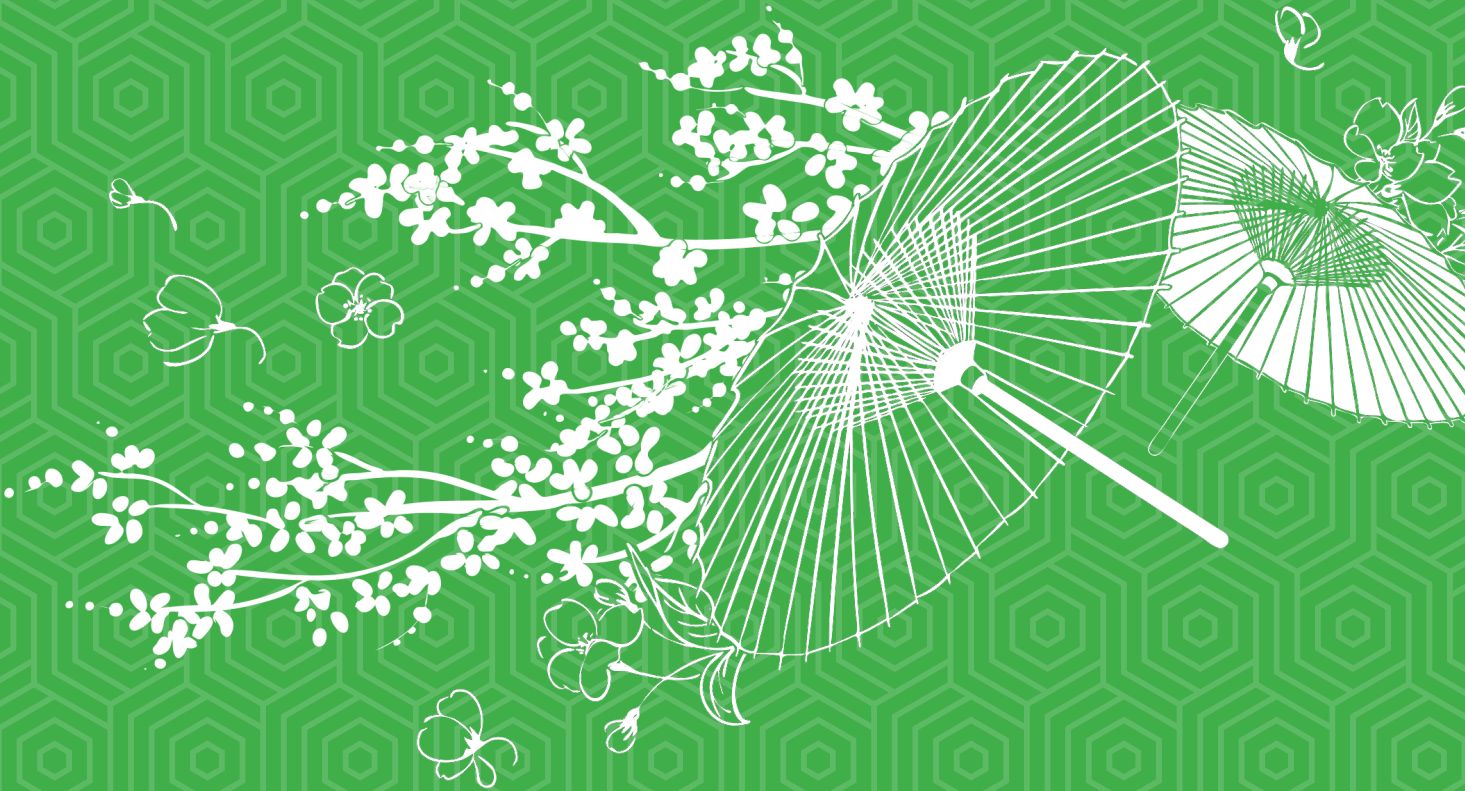


THE ZEN FOOD MENU



ZEN FOOD MENU

STARTERS VEGETARIAN

ASPARAGUS OHITASHI (VE) £5.50

Grilled Asparagus with Sesame Soy Sauce

AUBERGINE/NASU DENKAGU (VE) (GF) £6.50

£6.50

Miso Japanese Aubergine

BROCCOLI OHITASHI (V) (GF) £5.50

Grilled Tender Stem Broccoli with Goma (Sesame) Dressing

CAULIFLOWER, BLACK GOMA TRUFFLE (VE) £5.50

£5.50

Fried Cauliflower in a bed of sticky Sesame Truffle Sauce

EDAMAME (VE) (GF) £4.50

Soy Beans tossed with Sea Salt or Spicy Dressing

GREEN BEAN TEMPURA (VE) £4.50

Crispy battered Green Beans with Tofu Aioli

MISO SOUP (V) (GF) £3.00

Seasonal Miso with Spring Onion

PADRON PEPPERS (VE) (GF) £4.50

Robatta Grilled Padron Peppers with Yuzu Salt

SWEET POTATO KOROKKE (V) £4.50

Deep Fried Sweet Potato Croquettes with Tonkatsu Mayo (3pc)

VEGETABLE SPRING ROLL (V) £3.50

Layer of crispy pastry filled with oriental vegetables served with a Sweet Chilli Dip (3pc)

STARTERS NON-VEGETARIAN

CHICKEN TENDERS £6.50

Crispy fried chicken tenders with or without Buffalo Sauce (5pc)

COCONUT KING PRAWNS £6.50

King Prawns with a crunchy golden coconut topping served with Sweet Chilli Dip (4pc)

DIM SUM SELECTION £12.00

Chef's selection of steamed dim sum with Chilli & Ginger vinaigrette in Bamboo Basket (6pc)

DYNAMITE TEMPURA PRAWN £9.00

Lightly battered King Prawns with Spicy Mayo (4pc)

FRIED WINGS £9.00

Chicken wings with unique Korean Spicy Sauce, Japanese Buffalo Sauce or Tomcats Barbecue Sauce (3pc)

PEKING DUCK SPRING ROLL £4.50

Layer of crispy pastry filled with Aromatic Duck and Oriental Vegetables with a Hoisin Dip

SATAY CHICKEN £9.00

Robata grilled chicken skewers in spicy Peanut Satay Sauce (4pc)

SOFT SHELL CRAB TEMPURA £10.50

Crispy fried Crab with Edamame Hummus

TORPEDO KING PRAWNS £5.50

King Prawns coated in crunchy golden tempura batter with Sweet Chilli dip (4pc)

YUK SUNG £6.50

Minced Chicken in lettuce wrap with Crispy Rice Noodles

CHICKEN CHEESE BALLS £10.00

(3pc)

GRILLED SPICY CHILLI GARLIC KING PRAWN £17.50

(5pc)

ZEN FOOD MENU

SASHIMI

SASHIMI MORIAWASE £8.50 / £16.00

Chef's selection of Raw Fish, 6 or 12 pieces

SHAKE TATAKI £8.50

Salmon, Kizami Wasabi & Ponzu

YUZU SOYTRUFFLE HAMACHI £13.00

Yuzu Hamachi Sashimi with Truffle, Green Chilli & Cherry Tomato

CHEFS SELECTION

SHARING PLATTER

SMALL PLATTER £19.50

12 pieces

MEDIUM PLATTER £29.50

25 pieces

MAKI PLATTER £22.50

16 pieces

MAXI MAKI PLATTER £41.50

32 pieces

SMALL SUSHI BOAT £65.00

40 pieces

LARGE SUSHI BOAT £90.00

60 pieces

MAKI

SPICY TUNA ROLL (GF) £9.00

Tuna, Avocado, Cucumber & Spicy Mayo

SALMON/SHAKE DRAGON ROLL £9.00

Salmon, Avocado, Sweet Soy & Sesame

CRISPY SHRIMP/EBI ROLL £9.50

Tempura Shrimp, Avocado & Spicy Sauce

SHRIMP DRAGON ROLL £9.50

Tempura Shrimp, Tuna, Spicy Mayo & Tonkatsu

SHAKE DEN MISO ROLL (GF) £9.50

Mixed Fish, Miso Aioli & Miso Salsa

GYPSY FUTOMAKI £9.50

Seared Fish, Avocado, Cucumber, Chilli & Ginger

BLACK COD FUTOMAKI (GF) £15.50

Black Cod, Asparagus & Cream Cheese

SPIDER FUTOMAKI £12.50

Soft Shell Crab, Cucumber & Avocado

YASAI ROLL (VE) £8.00

Avocado, Cucumber Roll, Teriyaki & Vegan Japanese Mayo

GARDEN FUTOMAKI (VE) (GF) £8.00

Asparagus & Avocado

BEETROOT SALAD ROLL (V) (GF) £7.50

Beetroot & Wasabi

GREEN MAKI (VE) (GF) £7.50

Cucumber, Carrot, Avocado, Chives & Sesame

MAIN MENU

BEEF FILLET/GYUYAKINIKU £21.50

Finest Beef Fillet with a mixture of Sweet & Savoury Aromatic Sauces served with Yuzu Sweet Potato Mash

BEEF RIBS/SUPEARIBU NO NIKOMI £18.50

Braised Short Beef Ribs coated in sticky Japanese BBQ Sauce served with Fries, Plain Rice or Ponzu Sweet Potato Mash

BLACK COD SAIKYO (GF) £28.50

Sweet White Miso glazed Black Cod served with Chips or Plain Rice

BAO BUN

Choice of Chicken Karaage **£9.50**
or Pulled Hoisin Duck **£10.50**
with Fries

CHICKEN DEN MISO/TORI MISOYAKI (QUARTER) (GF) £10.50

Miso glazed Chicken Thigh served with Fries, Plain Rice or Yuzu Sweet Potato Mash

CHICKEN DEN MISO/TORI MISOYAKI (HALF) (GF) £16.50

Miso glazed grilled Half Chicken served with Fries, Plain Rice or Yuzu Sweet Potato Mash

CHICKEN AVOCADO CHILLI WRAP £9.50

Grilled Chicken & fresh Avocado Chilli spread with salad in a Tortilla Wrap served with Fries

CHICKEN KATSU £12.50

Marinated Chicken served with Java Curry & Rice

CRISPY DUCK PANCAKE £14.50

Crispy Duck in a rich Hoisin Sauce served with thin Pancakes in Bamboo Basket

KOREAN LAMB CUTLETS/ KOHITSUJI MISO YAKI (GF) £12.50

Miso glazed Lamb Cutlets (3pc) served with Fries, Plain Rice or Yuzu Sweet Potato Mash

KUSHIYAKI MEAT SKEWERS (GF LAMB ONLY) £12.50

Japanese meat skewers with a selection of Chicken, Lamb & Beef served with Fries, Plain Rice or Yuzu Sweet Potato Mash

PRAWN/EBI NO SHIOYAKI, PONZU SAUCE £18.50

Grilled Jumbo Prawns drizzled in a Citrus based Sauce served with Fries, Plain Rice or Yuzu Sweet Potato Mash

SALMON/SHAKE YUZU TERIYAKI £14.50

Salmon dressed in Yuzu Teriyaki Glaze served with Fries, Plain Rice or Yuzu Sweet Potato Mash

TOFU KATSU (VE) £9.50

Fried Tofu served with Java Curry & Rice

TUNATARTARE (GF) £9.50

Yellowfin Tuna, Avocado, Hijiki Seaweed, Yuzu Miso & Puffed Rice

UDON NOODLES

Vegetable (V) - **£11.00**

Chicken - **£13.50**

Beef - **£14.00**

ZEN FOOD MENU

SIDES

CHILLI GARLIC FRIES (V) £5.50
Seasoned Fries topped with Garlic & Chilli

CHILLI CHEESE FRIES (V) £6.50
Seasoned Fries topped with Chilli & Cheese

FURIKAKE FRIES (VE) £4.00
Japanese Style Fries with Spices

OKONOMIYAKI FRIES £5.50
Japanese Style Fries topped with Sauces and Fish Flakes

SWEET POTATO CHILLI MAYO FRIES (V) £6.50
Seasoned Fries topped with Chilli & Cheese

YUZU SWEET POTATO MASH (VE) £4.50
Sweet Potato Mash with a Yuzu twist

GOHAN (VE) (GF) £3.00
Japanese White Rice

OKONOMIYAKI GOHAN £4.00
Japanese White Rice topped with Sauces and Fish Flakes

VEGETABLE FRIED GOHAN (V) (GF) £4.00
Mixed Vegetables fried with Japanese White Rice

DIPS £1.00
Den Miso (GF), Japanese Spicy Mayo, Ponzu Citrus, Teriyaki, Tonkatsu Mayo

SALADS

SMOKEY FOREST SALAD (VE) £11.50
Red Quinoa served with Pine Nuts & Dried Cranberries, topped with Shimeji Mushrooms & a House Special Forest Sauce engulfed in a cloud of Cedar Wood smoke

SASHIMI SALAD (GF) £14.50
Tuna, Salmon, Yellowtail, Green Leaf & Spicy Miso Vinaigrette

WAKAME SALAD (VE) £7.50
Goma Wakame, Carrot, Daikon, Tomato, Pumpkin, Sunflower Seed & Sesame Dressing

SPINACH TRUFFLE SALAD (VE) £7.50
Spinach Salad with Truffle Oil

SPINACH TRUFFLE CEASER SALAD £9.50
Robata grilled Miso Chicken on a bed of Spinach Salad with Truffle Oil

KIDS SET MENU £12.50

STARTER
Vegetable Spring Roll (V) or Chicken Tenders or Topedo King Prawns

MAIN
Vegetable Noodle (V) or Quarter Chicken Den Miso (GF) or Salmon Teriyaki

SIDE
Plain Rice (VE) (GF) or Fries (VE) or Yuzu Sweet Potato Mash (VE)

DESSERT
3 Chocolate Dipped Strawberries (V) (GF) or Ice-Cream and Sauce (V)