Zen Kitchen Menu with Prices & Calories 2026

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Appetizers & Dim Sum

Item	Price	Calories
Veggie Dim Sum	$12.00	350
Grandpa's Potstickers	$12.00	420
Crab Rangoon	$12.00	460
Kim Chi Mandu	$11.00	400
Zen Rolls	$9.00	360
Zen Veggie Rolls	$9.00	320
Zen's Edamame	$7.00	180
Wonton Soup	$6.50	160
Miso Mushroom Soup	$6.50	110
Thai Coconut Chicken Rice Soup	$6.50	210

Sushi Rolls

Item	Price	Calories
Veggie Roll Maki Sushi Roll	$12.00	250
No Na Me Roll	$18.00	430
The Salmon Lover Roll	$23.00	470
Overload Roll	$23.00	480
Tatsu Roll	$20.00	500
Tonkatsu Roll	$15.00	420
Number 29 Roll	$23.00	520
Mt. Fuji Roll	$23.00	530
Shrimp Tempura Roll	$16.00	450
Spicy Tuna Roll	$14.00	350

Signature Entrees

Item	Price	Calories
General Tso Chicken	$17.50	700
Tangy Orange Zested Chicken	$17.50	680
Sesame Chicken	$17.50	690
Tofu General	$17.50	540
Tofu Orange Zested	$17.50	520
Tofu Sesame Cubed	$17.50	530
Tofu Zen	$17.00	480
Szechuan Filet Stir Fry	$28.00	750
Murgh Makhani “Butter Chicken”	$17.00	710
Thai Coconut Curry	$17.00	640

Stir Fries & Noodles

Item	Price	Calories
Stir Fry With Classic Brown Sauce	$12.50	550
Chicken Tikka Masala Stir Fry	$13.00	600
Coconut Zing Stir Fry	$13.00	580
Thai Coconut Curry Stir Fry	$13.00	570
Mongolian Beef	$13.50	680
Bulgogi Fried Rice	$13.50	700
Fried Rice	$11.50	620
Gluten-Free Lo Mein Rice Noodles	$14.00	520
Lo Mein	$12.00	580
Gulf Shrimp Lo Mein	$14.00	650

Combo Meals

Item	Price	Calories
General Tso Chicken (Combo)	$12.50	700
Tangy Orange Zested Chicken (Combo)	$12.50	680
Sesame Chicken (Combo)	$12.50	690
Stir Fry With Classic Brown Sauce (Combo)	$12.50	550
Chicken Tikka Masala Stir Fry (Combo)	$13.00	600
Coconut Zing Stir Fry (Combo)	$13.00	580
Thai Coconut Curry Stir Fry (Combo)	$13.00	570
Mongolian Beef (Combo)	$13.50	680
Bulgogi Fried Rice (Combo)	$13.50	700

Kids Menu

Item	Price	Calories
Kids Lo Mein (China) Noodles	$10.00	450
Kids Lo Mein (China) Noodles Plain	$8.00	400
Kids General Tso's Chicken	$11.00	600
Kids Tangy Orange Zested Chicken	$11.00	590
Kids Sesame Chicken	$11.00	590
Kids Fried Rice	$10.00	500

Sides

Item	Price	Calories
Wok Tossed Asian Vegetable Medley	$5.00	140
Steamed Jasmine Rice	$2.95	190
Mashed Golden Potatoes With Garlic	$5.00	300
Brown Rice	$2.95	210
Kim Chi	$4.00	50
French Fries	$5.00	350

Desserts

Item	Price	Calories
Coconut Panna Cotta	$8.00	250
Key Lime Tartlet	$10.00	320
Tiramisu	$12.00	450

Beverages

Item	Price	Calories
Iced Tea	$4.00	90
Jasmine Rain Tea	$4.00	80
Thai Tea	$4.00	120
Zen Palmer	$4.00	90
Vietnamese Coffee	$4.00	150
Fountain Soda	$2.25	150

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.