

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

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.

4 COURSE SET MEAL (A)

£29.95 per person (Minimum of two people)

STARTER

Crispy Aromatic Duck with Red Grapefruit, Pine Nut, Green Salad and Dressing

2ND COURSE

Assorted Tempura

King Prawn, Chicken and Mixed Vegetables

MAIN COURSE

(Choose one per person)

Sizzling Rib Eye Steak Rolls with Asparagus in Black Pepper 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 in Coconut and Curry Sauce
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 Selection)

2ND COURSE

'Zen' Deluxe Platter

Served with Spring Roll, Duck Samosa, Sesame Prawn Toast in Crispy Seaweed and Kimchi
Chicken Skewer

MAIN COURSE

(Choose one per person)

Zen Signature Dish

Pork 'Kakuni'

Teppanyaki Duck Breast with Mixed Asian Greens and Cashew Nuts in Plum Sauce
Sizzling Chicken Teriyaki

Sizzling General Tso Irish Fillet Steak with Cashew Nuts and Chilli

Sizzling Garlic Butter King Prawns

Honey Peppered Shredded Chicken

All served with Egg Fried Rice or Steamed Rice

DESSERT

Choose from our full dessert menu

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.

Zen Dragon Tail Ribs Coated in honey & plum glaze	£6.80
Spring Roll Japanese Style (V) Filled with Carrot and cabbage	£4.80
Roasted Duck Samosa Filled with spring onion, roasted duck and hoi sin sauce	£4.80
Pan-Fried Japanese Dumpling Filled with minced chicken, Chinese vegetables and ginger	£5.20
'Kimchi' Chicken Skewers Chicken fillet skewers soaked in a tangy spicy Kimchi marinade and served with Spicy homemade Satay sauce	£4.80
Nikko Chilli Squid (H)	£5.80
Bamboo Wrapped Chicken Marinated Chicken fillet with herbs and spices wrapped in Green Bamboo Leaf	£5.80
Diced Spicy Beef Fillet Tender diced beef fillet marinated with cumin served with crispy shredded potato	£6.80
Filo Crispy Prawn Filo; a thin thread pastry; wrapped around jumbo king prawns Served with house sweet chilli dip	£6.80
Fresh Oysters with Three Flavoured Dressing (3 Pieces) Dressing with sweet sour tomato, onion and carrot, ginger and garlic flavours	£5.80
Bread Crumb and Deep Fried Oyster Cutlets (3 Pieces) Served with house sweet chilli dip	£5.80
Fried Soft Shell Angry Crab with Red Chilli Good for crab lovers	£6.80
Crispy Duck with Crispy Pancake Petit crispy pancakes, layered with crispy duck and hoi sin sauce. Shredded lettuce and shaved bell peppers	£5.80
Sesame Prawn Toast in Crispy Seaweed	£5.80
Stir-Fry Long Bean, Wild Mushroom and Water Chestnut in Black Bean Wrap in Lettuce (V)	£5.80
Crispy Aromatic Duck Salad (Two people sharing) With Red grapefruit, Pine Nut, Green salad and Dressing	£11.80
Zen Deluxe Platter (Two people sharing) Served with spring roll, Duck samosa, Kimchi chicken skewer & Prawn toast	£11.80

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

SASHIMI

Sashimi is the most succulent fine slices of the freshest raw Meat or Seafood, served with Fiery Wasabi and Japanese Soya Sauce.

Amaebi (R) (Sweet Shrimp)	£6.80
Hokkigai (Surf Clam)	£6.80
Sake (R) (Salmon)	£7.80
Tako (Octopus)	£6.80
Maguro (R) (Tuna)	£8.80
Hamachi(R) (Yellow Tail) Try this wonderfully rich and smooth oily fish in generous slices with wasabi and soya sauce.	£11.80
Seared Salmon Sashimi	£7.80
Seared Tuna Sashimi	£8.80
Seared Salmon and Tuna	£9.50
Sashimi Moriawase (Sashimi Platter) Chef's Selection	
Small	£13.60
Large	£21.80

SOUP

Japanese Miso Soup (V)	£2.50
Spicy Seafood Soup (H) Prawns, Squid, Scallops and Seaweed in tangy Kimchi based soup	£3.80
Miso Soup with Diced Chicken and Seaweed	£3.80
Edamame (V) Blanched Green Soya Bean	£3.80

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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.

Asparagus (V)	£3.80
Tofu Pocket (V) (Fried Beancurd)	£3.80
Hokkigai (Surf Clam)	£3.80
Kaniko (Crab Roe) (R)	£3.80
Sake (Salmon) (R)	£3.80
Amaebi (Sweet Shrimp)	£3.80
Ikura (Salmon Roe) (R)	£4.60
Sakura (Salmon & Crab Roe) (R)	£6.80
Maguro (Tuna) (R)	£4.80
Hamachi (R) Deliciously rich, oily, fine slices of Hamachi, served on sticky rice with traditional wasabi and Soya sauce.	£5.80
Fusion Style Sushi (4 pieces)	£7.80
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.	
Sliced BBQ Chicken Fillet	£3.80
Ebi (Shrimp)	£3.80
Tako (Octopus)	£3.80
Tamago (V) (Sweet omelette)	£3.80
Unagi (Sweet Water Eel)	£4.20
Sushi Moriawase (Sushi Platter) Chef's selection	
6 Pieces	£12.80
12 Pieces	£21.80

MAKI ROLL

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

New Rainbow Maki (4 Pieces) (R) Salmon, Tuna, Prawn Tempura, Avocado and asparagus	£7.80
New Spicy Tekka Maki (R) Filled with tuna & Japanese spicy mayonnaise	£5.20
Salmon Plate Sake Sushi, Sashimi and Sake Maki	£9.80
Tuna Plate Maguro Sushi, Sashimi and Maguro Maki	£10.80
Freshly Grilled BBQ Eel Maki Rolls (Enough for two)	£17.80
Tuna Avocado Maki (R)	£5.80
Avocado Maki (V)	£4.20
Vegetarian California Maki (V) Avocado, Cucumber, Sweet omelette and Mayonnaise. Coated with Sesame seed	£5.80
Deep Fried Maki Roll (Choose one from the following fillings)	£5.80
• Roasted Duck and Cucumber Pocket (V) • Sweet Omelette and BBQ Eel • Avocado and Tofu	
Sake Maki (Salmon Roll) (R)	£4.20
Kanigo Ebi Tempura Maki (Enough for two) Crab Roe and Tempura Prawn Roll	£10.80
Aigamo Maki (Roasted Duck Roll)	£4.80
Salmon, Swimmer Crab Maki (New Style) Salmon & Avocado Maki topped with crab with light Japanese plum sauce	£6.80
California Maki Filled with Avocado, Crabstick, Cucumber and mayonnaise. Wrapped in Crab Roe	£5.80
Tabi Kani Maki (Highly Recommended) Soft Shell Crab, topped with avocado and crab roe	£6.80
Ebi Tempura Maki (Enough for two) Prawn Tempura Roll	£10.80
Avocado Ebi Tempura Maki (Enough for two) Avocado and Prawn Tempura Roll	£10.80

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TEPPANYAKI

Teppanyaki is an extremely high heat steel plate (300 degrees Celsius)
The temperature instantly locks in the entire natural flavours and juices and makes
your dish tender.

Irish Fillet Steak	£17.80
Chicken Fillet in Spicy Satay Cash Nut Sauce (H)	£12.80
Giant King Prawn	£15.80
Ocean Scallops	£15.80
Teppanyaki Salmon	£12.80
Assorted Mushrooms (V)	£11.80
Mixed Teppanyaki (Choose Two Items from above)	£17.80

TEMPURA BASKETS

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

Chicken and Assorted Vegetables (6 Pieces)	£6.80
King Prawn and Assorted Vegetables (6 Pieces)	£6.80
Assorted Vegetables (6 Pieces) (V)	£6.80
Mixed Seafood (8 Pieces) Salmon, Scallop, Prawn and White Fish Fillet	£9.80

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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 the abundance of flavours with each of our dishes continue to allow Zen to set the pace in food design and dining experience.

Zen's Signature Dish	£15.80
Deep Fried Sliced Monkfish Tails Flavoured with Zen Sweetened Grapefruit Tangyang Sauce	
Stir Fried Giant Prawns with Cream and Coconut Milk	£15.80
Deliciously Sinful	
Sizzling Wasabi Peppered Monkfish Tails	£15.80
Lightly battered monkfish Served with baby pine nut in wasabi peppered sauce.	
Fresh Atlantic Salmon	£12.80
Char-grilled fillet of salmon, dressed with coconut and shrimp paste curry (Mild)	
Garlic Butter Coriander Giant Prawn	£15.80
Smell is beautiful when Garlic Butter hits the Sizzling Plate	
Thai Green Curry Giant Prawn	£15.80
Stir-fried Diced Irish Fillet Steak in Teriyaki Sauce	£15.80
Chilean Seabass	£24.65
Glazed on the Teppanyaki Hot Plate, served with finely chopped Ginger and Spring Onion in Zen's home-made Soy Sauce	
Honey Peppered Shredded Chicken	£11.80
'Sanpei' Chicken	£12.80
Chicken Breasts lightly battered, stir-fried with Green Chilli, Garlic, Sweet Basil and Baby Leeks, served on Sizzling Plate	
Stir Fried Chicken Fillet with Lotus Root and Asparagus in Black Pepper Sauce	£11.80
Japanese Style Chicken Curry (H)	£11.80
Chicken Teriyaki	£12.80
Chicken, Mushroom, Red Bell Pepper and Asparagus, Sizzling Pan-fried Chicken Breast with Teriyaki Sauce	
Stir Fried Shredded Duck 'Japanese' Style	£12.80
Shredded duck, Stir-fried with mixed fresh vegetables, served with teriyaki sauce	
Roasted Duck Breast Fillet (Highly Recommended)	£13.80
With Mango Slices	

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MAIN COURSES (CONTINUED)

12oz Irish Fillet Steak	£17.80
With Mushroom and Asparagus (Sauce comes with it)	
Pan-Fried Rib Eye Steak Rolls with Asparagus	£15.80
Asparagus wrapped in sliced Rib-eye Steak, Served with Black Pepper Sauce on Sizzling Plate	
Pork 'Kakuni'	£13.80
Slowly cooked Pork Belly, nice and juicy, served with Chinese Green and Pickled Ginger	
General Tso's Irish Fillet Steak (H)	£15.80
Fillet Steak Stir-fried with Dry Red Chilli, Roasted Garlic and Cashew nuts on Sizzling Plate	
Mad Crab	£15.80
Teppanyaki Prawn, Scallops, Irish Crab Claws and Irish Salmon with Creamy Sauce	

VEGETARIAN DISHES

Braised Morinaga Tofu (V)	£11.80
With Shitake Mushroom & Preserved Vegetables	
Coconscious Curry (V)	£11.80
Stir-fried long green bean and aubergine in coconut and creamy curry sauce with pineapple and slice tofu	
Three Style Mushroom Stir-fried (V)	£11.80
With Asparagus, Cloud Ear & Pine Nut	
Sizzling Aubergine Lightly Battered (V)	£11.80
Dressed with Hot Sticky Honey Chilli Sauce with a drop of Fresh Lime Juice	

SIDE DISHES

Garlic Potatoes (V)	£3.00
Steam Rice (V)	£3.00
Egg Fried Rice (V)	£3.00
Yaki Ramen (V)	£3.80
(Fine Japanese style egg noodles)	
Yaki Udon (V)	£3.80
(Udon is made of wheat flour, salt and water. They are thick and white noodles)	
Stir Fried Long Green Beans with Chilli Flakes (V)	£3.80
Stir Fried Pak Choi with Garlic Flakes (V)	£5.50

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