

## ~~HOW TO ORDER~~

*N.B. As there are many vary style of Japanese Cooking (Depending on what you order) meals may not always arrive simultaneously. Please allow for this if your parties' meals are varied!!*

*If you have not experienced Japanese cuisine before then your first time may seem a bit daunting. To help with this we have put together our 'how to order' section of the menu.*

*Included here is a description of our famous sauces and marinades – Read on and let your taste buds be tantalised.*

*There are no hard and fast rules on how, or in what order to serve Japanese food. For example sashimi, sushi, maki roll and tempura can be served as starter or mixed and matched as a main course. Vegetable tempura can also be ordered as a side dish to accompany a main course. For those with more traditional tastes, you may want to go straight to 'Fusion' pages of the menu where you will find our delectable dinner starters and chef recommendations, which are Japanese and Asian cuisine with western fusion.*

*Teppanyaki is meals traditionally stir- fried on a 'teppanyaki' flat griddle. The meat/ seafood is sautéed with rice wine or Brandy, black pepper, salt, soy sauce, sugar, butter and served with Teppanyaki mixed vegetables. You may like to sample a couple of the Teppanyaki meats e.g. a delicious combo of steak and prawns..... **Enjoy the Japanese experience!***



## ~~SAUCES~~

*Kimchi Sauce - delicious tangy chilli sauce of Korean influence*

*Teriyaki Sauce – is a typically Japanese delicious sweet savoury sauce*

*Red Miso Sauce – Fermented soy bean paste wonderfully sweet and salty a delight to the taste buds*

*It is also used increasingly in health-food cooking as it is low in fat (5%) and cholesterol*



## ~~NOTICE~~

*Customers with food allergy (e.g. Alcohol, gluten, nuts, etc.)*

*Please advise server when ordering*

*The management reserves the right to refuse service*



## ~~TIPPING~~

*Our prices do not normally include a service charge.*

*The only exceptions are for BOOTH TABLES or PARTIES OF 6 (or more), a discretionary 10% will be added.*

## FUSION STARTER

*The Chefs in Zen have created a number of 'Fusion Dishes', as well as a great selection of sashimi, sushi and maki roll.*

<b>Zen Dragon Tail Ribs</b> <i>Coated in honey &amp; plum glaze</i>	<b>£5.80</b>
<b>Spring Roll Japanese Style (V)</b> <i>Filled with pumpkin and cabbage</i>	<b>£4.80</b>
<b>Roasted Duck Samosa</b> <i>Filled with spring onion, roasted duck and hoi sin sauce</i>	<b>£4.80</b>
<b>Pan-Fried Japanese Dumpling</b> <i>Filled with minced chicken, Chinese vegetables and ginger</i>	<b>£5.20</b>
<b>'Kimchi' Chicken Skewers</b> <i>Chicken fillet skewers soaked in a tangy spicy Kimchi marinade and served with spicy homemade satay sauce</i>	<b>£4.80</b>
<b>Thai Chicken with Pine Nut in Baby Gem Leaves (Worth trying)</b> <i>Served with Lime</i>	<b>£5.80</b>
<b>Filo Crispy Prawn</b> <i>Filo; a thin thread pastry; wrapped around jumbo king prawns Served with house sweet chilli dip</i>	<b>£6.80</b>
<b>Fresh Oysters with Three Flavoured Dressing (3 Pieces)</b> <i>Dressing with sweet sour tomato, onion and carrot, ginger and garlic flavours</i>	<b>£5.80</b>
<b>Bread Crumb and Deep Fried Oyster Cutlets (3 Pieces)</b> <i>Served with house sweet chilli</i>	<b>£5.80</b>
<b>Fried Soft Shell Angry Crab with Red Chilli and Curry Leaf (H)</b> <i>Good for crab lovers</i>	<b>£5.80</b>
<b>Crispy Duck with Crispy Pancake</b> <i>Petit crispy pancakes, layered with crispy duck and hoi sin sauce. Shredded lettuce and shaved bell peppers</i>	<b>£5.80</b>
<b>Prawn &amp; Seaweed Dumpling</b>	<b>£5.80</b>

= Raw food (V) = Suitable for Vegetarians (H) = Hot

## MAIN COURSES

*Extensive international travel and encounters with many exotic ingredients continues to allow our head chefs to show their experience in the art of food design and presentation. Experimentation with new ingredients, new methods of their preparation, and resultant layers of flavour with each of our dishes continues to allow Zen to set the pace in food design and dining experience.*

<b>Zen's Signature Dish</b>	<b>£15.80</b>
<i>Deep Fried Sliced Monkfish Tails Flavoured with Zen Sweetened Grapefruit Tangyang Sauce</i>	
<b>Fresh Atlantic Salmon</b>	<b>£12.80</b>
<i>Char-grilled fillet of salmon, dressed with coconut and shrimp paste curry (Mild)</i>	
<b>Fried Soft Shell Angry Crab with Red Chilli &amp; Curry Leaf (H)</b>	<b>£14.80</b>
<i>Good for crab lovers</i>	
<b>Sizzling Wasabi Peppered Monkfish Tails</b>	<b>£14.80</b>
<i>Served with baby pine nut in wasabi peppered sauce</i>	
<b>Stir Fried King Prawns with Cream and Coconut Milk (Deliciously Sinful)</b>	<b>£12.80</b>
<b>Crispy deep fried Sole fish fillet served with Japanese ponzu sauce.</b>	<b>£12.80</b>
<b>Grilled Fresh Water Eel</b>	<b>£12.80</b>
<i>Honey and Barbeque Glaze</i>	
<b>Nikko Chilli Squid (H)</b>	<b>£12.80</b>
<i>Stir-fried with chilli &amp; crispy garlic</i>	
<b>Baked Ocean Scallop 'Hokkaido' Style</b>	<b>£13.80</b>
<i>A creamy combination with prawn, crabmeat, onion, carrot &amp; enoki mushroom</i>	
<b>Honey Peppered shredded Chicken</b>	<b>£11.80</b>
<b>Pan-fried Sole fish served with ginger and spring onion &amp; soya sauce.</b>	<b>£13.80</b>

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## MAIN COURSES (CONTINUED)

<b>Pork 'Kakuni'</b>	<b>£12.80</b>
<i>Slow braised pork belly that literally melts in the mouth with sweet potato &amp; Asian pak choi</i>	
<b>'Sanpei' Chicken</b>	<b>£12.80</b>
<i>With Sweet Basil, Garlic and Baby Leek</i>	
<b>'Tang Shan' Duck with Red Miso Sauce</b>	<b>£13.80</b>
<i>Braised half duck until tender &amp; tasty, you need your knife and fork</i>	
<b>Stir Fried Shredded Duck 'Japanese' Style</b>	<b>£12.80</b>
<i>Shredded duck, stir fried with mixed fresh vegetables, served with teriyaki sauce</i>	
<b>Roasted Duck Breast Fillet (Highly Recommended) with Mango Slices</b>	<b>£13.80</b>
<b>Japanese Style Chicken Curry (H)</b>	<b>£11.80</b>
<b>Stir Fried Chicken Fillet with Lotus Root and Asparagus in Black Pepper Sauce</b>	<b>£11.80</b>
<b>Stir Fried Chicken with Kimchi Sauce (H)</b>	<b>£11.80</b>
<b>Garlic Butter Coriander King Prawn</b>	<b>£13.80</b>
<i>Smell beautifully when garlic butter hits the sizzling plate</i>	
<b>Chicken Tobanyaki</b>	<b>£12.80</b>
<i>Chicken and three kinds of mushrooms &amp; asparagus served with Teriyaki sauce on sizzling plate</i>	
<b>Stir Fried Diced Fillet Steak in Teriyaki Sauce</b>	<b>£13.80</b>
<b>Pan- Fried Rib Eye Steak Rolls with Asparagus</b>	<b>£14.80</b>
<i>Asparagus wrapped in sliced rib-eye steak, served with black pepper sauce on sizzling plate</i>	
<b>Pan- Fried Rib-Eye Steak Rolls with Enoki Mushroom</b>	<b>£14.80</b>
<i>Served with Teriyaki Sauce on sizzling plate</i>	

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## VEGETARIAN DISHES

<b>Braised Morinaga Tofu (V)</b> <i>With Shitake Mushroom &amp; Preserved Vegetables</i>	<b>£11.80</b>
<b>Stir-fried Edamame Beans (V)</b> <i>With Pickled Vegetables, Bean curd stick and Salted Duck Egg</i>	<b>£10.80</b>
<b>Three Style Mushroom Stir-fried (V)</b> <i>With Asparagus, Cloud Ear &amp; Pine Nut</i>	<b>£11.80</b>

## SIDE DISHES

<b>Garlic Potatoes (V)</b>	<b>£2.50</b>
<b>Salsa Potatoes (V)</b>	<b>£2.50</b>
<b>Steam Rice (V)</b>	<b>£2.50</b>
<b>Egg Fried Rice</b>	<b>£2.80</b>
<b>Yaki Ramen (V)</b> <i>(Fine Japanese style egg noodles)</i>	<b>£3.80</b>
<b>Yaki Udon (V)</b> <i>(Udon is made of wheat flour, salt and water. They are thick and white noodles)</i>	<b>£3.80</b>
<b>Stir Fried Long Green Beans with Chilli Flakes (V)</b>	<b>£3.80</b>
<b>Stir Fried Pak Choi with Garlic Flakes (V)</b>	<b>£4.50</b>

## TEPPANYAKI

*Teppanyaki are operated at extremely high heat steel plate (500 degrees Celsius)  
The temperature instantly locks in entire natural flavours and juices and makes your dish tender*

<b>Irish Fillet Steak</b>	<b>£15.80</b>
<b>Black Tiger Prawns (No Shell)</b>	<b>£14.80</b>
<b>Ocean Scallops</b>	<b>£13.80</b>
<b>Atlantic Salmon</b>	<b>£12.80</b>
<b>Chicken Fillet</b>	<b>£11.80</b>
<b>Assorted Mushrooms (V)</b>	<b>£11.80</b>

## TEMPURA

**(Price for Two Pieces unless stated)**

*'Tempura' is famous world wide as a thoroughly Japanese dish. It is a fluffy batter, for deep-frying seafood, meat and sliced vegetables*

**Aubergine / Bell Pepper / Pumpkin / Sweet Potato (V) £2.20**

**Lotus Root (V) £2.40**

*Lotus root is a fresh water plant, distinguishable by the holes visible when the root is sliced across. It is very crunchy and delicious*

**Asparagus (V) £2.40**

**Chicken Fillet £3.00**

**King Prawn £3.20**

**Scallop (3 pieces) £3.50**

**Tempura Basket (8 Pieces) £8.80**

*King prawn, chicken and assorted vegetables*

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## SALADS

<b>Edamame</b> <i>Blanched green soya bean</i>	(V)	<b>£3.80</b>
<b>Japanese Style 'Crab Roe' Salad</b> <i>Shredded cucumber, crabstick and Japanese mayonnaise topped with crab roe</i>		<b>£4.80</b>
<b>Korean Style Egg Salad</b> <i>Homemade Sweet omelette &amp; diced cucumber, mixed with tangy Korean Kimchi Sauce</i>	(H)	<b>£4.80</b>
<b>Spicy Tuna Tartare</b> <i>Chopped tuna mixed with spring onion and spicy sauce, and served with sliced cucumber</i>		<b>£5.80</b>

## SOUP

<b>Japanese Miso Soup</b>	(V)	<b>£2.50</b>
<b>Spicy Seafood Soup</b> <i>Prawns, squid, scallops and seaweed in tangy Kimchi based soup</i>	(H)	<b>£3.80</b>
<b>Miso Soup with Diced Chicken and Seaweed</b>		<b>£3.80</b>

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## 4 COURSE SET MEAL (A)

£27.95 per person  
(Minimum of two people)

### STARTER

Thai Chicken with Pine Nut in Baby Gem Leave

### 2<sup>ND</sup> COURSE

Assorted Tempura

*King Prawn, Chicken and Mixed Vegetables*

### MAIN COURSE

*(Choose one per person)*

Sizzling Enoki Mushroom wrapped in thin slices of Rib Eye Steak in Teriyaki Sauce

Stir Fried Chicken Fillet with Lotus Root and Asparagus in Black Pepper Sauce

Stir Fried King Prawns with Cream and Coconut Milk

Fresh Atlantic Salmon

Honey Peppered Shredded Chicken

Roasted Duck Breast Fillet with Mango Slices

All served with Egg Fried Rice or Steamed Rice

### DESSERT

Choose from our full dessert menu



## 4 COURSE SET MEAL (B)

£29.95 per person  
(Minimum of two people)

### STARTER

Sushi and Maki Roll Platter *(Chef's Choice)*

### 2<sup>ND</sup> COURSE

'Zen' Deluxe Platter

*Served with Spring Roll, Duck Samosa, Prawn & Seaweed Dumpling and Kimchi Chicken Skewer*

### MAIN COURSE

*(Choose one per person)*

Zen Signature Dish

Pork 'Kakuni'

Roasted Duck Breast Fillet with Mango Slices

Chicken Tobanyaki

Sizzling Rib Eye Steak Rolls with Asparagus in Black Pepper Sauce

Fried Soft Shell Angry Crab with Red Chilli & Curry Leaf (H)

Honey Peppered Shredded Chicken

Nikko Chilli Squid (H)






All served with Egg Fried Rice or Steamed Rice

### DESSERT


Choose from our full dessert menu

## SASHIMI

*Sashimi is the most succulent fine slices of the freshest raw meat or seafood, served with fiery wasabi and Japanese soya sauce.*

 <b>Amaebi</b> (Sweet Shrimp)	<b>£6.80</b>
 <b>Hokkigai</b> (Surf Clam)	<b>£6.80</b>
 <b>Sake</b> (Salmon)	<b>£6.80</b>
<b>Tako</b> (Octopus)	<b>£6.80</b>
 <b>Maguro</b> (Tuna)	<b>£6.80</b>
 <b>Hamachi</b> (Yellow Tail)	<b>£11.80</b>

*Try this wonderfully rich and smooth oily fish in generous slices with wasabi and soya sauce.*

 <b>Sashimi Moriawase</b> (Sashimi Platter)  Chef's Selection	
<b>Small</b>	<b>£13.60</b>
<b>Large</b>	<b>£21.80</b>

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## SUSHI (Price for two pieces)

*The most famous and distinctive Japanese food-sushi, is vinegared rice with a topping of raw cooked or marinated fish, shellfish, vegetables or egg.*

(V) Asparagus	<b>£3.20</b>
(V) Tofu Pocket (Fried Beancurd)	<b>£3.20</b>
 Hokkigai (Surf Clam)	<b>£3.20</b>
 Kaniko (Crab Roe)	<b>£3.20</b>
 Sake (Salmon)	<b>£3.20</b>
 Amaebi (Sweet Shrimp)	<b>£3.20</b>
 Ikura (Salmon Roe)	<b>£4.20</b>
 Maguro (Tuna)	<b>£4.20</b>
 Sakura (Salmon & Crab Roe)	<b>£4.80</b>
 Hamachi	<b>£5.80</b>

*Deliciously rich, oily, fine slices of hamachi, served on sticky rice with traditional wasabi and soya sauce.*

 <b>Fusion Style Sushi (4 pieces)</b>	<b>£6.80</b>
<i>A delicious selection of 1.Salmon and spring onion,2.Tuna, chilli and creamy Japanese mayonnaise, 3.Diced chicken cucumber with kimchi sauce, 4.BBQ eel in Zen's mayonnaise.</i>	

<b>Sliced BBQ Chicken Fillet</b>	<b>£3.80</b>
<b>Ebi (Shrimp)</b>	<b>£3.80</b>
<b>Tako (Octopus)</b>	<b>£3.80</b>
<b>Tamago (Sweet Omelette)</b>	<b>£3.20</b>
<b>Unagi (Sweet Water Eel)</b>	<b>£4.20</b>

### Sushi Moriawase (Sushi Platter)


*Chef's selection*

<b>6 pieces</b>	<b>£11.80</b>
<b>12 pieces</b>	<b>£21.80</b>

## MAKI ROLL

*Maki Roll consists of Rice, Meat, Seafood, Vegetable and Omelette into a roll wrapped with seaweed*

<b>New Rainbow Maki (8 pieces)</b>		<b>£6.80</b>
<ul style="list-style-type: none"> <li>• Chicken &amp; Cucumber</li> <li>• Salmon &amp; Spring Onion</li> <li>• Omelette &amp; Eel</li> <li>• Cucumber &amp; Crab Stick</li> </ul>		
<b>New Spicy Tekka Maki</b>		<b>£5.20</b>
<i>Filled with tuna &amp; Japanese spicy mayonnaise</i>		
<b>Chugoku Maki</b>	(V)	<b>£4.80</b>
<i>Filled with fresh green apple, topped with thin sliced banana</i>		
<b>Sapporo Maki</b>		<b>£5.80</b>
<i>Filled with sweet omelette, crabstick, shredded cucumber and Japanese mayonnaise. Coated with dry fish powder</i>		
<b>Avocado Maki</b>	(V)	<b>£3.80</b>
<b>Vegetarian California Maki</b>	(V)	<b>£5.80</b>
<i>Avocado, cucumber, sweet omelette and mayonnaise. Coated with sesame seed</i>		
<b>Deep Fried Maki Roll (Filled with)</b>		<b>£5.80</b>
<ul style="list-style-type: none"> <li>• Roasted Duck and Cucumber</li> <li>• Avocado and Tofu Pocket</li> <li>• Sweet Omelette and BBQ Eel</li> <li>• Avocado, Crabstick and Cucumber</li> </ul>	(V)	
<b>Sake Maki (Salmon Roll)</b>		<b>£3.80</b>
<b>Kanigo Ebi Tempura Maki (Enough for two)</b>		<b>£10.80</b>
<i>Crab Roe and Tempura Prawn Roll</i>		
<b>Kani Maki (Crab Stick Roll)</b>		<b>£3.80</b>
<b>Aigamo Maki (Roasted Duck Roll)</b>		<b>£4.80</b>
<b>California Maki</b>		<b>£5.80</b>
<i>Filled with avocado, crabstick, cucumber and mayonnaise. Wrapped in Crab Roe</i>		
<b>Futo-Maki</b>		<b>£5.80</b>
<i>Crabstick, sweet omelette, crab roe, cucumber and tofu-pocket</i>		
<b>Tabi Kani Maki (Highly Recommended)</b>		<b>£6.80</b>
<i>Soft Shell Crab, topped with avocado and crab roe</i>		
<b>Ebi Tempura Maki (Enough for two)</b>		<b>£10.80</b>
<i>Prawn Tempura Roll</i>		
<b>Avocado Ebi Tempura Maki (Enough for two)</b>		<b>£10.80</b>
<i>Avocado and Prawn Tempura Roll</i>		

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