蝦仁撈麵	RM17.	Shrimp Lo Mein	8.95
本樓撈麵	RM18.	House Special Lo Mein	9.25

Moo Shu

素木須	M 1.	Moo Shu Vegetable (add extra pc .30¢)	8.25
木須肉	M 2.	Moo Shu Pork	8.75
木須雞	M 3.	Moo Shu Chicken	8.75
木須牛	M 4.	Moo Shu Beef	8.95
木須蝦	M 5.	Moo Shu Shrimp	8.95
京醬木須肉/雞	M 6. ➤	Moo Shu Pork (or) Chicken in Peking Sauce	8.75
京醬木須蝦/牛	M 7. ➤	Moo Shu Shrimp (or) Beef in Peking Sauce	8.95

Vegetable

素什錦	V 1.	Buddhist Delight	10.25
炒四季豆	V 2.	Sauteed String Beans	10.25
魚香芥蘭	V 3. ➤	Broccoli Flowerets in Garlic Sauce	10.25
芽菜豆腐	V 4.	Sauteed Bean Curd and Bean Sprouts	10.25
魚香茄子	V 5. ➤	Eggplant in Garlic Sauce	10.25
麻婆豆腐	V 6. ➤	Bean Curd Szechuan Style	10.25
豆鼓豆腐	V 7. ➤	Bean Curd in Black Bean Sauce	10.25
咖哩豆腐	V 8.	Curry Tofu	10.25
三菇豆腐	V 9.	Tofu with Assorted Mushrooms	10.25

VEGETARIAN MENU All items are made out of soybean. GUARANTEED

Appetizers

(素) 棒 棒 腿	VA1.	Drum Stick	7.25
(素) 無 骨 排	VA2.	Boneless Ribs	7.25

Chicken

(素) 芥 蘭 雞	VC1.	Chicken with Broccoli	10.95
(素) 魚 香 雞	VC2. ➤	Chicken in Garlic Sauce	10.95
(素) 豆 豉 雞	VC3. ➤	Chicken in Black Bean Sauce	10.95
(素) 子 薑 雞	VC4.	Ginger Chicken with String Bean	10.95
(素) 湖 南 雞	VC5. ➤	Hunan Chicken	10.95
(素) 沙 茶 雞	VC6. ➤	Chicken in Spicy Tea Sauce	10.95
(素) 宮 保 雞	VC7. ➤	Chicken with Peanuts	10.95
(素) 蔬 菜 雞	VC8.	Chicken with Assorted Vegetables	10.95

Pork

(素) 芥 蘭 肉	VP1.	Pork with Broccoli	10.50
(素) 魚 香 肉	VP2. ➤	Pork in Garlic Sauce	10.50
(素) 豆 豉 肉	VP3. ➤	Pork in Black Bean Sauce	10.50
(素) 子 薑 肉	VP4.	Ginger Pork with String Bean	10.50
(素) 湖 南 肉	VP5. ➤	Hunan Pork	10.50
(素) 沙 茶 肉	VP6. ➤	Pork in Spicy Tea Sauce	10.50
(素) 蔬 菜 肉	VP7.	Pork with Assorted Vegetables	10.50
(素) 麻 辣 肉	VP8. ➤	Mala Pork	12.95

Lunch Specials

Served Mon. To Sat. 11:30am~3:00pm
 Include Soup (Egg Drop, Wonton, or Hot & Sour Soup)
 and Rice (Steamed White or Brown Rice)

湖魚	南	肉	L01. ➤ Hunan Pork	6.95
蔬	香	肉	L02. ➤ Shredded Pork in Garlic Sauce	6.95
子	菜	肉	L03. Pork with Assorted Vegetables	6.95
甜	薑	雞	L04. Ginger Pork with String Beans	6.95
芥	酸	雞	L05. Sweet and Sour Chicken	6.95
魚	蘭	雞	L06. Sliced Chicken with Broccoli	6.95
子	香	雞	L07. ➤ Sliced Chicken in Garlic Sauce	6.95
薯	薑	雞	L08. Ginger Chicken with String Beans	6.95
豆	菇	雞	L09. Moo Goo Gai Pan	6.95
芥	豉	雞	L10. Sliced Chicken with Black Bean Sauce	6.95
蔬	蘭	牛	L11. Beef with Broccoli	7.50
青	菜	牛	L12. Beef with Assorted Vegetables	7.50
干	椒	牛	L13. ➤ Pepper Steak	7.50
湖	燒	牛	L14. ➤ Shredded Beef Szechuan Style	7.50
甜	南	牛	L15. Hunan Beef	7.50
芥	酸	蝦	L16. Sweet and Sour Shrimp	7.75
魚	蘭	蝦	L17. Shrimp with Broccoli	7.95
蔬	香	蝦	L18. ➤ Shrimp in Garlic Sauce	7.95
雲	菜	蝦	L19. Shrimp with Assorted Vegetables	7.95
素	豆	蝦	L20. Shrimp with Snow Peas	7.95
炒	什	錦	L21. Buddhist Delight	6.75
炒	芥	蘭	L22. Sauteed Broccoli Floweretts	6.75
		飯	L23. Fried Rice (Chicken, Pork, Beef, Shrimp, or Veg.)	6.75
		麵	L24. Lo Mein (Chicken, Pork, Beef, Shrimp or Veg.)	6.75

House Special Luncheons

脆	皮	肉	H01. Crispy Pork	7.25
芝	麻	雞	H02. Crispy Sesame Chicken	7.25
左	宗	雞	H03. ➤ House Special Chicken	7.25
鐵	板	雞	H04. Sizzling Chicken with Seasonal Vegetables	7.25
鐵	板	牛	H05. Sizzling Beef with Seasonal Vegetables	7.75
鐵	板	牛	H06. Sizzling Zen Special Bean Curd	8.25
陳	豆	牛	H07. ➤ Tangerine Beef	7.75

NO MEAT!

Beef

(素)	芥	蘭	牛	VB1. Beef with Broccoli	12.50
(素)	魚	香	牛	VB2. ➤ Beef in Garlic Sauce	12.50
(素)	豆	豉	牛	VB3. ➤ Beef in Black Bean Sauce	12.50
(素)	子	薑	牛	VB4. Ginger Beef with String Bean	12.50
(素)	湖	南	牛	VB5. ➤ Hunan Beef	12.50
(素)	沙	茶	牛	VB6. ➤ Beef in Spicy Tea Sauce	12.50
(素)	蔬	菜	牛	VB7. Beef with Assorted Vegetables	12.50
(素)	麻	辣	牛	VB8. ➤ Mala Beef	14.95

Specialties

(素)	左	宗	雞	VS1. General Tso's Chicken	13.95
(素)	左	宗	豆腐	VS2. General Tso's Tofu	13.95
(素)	麻	辣	雞	VS3. ➤ Mala Chicken	13.95
(素)	麻	辣	豆腐	VS4. ➤ Mala Tofu	13.95
(素)	麻	辣	牛肉	VS5. ➤ Mala Beef	15.95

* Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness*