



# FOOD MENU





# ZEN FOOD MENU

## STARTERS NON-VEGETARIAN

### BUTTERFLY BREADED PRAWNS £9.50

King prawns coated in crunchy golden breadcrumbs with sweet chilli dip (4pc)

### CHICKEN CHEESE KOROKKE £9.00

Crispy fried chicken cheese balls with potato (3pc)

### CHICKEN TENDERS £9.00

Crispy fried chicken tenders served plain or tossed with Tonkatsu BBQ sauce, salty Korean sauce or Buffalo sauce (4pc)

### DIM SUM SELECTION £12.50

Chef's selection of steamed dim sum with chilli & ginger vinaigrette served in a bamboo basket

### DYNAMITE TEMPURA PRAWNS £12.50

Lightly battered king prawns drizzled with spicy Japanese mayo (4pc)

### FRIED WINGS £9.00

Chicken wings coated in either Buffalo sauce, unique salty Korean sauce or Tonkatsu BBQ sauce

### GRILLED CHILLI GARLIC PRAWNS

£12.00

Succulent prawns with a red chilli & garlic fiery coating (5pc)

### PEKING DUCK SPRING ROLL £8.50

Layer of crispy pastry filled with aromatic duck and oriental vegetables served with a Hoisin dip (3pc)

### SATAY CHICKEN £10.50

Robata grilled marinated chicken on skewers served with spicy peanut Satay sauce

### SOFT SHELL CRAB TEMPURA £13.50

Crispy fried crab served with spicy hummus

### TORPEDO KING PRAWNS £9.50

King prawns coated in crunchy golden tempura batter served with sweet chilli dip (4pc)

### YUK SUNG £9.50

Minced chicken in lettuce wrap with a crispy noodle topping

**V – VEGETARIAN VE – VEGAN GF – GLUTEN FREE ALL OUR INGREDIENTS ARE 100% HALAL & ALCOHOL FREE**

All items may contain traces of nuts. Please speak to a member of staff if you have any allergies or request.

## STARTERS VEGETARIAN

### CRISPY CAULIFLOWER WINGS (VE) £7.50

Fried cauliflower served with spicy garlic soy sauce

### DYNAMITE CAULIFLOWER (V) £9.50

Lightly battered cauliflower dizzled with spicy Japanese mayo

### EDAMAME (VE) (GF) £7.50

Edamame soybeans tossed with either sea salt or a spicy dressing

### FRIED SPICY AUBERGINE (V) £7.50

Lightly battered spicy aubergine with sesame dressing

### GREEN BEAN TEMPURA (VE) £7.50

Crispy battered green beans with tofu aioli

### SWEET POTATO KOROKKE (V) £7.50

Deep-fried sweet potato croquettes served with tonkatsu mayo (3pc)

### VEGETABLE SPRING ROLL (V) £7.50

Layer of crispy pastry filled with oriental vegetables served with a sweet chilli dip (3pc)



## MAKI SUSHI

### ZEN SPECIAL SUSHI £13.50

Crispy tempura prawn roll, fried in tempura batter. Drizzled with spicy Mayo

### BLACK COD FUTOMAKI (GF) £18.50

Black cod, asparagus & cream cheese

### EBI ROLL £12.50

Crispy tempura shrimp, avocado & spicy sauce

### GARDEN FUTOMAKI (VE) (GF) £10.50

Sweet potato, asparagus & avocado

### GREEN MAKI (VE) (GF) £10.50

Cucumber, carrot, avocado, chives & sesame

### GYPSY FUTOMAKI £13.00

Seared fish, avocado, cucumber, chilli & ginger

### SHAKE DEN MISO ROLL (GF) £12.50

Mixed fish, miso aioli & miso salsa

### SHAKE DRAGON ROLL £12.50

Salmon, avocado, sweet soy & sesame

### SHRIMP DRAGON ROLL £12.50

Crispy tempura shrimp, tuna, spicy mayo & Tonkatsu sauce

### SPICY CHICKEN ROLL £12.50

Crispy fried chicken, avocado with spicy sauce

### SPICY TUNA ROLL (GF) £12.50

Tuna, avocado, cucumber & spicy mayo

### SPIDER FUTOMAKI £15.50

Soft shell crab, cucumber & avocado

### YASAI ROLL (VE) £10.50

Avocado, cucumber, teriyaki & vegan Japanese mayo

## CHEF SPECIAL SUSHI SHARING PLATTER

### SMALL SUSHI PLATTER £35.00

24 pieces

### MEDIUM SUSHI PLATTER £45.00

32 pieces

### LARGE SUSHI PLATTER £55.00

40 pieces

### EXTRA LARGE SUSHI PLATTER £85.00

64 pieces



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## MAINS

### **BLACK COD SAIKYO (GF) £35.50**

Sweet white miso glazed black cod served with fries or plain rice

### **CHICKEN AVOCADO CHILLI WRAP**

**£13.50**

Grilled chicken with fresh chilli avocado spread with crispy salad in a tortilla wrap served with fries

### **CHICKEN DEN MISO FILLET (GF)**

**£12.50**

Miso glazed chicken fillet served with fries or plain rice

### **CHICKEN DEN MISO (HALF) (GF) £17.50**

Miso glazed grilled half chicken served with fries or plain rice

### **CHICKEN KARAAGE BAO BUN £13.50**

Soft and fluffy steamed bao buns filled with crispy chicken and fresh salad served with fries

### **CHICKEN KATSU CURRY £14.50**

Marinated chicken served with java curry & plain rice

### **CRISPY DUCK PANCAKE £18.50**

Crispy duck in rich Hoisin sauce served with shredded spring onions and cucumber with thin pancakes served in a bamboo basket

### **EBI (PRAWN) NO SHIOYAKI PONZU**

**£33.50**

Grilled jumbo prawns (2pc) drizzled in a citrus base sauce served with fries or plain rice

### **GYU YAKINIKU/BEEF FILLET £27.50**

Finest beef fillet glazed with a mixture of sweet & savoury aromatic sauces served with fries or plain rice

### **KOHITSUJI MISO YAKI / KOREAN**

### **LAMB CUTLETS (GF) £20.50**

Miso glazed lamb cutlets (4pc) served with fries or plain rice

### **KUSHIYAKI MEAT SKEWERS (GF**

### **LAMB ONLY) £18.50**

Japanese meat skewers with a selection of lamb (GF), chicken & beef served with fries or plain rice

### **PULLED HOISIN DUCK BAO BUN**

**£15.50**

Soft and fluffy steamed bao buns filled with pulled Hoisin duck served with fries

### **SHAKE (SALMON) YUZU TERIYAKI**

**£20.50**

Salmon dressed in Yuzu Teriyaki glaze served with fries or plain rice

### **SUPEARIBU NO NIKOMI/ BEEF RIBS**

**£25.50**

Braised short beef ribs coated in sfcky Japanese BBQ sauce served with fries or plain rice

### **SWEET & SOUR CHICKEN £14.50**

Battered chicken coated in a sweet tangy sauce with crunchy bell peppers and pineapples served with egg fried rice

### **TOFU KATSU CURRY (VE) £13.50**

Fried tofu served with Java curry & plain rice

### **UDON NOODLES**

Vegetable (V) - **£12.00**

Chicken - **£14.00**

Beef - **£16.00**

Prawns - **£18.00**

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## SIDES

### **ASPARAGUS OHITASHI (VE) £7.50**

Grilled asparagus with sesame soya sauce

### **BROCCOLI OHITASHI (V) (GF) £7.50**

Grilled broccoli with sesame dressing

### **EGG FRIED RICE (V) £6.50**

Wok fried rice with egg & seasoning

### **GOHAN (VE) (GF) £5.00**

Japanese sticky white rice

### **FRIES (VE) £4.00**

Classic crispy fries

### **CHILLI GARLIC FRIES (V) £6.50**

Seasoned fries topped with garlic & chilli

### **CHILLI CHEESE FRIES (V) £7.50**

Seasoned fries topped with chilli sauce, cheese & fried crispy onions

### **FURIKAKE FRIES (VE) £5.50**

Crispy fries with a Japanese twist

### **OKONOMIYAKI FRIES £6.50**

Japanese style fries topped with Okonomiyaki sauce and spices

### **SWEET POTATO FRIES (V) £7.00**

Classic sweet potato fries

### **SWEET POTATO CHILLI CHEESE FRIES (V) £8.00**

Sweet potato fries topped with chilli sauce, cheese & fried crispy onion

## SALADS

### **GREEN SALAD (V) £7.50**

Spinach, cucumber, spring onion and lettuce drizzled with fresh lemon juice & olive oil

### **SPINACH TRUFFLE SALAD (VE) £7.50**

Spinach salad with truffle oil

### **SPINACH TRUFFLE CEASER SALAD £10.50**

Robata grilled miso chicken pieces on a bed of spinach salad with truffle oil

## KIDS SET MENU

**£14.50**

### **STARTER**

Vegetable Spring Rolls (V) (2pc) **or** Chicken Tenders (2pc) **or** Torpedo King Prawns (2pc)

### **MAIN**

Vegetable Noodles (V) **or** Chicken Den Miso (GF) served with Fries **or** Sweet & Sour Chicken with Egg Fried Rice

### **DESSERT**

Chocolate dipped strawberries (3pc) (V) (GF) **or** Ice-Cream with Strawberry or Bubble-gum Sauce (V)

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# 24K GOLD EXPERIENCE

## EXCLUSIVE TO ZEN

Gold is a remarkable metal, representing perfection in its very essence. It stands as the epitome of superiority, with endless potential, limited only by our imagination.

### 24K GOLD CHAMPAGNE BOTTLE £75

EXCLUSIVE Non-Alcoholic Champagne  
adorned with 24K Pure Gold Flakes

### GOLDEN COAT £15

Have any part of your meal coated in  
24K Edible Gold Leaf

### SILVER JACKET £11

Have any part of your meal coated in  
Pure Edible Silver Leaf

### GOLD BAE £10

Have your meal revolutionised with the  
Finest Edible 24K Gold Flakes

### RAINING SILVER £8

Transform your meal with Pure Edible  
Silver Flakes





# DESSERT MENU





# ZEN DESSERT MENU

## DESSERTS

### LUXURY DESSERTS (V) £10.50

Choose between glorious Matcha Tiramisu, Chocolate Forest Garden or Yuzu Crème Brûlée

### CHOCOLATE FUDGE CAKE (V) £8.50

4 Layer chocolate fudge cake drizzled with white and milk chocolate sauce served with Ice-cream

### COOKIE DOUGH & ICE-CREAM (V) £9.50

Cookie dough drizzled with white and milk chocolate sauce served with Ice-cream

### TARO STICKY RICE (V) £8.50

Hot sweet sticky rice wrapped in a pandan leaf filled with sweet taro served with Ice-cream

### Mochi Ice-Cream (V) £8.50

Sweet rice dough balls (3pc) filled with flavoured Ice-Cream; Chocolate, Strawberry, Mango, Matcha, Vanilla, Sesame, Coconut or Raspberry

### KULFI ICE-CREAM (V) £4.50

Creamy Ice-Cream in Mango, Malai or Pistachio flavour (1 Scoop)

### VEGAN ICE-CREAM (VE) £4.50

Non-dairy Ice-Cream in a choice of flavours (1 Scoop)

### SORBET ICE CREAM (VE) £4.50

Frozen fruity dessert in Lemon, Fruits of the Forest, Mango and Mandarin flavour (1 Scoop)

### CHOCOLATE DIPPED STRAWBERRIES (V) (GF)

£4.50 (3pc) £6.50 (6pc) £9.50 (10pc)

### TROPICAL FRUIT PLATTER (V) (GF) SMALL £15/ LARGE £25

Medley of fresh tropical & seasonal fruits

## CREPES & WAFFLES

Freshly made & served with Ice-Cream  
£9.50

### ORIGINAL LEMON

Spread with butter, lightly dusted with sugar & drizzled with lemon juice

### MAPLELICIOUS

Drizzled with Maple syrup

### STRAWBERRY INDULGENCE

Fresh strawberry slices, melted Belgium chocolate sauce & sprinkle of milk chocolate flakes

### BANOFFEE

Banana slices, drizzled with our delightful toffee sauce & topped with toffee fudge pieces

### THE NUTTY PROFESSOR

Chopped nuts & chocolate curls, drizzled with Nutella sauce

### OREO CRUNCH WAFFLE

Crushed Oreo cookie crumbs, drizzled with our lavish white chocolate sauce & sprinkled with white chocolate Flakes

### FERRERO CRUNCH

Crushed Ferrero chunks drizzled with Nutella sauce and sprinkled with chopped nuts

### BELGIAN WHITE CHOCOLATE

Belgian white chocolate buttons, drizzled with Belgian white chocolate sauce, sprinkled with Belgian white chocolate flakes

### EXTRA TOPPINGS £1.50

Whipped Cream, Chopped Nuts, Chopped Chocolate Bar, Florentine Wafers, Vivaldi Wafer Roll, Crushed Flake, Chocolate Curls, White Chocolate Curls, Skittles, Chocolate Buttons, Nutella, Belgian Milk Chocolate Sauce, Belgian White Chocolate Sauce, Toffee Sauce, Caramel Sauce, Strawberries, Banana

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## SUNDAES

### **KNICKERBOCKER GLORY £10.95**

Traditional Vanilla, Chocolate and Strawberry Ice-cream served with mango and raspberry sauce topped with whipped cream, a glazed cherry, Florentine wafer and a Vivaldi cigar wafer

### **BANANA SPLIT £10.95**

Vanilla and Banana Ice-Cream with fresh whole banana, chocolate sauce and chopped nuts topped with Whippy Ice-Cream

### **SIMPLY STRAWBERRY £11.95**

The famous bowl of Strawberry and Vanilla Ice-Cream served with fresh strawberries, strawberry sauce, whipped cream, Florentine wafer and a Vivaldi cigar wafer

### **WAFFLER £13.95**

Vanilla Ice-Cream served with mini waffle pieces, hot chocolate fudge sauce, a choice of fresh strawberry or banana slices, whipped cream, Florentine wafer and a Vivaldi cigar wafer

### **HOT CHOC FUDGE £13.95**

Get hot and cold with our classic Vanilla and Chocolate Ice-cream served with a slice of 4 layer hot chocolate fudge cake, drowned in chocolate fudge sauce, whipped cream, Florentine wafer and a Vivaldi cigar wafer

## KIDS SUNDAES

### **SMARTIE PANTS £6.45**

A scoop of Strawberry Ice-cream with strawberry sauce, smarties, 100s & 1000s and flake topped with Whippy Ice-Cream

### **CHOCOLICIOUS £6.45**

A scoop of Chocolate Ice-Cream with chocolate sauce, chocolate buttons, chocolate strands and flake topped with Whippy Ice-Cream

### **SWAN LAKE £7.95**

Strawberry and Vanilla Ice-cream, served with fresh strawberries, strawberry sauce, chopped nuts and finished with Ferrero Rocher pieces topped with whipped cream

### **RACER £7.95**

Vanilla, Chocolate and Strawberries Ice-Cream, served with marshmallow, chocolate sauce 100s & 1000s, Florentine wafer and Vivaldi cigar wafer







# DRINK MENU





# ZEN DRINKS MENU

## DRINKS

### ZEN MIXOLOGY MOCKTAILS £7.50

Zen On the Beach, Espresso Martini, Virgin Star Martini, Bubblicious, Strawberry Daiquiri, Strawberry & Kiwi Cooler, Strawberry & Orange Cooler, Pina-Colada, Blue Lagoon, Lychee Berry, Mocha Slush

### MOJITOS £7.00

Classic, Strawberry, Cherry, Raspberry, Orange, Passion, Mango, Red Bull & Coke, Ginger, Elderflower

### SOFT DRINKS £3.50

Coke, Coke Zero, Sprite, Fanta Orange, Appletiser, Red Bull/Sugar Free & J20

### FRESHLY SQUEEZED JUICES £5.50

Freshly squeezed Apple, Cucumber, Orange, Carrot & Lemon and Mint

### JUICES £3.00

Orange, Apple, Mango, Pineapple, Passion fruit, Lychee, Cranberry, Tropical

### SMOOTHIES

**(MADE WITH LOW FAT FROZEN YOGURT)**  
£7.50

#### BERRY BLITZ

Apple, Cranberry, Blueberry, Blackberry, Raspberry & Strawberry

#### CARIBBEAN CRUSH

Passion fruit, Pineapple, Melon & Mango

#### LYBERRY

Passion Fruit, Lychee, Raspberry & Strawberry

#### MANGO MANIA

Mango, Orange & Strawberry

#### POWER UP

Orange, Strawberry, Banana, Honey & Protein

#### PINEBERRY

Pineapple & Strawberry

#### TROPICAL ICE

Pineapple, Papaya & Mango

### WATER

Small Still/Sparkling Water **£2.50**

Large Still/Sparkling Water **£4.00**

### MILKSHAKES £8.50

Chocolate, Strawberry, Vanilla, Banana, Mango, Pistachio, Coffee, Oreo, Ferrero Rocher, Kinder Bueno Bounty, Aero Mint, Snickers, Kit Kat, Peanut Butter, Maltesers, Crunchie and Daim

### HOT DRINKS

#### ESPRESSO £2.50

#### DOUBLE ESPRESSO £3.50

#### CAPPUCCINO £4.00

#### AMERICANO £4.00

#### LATTE £4.50

#### MOCHA £4.00

#### HOT CHOCOLATE £4.50

ADD AN EXTRA BELGIUM CHOCOLATE SHOT MILK OR WHITE IN TO YOUR HOT DRINK FOR **£1.00**

#### TEAS £3.00

Freshly brewed English, Camomile or Earl Grey Tea served with or without milk

#### MINT TEA £3.50

Brewed fresh mint leaves in cup

#### DESI TEA £4.50

Freshly brewed spiced milky tea in cup

#### MINT TEAPOT £8.50

Freshly brewed mint leaves in pot

#### DESI TEAPOT £9.50

Freshly brewed spiced milky tea in pot

#### FLOWER TEAPOT £8.50

Light & delicate floral tea, be mesmerised by the flower tea opening before your eyes

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