

鉄板焼子ア・ラ・カルトメニュー

TEPPANYAKI
À LA CARTE MENU

禅zen

JAPANESE RESTAURANT

一期一会

Ichi Go ... Ichi E

*On every occasion, the people, the place, the time and the
experience are unique and can never be replicated...*

Enjoy the moment!

*Bei jeder gelegenheit sind die menschen, der ort, die zeit und die
erfahrung einzigartig und können niemals wiederholt werden...*

Genieße den moment!

*À chaque occasion, les gens, le lieu, le temps et l'expérience sont
uniques et ne peuvent jamais être reproduits...*

Apprécie le moment!

*In ogni occasione, le persone, il luogo, il tempo e l'esperienza
sono unici e non possono mai essere replicati...*

Godetevi il momento!

禅zen

JAPANESE RESTAURANT

お肉

MEATS

アンガス 牛肉 フィレ

Angasu Gyūniku Fuire

Angus Beef Fillet (250g)



€35.00

アンガス 牛肉 リブアイ

Angasu Gyūniku Ribuai

Angus Beef Rib-Eye (250g)



€30.00

豚肉 フィレ

Butaniku Fuire

Pork Fillet (250g)



€25.00

鶏もも肉

Torimomoniku

Chicken Thighs (250g)



€25.00

付け合わせ/味噌汁、ご飯と旬の野菜

Served with Miso soup, steamed rice and stir-fried seasonal vegetables.



甲殻類 crustaceans



グルテン gluten



マスタード mustard



セロリ celery



二酸化硫黄 sulphite



卵 eggs

魚介

SEAFOOD

ロブスター

Robusutā

Whole Lobster
(upon availability)



Market price

ブラック タイガー

Burakku taigā

Jumbo Tiger Prawns



€35.00

ロブスターテール

Robusutātēru

Lobster Tail



€45.00

帆立

Hotate

Scallops

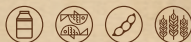


€40.00

鮭

Sake

Salmon (250g)

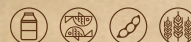


€30.00

鮪

Maguro

Tuna (250g)

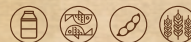


€35.00

大とろ

Ōtoro

Tuna Belly (250g)



€40.00

白身魚

Shiromizakana

Fresh White Fish
of the Day (250g)



Market price

付け合わせ/味噌汁、ご飯と旬の野菜

Served with Miso soup, steamed rice and stir-fried seasonal vegetables.



ピーナッツ peanuts



その他ナッツ nuts



ミルク milk



貝類 shellfish



魚類 fish



ゴマ sesame



大豆 soya

副菜 - 麺類

SIDE DISHES - NOODLES

牛肉焼きそば

Gyūniku Yakisoba

Teppan-Fried Noodles

With beef and vegetables.



€16.00

鶏肉焼きそば

Toriniku Yakisoba

Teppan-Fried Noodles

With chicken and vegetables.



€13.00

エビ焼きそば

Ebi Yakisoba

Teppan-Fried Noodles

With prawns and vegetables.



€19.00

牛肉焼きうどん

Gyūniku Yakiudon

Teppan-Fried

Thick Japanese Noodles

With beef and vegetables.



€17.00

鶏肉焼きうどん

Toriniku Yakiudon

Teppan-Fried

Thick Japanese Noodles

With chicken and vegetables.



€14.00

エビ焼きうどん

Ebi Yakiudon

Teppan-Fried

Thick Japanese Noodles

With prawns and vegetables.



€20.00

A minimum charge of €35 per person will apply.



甲殻類 crustaceans



グルテン gluten



マスタード mustard



セロリ celery



二酸化硫黄 sulphite



卵 eggs

副菜一焼子飯

SIDE DISHES – FRIED RICE

焼き飯

Yakimeshi

Fried Egg Rice With Vegetables



€10.00

鶏肉 焼き飯

Toriniku Yakimeshi

Fried Vegetable Rice With Chicken



€12.00

エビ焼き飯

Ebi Yakimeshi

Fried Vegetable Rice With Prawns



€16.00

牛肉焼き飯

Gyūniku Yakimeshi

Fried Vegetable Rice With Beef



€15.00

Gluten free and other specific diet-controlled foods must be requested upon reservation.

ピーナッツ peanuts その他ナッツ nuts ミルク milk 貝類 shellfish 魚類 fish ゴマ sesame 大豆 soya

ベジタリアン料理

VEGETARIAN SELECTION

豆腐ステーキ(ご飯付き)

Tōfu Sutēki Gohan Tsuki

Teppan-Fried Tōfu Steak

*Served with fresh mushrooms,
spring onions, garlic,
vegetable sauce and steamed rice.*



€20.00

玉子焼き(ご飯付き)

Tamagoyaki Gohan Tsuki

Japanese Rolled Omelette

Served with steamed rice.



€16.00

焼き野菜(ご飯付き)

Yaki Yasai Gohan Tsuki

Teppan-Fried Mixed Vegetables

Served with steamed rice.



€12.00

野菜焼きうどん

Yasai Yaki Udon

**Teppan-Fried
Japanese Thick Noodles**

With vegetables.



€14.00

野菜焼きそば

Yasai Yaki Soba

Teppan-Fried Japanese Noodles

With vegetables.



€12.50

付け合わせ/味噌汁、ご飯と旬の野菜

Served with Miso soup, steamed rice and stir-fried seasonal vegetables.

A minimum charge of €35 per person will apply.



甲殻類 crustaceans



グルテン gluten



マスタード mustard



セロリ celery



二酸化硫黄 sulphite



卵 eggs



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