

## BEVERAGES

	<u>9oz.</u>	<u>16oz.</u>
Cranberry Ice Tea	1.75	2.75
Apple Ice Tea	1.75	2.75
Pineapple Ice Tea	1.75	2.75
Green Ice Tea	1.75	2.75
Regular Ice Tea	1.25	1.75
Fresh Squeezed Orange Juice	2.25	4.00
Fresh Squeezed Carrot Juice	2.25	4.00
Fresh Squeezed Vegetable Juice	2.50	4.25
Rice & Peanut Milk Shake	1.75	2.75
Soy Bean Milk	1.75	2.75
<b>Mineral Water</b>	<b>small</b>	<b>large</b>
Fiji		5.00
San Pellegrino	2.50	5.00
Sanfaustino (with natural calcium, sodium free, lightly effervescent)		4.50
Soda(can)	1.50	
Jasmine Tea	1.25	
Chamomile Tea(Herbal Caffeine-Free)	1.25	
Organic Mint Tea (Herbal Caffeine-Free)	1.50	
Organic Green Tea	1.50	
Organic Earl Grey Tea	1.50	
Fresh Brewed Coffee	1.50	
Espresso	2.50	
Cappuccino	3.00	

### Herbal Tonics

(based on Traditional Chinese Medicine)

Depth Recharger (mixed berry) (American ginseng, Asiatic cornelian cherry, sweet-tea vine, etc.) <i>replenishing energy</i>	4.00
Virtual Buddha (peach) (Asian ginseng, reishi, tea vine, Epimedium, etc.) <i>awakening creativity</i>	4.00
Mind over Muddle (raspberry) (Ginkgo leaf, eleuthero, schinzizandra berries, gotu kola, etc.) <i>memory sharpening</i>	4.00

## DESSERTS

<b>Banana Pie</b> <i>Vegan</i> With Soy Yogurt & Shredded Almond	3.75
<b>Pear Pie</b> <i>Vegan</i> Homemade Sweetened Pear with Blueberry Topping	3.75
<b>Tofu Honey Pie</b> Tofu with Cream Cheese & Blueberry Topping	4.25
<b>Key Lime Pie</b>	4.25
<b>Tofu Almond Pie</b> <i>Vegan</i> With Fresh Ground Almonds & Apricot Glaze Topping	4.50
<b>Chocolate Raspberry Cake</b>	5.00



## VEGETARIAN CUISINE

delivery minimum 10.00

### UNION SQUARE

34 Union Square East  
(Park Ave. & 16th St.)  
New York, NY 10003  
212.614.9291

### LINCOLN CENTER

2170 Broadway  
(Bet. 76th & 77th St.)  
New York, NY 10024  
212.501.7768

### THEATER DISTRICT

663 9th Avenue  
(Corner of 46th St.)  
New York, NY 10036  
212.582.1669

### LONG ISLAND

477 Old Country Road  
(Across Cheesecake Factory)  
Westbury, NY 11590  
516.333.8686

**did you know that Zen Palate does catering?**

ask us for details or check out our website at

[www.zenpalate.com](http://www.zenpalate.com)



No.1 "Best Vegetarian Restaurant" &  
No.1 "Best Healthy Dining Restaurant"  
In NYC for 2005  
— AOL CityGuide

## SOUPS

Spinach Wonton Soup	3.25
Miso Soup	2.95
Hot & Sour Vegetable Soup	2.95
Soup du Jour	3.25
Dumpling Soup w. Vegetables (large bowl)	6.50

## SALADS

House Salad <i>Raw</i>	4.95
Thai Chopped Salad	4.95
Grilled Sesame Tofu Salad	5.25
Symphony Salad	5.50

## STARTERS / à La Carte

Taro Spring Rolls (2)	2.25
Basil Peanut Moo Shu Rolls (2)	2.75
Sesame Seaweed Chips	3.25
Sweet Yam Fries	3.00
Steamed Vegetable Buns (3)	3.30
Scallion Pancake	4.50
Steamed Vegetable Dumplings (6)	4.50
Pan-Fried Vegetable Dumplings (6)	4.50
Grilled Portabella Mushroom Burger w. Yam Fries	6.75
Zen Soy Burger (Sunflower Seeds, Kale, Brown & Red Rice) w. Mixed Salad	6.95
Avocado & Soy Turkey Sandwich w. Yam Fries	5.75
Stir-Fried Brown & Red Rice w. Minced Vegetables & Soy Ham	6.95
Steamed Brown & Red Rice	1.50
Edamame	3.25

## NOODLES

Spinach Linguine w. Sesame Peanut Dressing	4.50
Stir-Fried Wheat Noodle w. Soy Turkey & Vegetables	7.95
Curry Rice Noodle Soup w. Vegetables 🌶️	6.50
Curry Noodle Soup w. Vegetables 🌶️	6.50
Stir-Fried Spinach Linguine w. Vegetables	7.25
Stir-Fried Rice Noodle w. Vegetables	7.25
Tong-Mein (Noodle Soup w. Deluxe Assorted Vegetables)	6.95
Stir-Fried Rice Fettuccini	7.50

## PRIX FIXE

- 1. SHREDDED HEAVEN** 🌶️ **8.95**  
Chives, Bean Sprouts, Red Peppers, Jalapenos  
Two Kinds of Shredded Soy, Wheat Gluten  
(Taro Spring Rolls, Brown & Red Rice)
- 2. SWEET & SOUR SENSATION** **8.25**  
Battered Soy Protein in Sweet & Sour  
Sauce on Bed of Steamed Broccoli  
(Taro Spring Rolls, Brown & Red Rice)
- 3. POLYNESIAN DELIGHT** **8.95**  
Puffed Pecans, Chunks of Pineapple,  
Soy Protein with Sweet & Sour Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 4. TASTE OF MALAY** 🌶️ **9.95**  
Layers of Soy Crepe's Wrapped in a  
Thin Sheet of Seaweed, Lightly  
Fried with Fiery Thai Dipping Sauce  
(Basil Peanut Rolls, Brown & Red Rice)
- 5. FIELD OF PASSION** 🌶️ **9.25**  
Smoked Wheat Gluten, String Beans,  
Red Onions & Chicory in Garlic Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 6. SHREDDED MELODY** 🌶️ **8.25**  
Shredded Soy Gluten Sauteed with Celery,  
Carrots, Zucchini & Pine Nuts in Spicy Sweet Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 7. FELICITY MUSHROOMS** **9.75**  
Fresh Shiitake & Button Mushrooms  
Sauteed with Basil, Bamboo Shoots & Carrots  
(Basil Peanut Rolls, Brown & Red Rice)
- 8. CURRY SUPREME** 🌶️ **8.25**  
Tender Soy Protein with Potatoes &  
Carrots in Mild Curry Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 9. STEAMED ASSORTED VEGETABLES** **8.25**  
Broccoli, Sno Peas, Carrots, String Beans,  
Eggplant, Cauliflower, Mushroom  
(Basil Peanut Rolls, Brown & Red Rice)

## PRIX FIXE

- 10. ROSE PETALS** **8.50**  
Home Made Soy Crepe's with Wolfberry  
Seeds & Garden Vegetables in Sweet  
Rice Ginger Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 11. SHEPHERD'S PIE CROQUETTES** **9.25**  
Mashed Potatoes Croquettes Stuffed with  
Minced Vegetables With Plum Tomato Sauce  
(Basil Peanut Rolls, Mixed Salads)
- 12. EGGPLANT IN GARLIC SAUCE** **8.25**  
Eggplant and Shanghai Bok Choy in  
Spicy Garlic Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 13. TOFU DELIGHT** **8.25**  
Zucchini, Tomatoes, Soft Tofu in  
Black Bean Sauce  
(Taro Spring Rolls, Brown & Red Rice)
- 14. MOO SHU MEXICAN STYLE** 🌶️ **8.95**  
Kidney Beans, Soy Gluten Served in  
Spinach Crepe's With Guacamole,  
Carrot Peanut Cole Slaw  
(Cous-Cous, Taro Spring Rolls)
- 15. SESAME MEDALLIONS** **8.50**  
Thinly Sliced Wheat Gluten in Asian Barbecue  
Sauce Garnished with Steamed Broccoli  
(Taro Spring Rolls, Brown & Red Rice)
- 16. KALE & SEAWEED SALAD** **8.50**  
Served with Tofu & Ginger Balsamic Dressing  
(Basil Peanut Rolls, Brown & Red Rice)
- 17. MINI VEGI-LOAF** **8.95**  
Tofu, Chestnut & Cilantro Croquettes,  
Served over Spaghetti in Tomato Sauce  
(Taro Spring Rolls, Steamed Broccoli)
- 18. SAUTEED ARTICHOKE WITH BASIL** **8.50**  
Artichoke, Tomato and Soy Protein in  
Black Bean Sauce, Seasoned with Basil  
(Taro Spring Rolls, Brown & Red Rice)