ア・ラ・カルトメニュー

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

前菜
STARTERS

鮪 の タルタル
Maguro no Tarutaru
Tuna tartare with spring onions,
avocado and a wasabi soy sauce dressing

€13.50

鮭のタルタル
Sake no Tarutaru
Salmon tartare with spring onions,
avocado and a wasabi soy sauce dressing

€12.00

揚げ出し豆腐
Agedashi Dōfu
Deep-fried tōfu in dashi fish stock
and soy sauce dressing, bonito flakes,
daikon and spring onions

€9.50

牛肉のたたき
Gyūniku no Tataki
Seared rare beef fillet slices
with spring onions, fried garlic chips
and ponzu sauce

€13.50

鮭のたたき
Sake no Tataki
Seared rare salmon slices,
with ponzu sauce, marinated onions
and karashi sumiso dressing

€12.50

鮪のたたき
Maguro no Tataki
Seared rare tuna slices
with spring onions and Jalapeño pepper

€14.00

あぶりトロ
Aburi Toro
Seared rare tuna belly slices
with mustard ponzu sauce, topped with chopped
tuna belly and spring onions

€16.50

なす田楽
Nasu Dengaku
Deep-fried aubergine
topped with miso paste

€8.00

枝豆
Edamame
Lightly salted steamed soy beans

€5.00

スパイシー枝豆
Supaishī Edamame
Stir fry soy beans with sriracha sauce,
chili garlic and olive oil

€6.00

鴨ロース煮
Kamo Rōsuni
Sous-vide duck breast
with mustard grains and leeks

€20.00

豚肉焼き餃子
Butaniku Yaki Gyoza
(1 pc)
Pan-fried homemade dumplings
filled with pork, served with soy, ponzu,
chili and sesame oil sauce

€3.50

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*

前菜
STARTERS

スープ
SOUPS

味噌汁
Misoshiru
Miso soup with seaweed,
tōfu and spring onions
€7.00

海老と卵のスープ
Ebitama no sūpu
Prawn, egg, asparagus
and sesame soup
€13.00

天ぷらうどん
Tempura Udon
Japanese thick noodle
and wakame soup served with prawn
and vegetable tempura
€18.00

サラダ
SALADS

海藻サラダ
Kaisō Sarada
Assorted Japanese Seaweeds
(Goma wakame and Nori Aka salad)
€13.50

鮭の皮サラダ
Sake no kawa Sarada
Salmon skin salad with daikon,
mixed green salad, cherry tomatoes,
ponzu sauce, olive oil and bonito flakes
€12.50

すみそ
Sumiso
Tuna, octopus, scallops, avocado,
asparagus in sweet miso dressing
€18.00

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*

天ぷら
TEMPURA

海老
Ebi
(1 pc)
€5.50

白身魚
Shiromizakana
(1 pc)
White Fish
€5.40

鮭
Sake
(1 pc)
Salmon
€4.50

烏賊
Ika
(1 pc)
Squid
€4.00

精進天ぷら
Shōjin Tempura
(7 pcs)
Asparagus, shiitake mushrooms, aubergine, pumpkin, sweet potato, carrot, courgette
€10.50

海老と野菜の磯辺かき揚げ
Ebi to Yasai no Isobe Kaki-age
Prawns, vegetables and dried seaweed
Japanese kakiage tempura
(courgette, onion, carrot, sweet potato)
€15.00

禅天ぷら盛り合わせ
Zen Tempura Moriawase
(10 pcs)
Zen special assorted tempura platter with seafood and seasonal vegetables
(2 Prawns, 2 Salmon, 2 White Fish, 4 Vegetables)
€37.00

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*

揚げ物
AGEMONO

烏賊 春巻き
Ika Harumaki
(1 pc)
Japanese deep-fried spring roll
with squid and shiitake mushrooms
served with karashi sumiso dressing

€7.00

豚カツ
Tonkatsu
Breaded deep-fried
pork cutlet served with
tonkatsu,
Worcester sauce
and coleslaw

€12.50

フライ 寿司 ライス
Furai Sushi Raisu
Fried sushi rice topped
with chopped tuna belly,
spring onions, spicy mayo
and ponzu sauce

€15.50

鶏肉の竜田揚げ
Toriniku no Tatsuta-Age
Japanese style
deep-fried chicken
served with salad

€13.50

ソフトシェルクラブ
Sofuto Sheru Kurabu
(2 pc)
Soft Shell Crab

€21.00

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*

寿司
SUSHI

握り寿司
NIGIRIZUSHI
(2 pcs)

鮪
Maguro
Tuna
€7.00

鱸
Suzuki
Sea Bass
€7.50

海老
Ebi
Prawn
€7.80

かんぱち
Kanpachi
Amberjack
€8.00

大とろ
Ōtoro
Tuna Belly
€8.00

羽太
Hata
Grouper
€8.00

ボタンエビ
Botanebi
Red Prawn
Market price

烏賊
Ika
Squid
€5.50

鮭
Sake
Salmon
€6.50

鯛
Tai
Sea Bream
€7.50

帆立貝
Hotategai
Scallop
€12.00

蛸
Tako
Octopus
€5.50

真鯛
Madai
Red Snapper
€8.00

鰻
Unagi
Japanese Eel
€12.00

イクラ軍かん
Ikura Gunkan
Salmon roe warship rolls wrapped with seaweed
€12.00

ボタンエビ烏賊軍かん
Botanebi Ika Gunkan
Red prawn and squid warship rolls.
Market price

玉子
Tamago
Japanese Omelette
€5.00

ネギトロ軍かん
Negitoro Gunkan
Chopped tuna belly and spring onions warship rolls wrapped with seaweed.
€12.50

イクラ鮭軍かん
Ikura Sake Gunkan
Salmon roe warship rolls wrapped with salmon.
€12.50

禅炙り寿司盛り合わせ
Zen aburi Sushi Moriawase
(10 pcs, 1 tamago)
Zen special selection of seared Nigirizushi.
€36.00

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*

寿司
SUSHI

手巻き寿司
TEMAKIZUSHI
(Hand-rolled sushi)

鮪手巻き
Maguro Temaki
(1 pc)
Tuna, avocado and cucumber

€7.80

スパイシー鮪手巻き
Supaishī Maguro Temaki
(1 pc)
Spicy tuna with spring onions, chili sauce and sesame

€8.25

玉子イクラ手巻き
Tamago Ikura Temaki
(1 pc)
Salmon roe and Japanese omelette

€7.50

鮭手巻き
Sake Temaki
(1 pc)
Salmon, avocado and cucumber

€7.25

海老天ぷら手巻き
Ebi Tempura Temaki
(1 pc)
Deep-fried prawn, asparagus and a creamy spicy sauce

€8.75

鰻手巻き
Unagi Temaki
(1 pc)
Japanese eel, avocado, cucumber and sesame

€10.50

野菜手巻き
Yasai Temaki
(1 pc)
Cucumber, avocado, shiso leaf, spring onions

€6.50

ネギトロ手巻き
Negitoro Temaki
(1 pc)
Tuna belly, spring onions and shiso leaf

€8.50

海老手巻き
Ebi Temaki
(1 pc)
Cooked prawn, lettuce, avocado, mayonnaise and cucumber

€8.00

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*

寿司
SUSHI

细巻き
HOSOMAKI

(Thin-rolled sushi with seaweed – 6 pcs)

鉄火巻
Tekka Maki
Tuna
€8.50

スパイシー鮪巻
Supaishī Maguro Maki
Spicy tuna, chili garlic sauce, spring onions and sesame
€9.50

ネギトロ巻
Negitoro Maki
Tuna belly and spring onions
€10.50

鮭巻
Sake Maki
Salmon
€8.00

かんぱち大とろ巻
Kanpachi Ōtoro Maki
Amberjack, tuna belly and spring onions
€10.50

かっぱ巻
Kappa Maki
Cucumber and sesame seeds
€4.75

梅しそきゅう巻
Ume Shiso Kyū Maki
Japanese pickled plum, shiso leaf, cucumber and sesame
€6.50

アボ巻
Abo Maki
Avocado
€5.50

シェフおまかせ 寿司, 刺身, ロール
Chef Omakase Sushi, Sashimi, Rolls
Zen special selection of sushi, sashimi and rolls
Sashimi (3 kind, 7 pcs)
Nigirizushi (5 kind, 5 pcs)
Futomaki (6 pcs)
Gunkanmaki (2 pcs)
€48.50

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*

寿司
SUSHI

太巻き
FUTOMAKI

(Thick-rolled sushi with seaweed – 6 pcs)

禅ハウススペシャル太巻
Zen Hausu Supesharu Futomaki
7 varieties of raw fish
rolled in seaweed

€13.50

ソフトシェルクラブ太巻
Sofuto Sheru Kurabu Futomaki
Deep-fried soft shell crab,
capelin roe, spring onions,
avocado, creamy spicy sauce

€16.50

鰻玉子太巻
Unagi Tamago Futomaki
Japanese eel and omelette
with avocado, cucumber
and sesame

€12.50

鶏肉照り焼き太巻
Toriniku Teriyaki Futomaki
Fried chicken, avocado, cucumber,
creamy spicy mayonnaise, sesame
and Teriyaki sauce

€10.00

鮭クリームチーズ太巻
Sake Kuriimu Chiizu Futomaki
Salmon, philadelphia,
avocado, cucumber
and tempura crumbs

€11.50

豆腐太巻
Tōfu Futomaki
Tōfu, cucumber, avocado
and sesame paste

€8.50

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*

寿司
SUSHI

裏巻き
URAMAKI
(Inside-out sushi roll)

リコロール
Riko Rōru
(8 pcs)
Salmon, avocado, crispy tempura, sesame, ricotta and unagi sauce
€15.00

帆立貝ロール
Hotategai Rōru
(8 pcs)
Tuna, prawn and avocado roll topped with seared scallops, oba leaf, spring onions, spicy mayonnaise and unagi sauce
€19.50

鮭 海老天ぷらロール
Sake Ebi Tempura Rōru
(8 pcs)
Deep-fried prawn roll, topped with seared salmon, mayonnaise, spring onions and unagi sauce
€16.00

大とろトリュフロール
Ōtoro Toryufu Rōru
(8 pcs)
Salmon, avocado, tempura crumbs, topped with seared tuna belly and black truffle perlage
€18.00

豚カツロール
Tonkatsu Rōru
(8 pcs)
Breaded deep-fried pork cutlet, Philadelphia and tonkatsu Worcester sauce
€12.50

ドラゴンロール
Doragon Rōru
(8 pcs)
Salmon, cucumber, avocado and unagi sauce roll, topped with Japanese eel and sesame seeds
€19.50

芸者ロール
Geisha Rōru
(8 pcs)
Spicy tuna and cucumber roll, topped with tempura crumbs, sesame seeds and chopped salmon
€14.50

キャタピラーロール
Kyatapirā Rōru
(8 pcs)
Caterpillar shaped roll with prawn tempura, topped with avocado, flying fish roe and spicy mayo
€15.00

ボタンエビロール
Botanebi Rōru
(8 pcs)
Tuna belly, spring onions and avocado roll, topped with raw red prawns
Market price

みどりロール
Midori Rōru
(8 pcs)
Asparagus tempura roll with spicy mayo, topped with avocado, edamame, spring onions and teriyaki sauce
€9.00

マグ天ロール
Maguten Rōru
(8 pcs)
Seared tuna, prawn tempura, avocado, asparagus, masago, tempura crumbs and unagi sauce
€18.00

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*

刺身
SASHIMI

鮪
Maguro
(1 pc)
Tuna
€3.50

鱸
Suzuki
(1 pc)
Sea Bass
€3.75

帆立貝
Hotategai
(1 pc)
Scallop
€6.50

かんぱち
Kanpachi
(1 pc)
Amberjack
€4.00

大とろ
Ōtoro
(1 pc)
Tuna Belly
€4.00

羽太
Hata
(1 pc)
Grouper
€4.00

烏賊
Ika
(1 pc)
Squid
€2.75

マサゴ
Masago
(1 pc)
Capelin Roe
€2.75

鮭
Sake
(1 pc)
Salmon
€3.25

海老
Ebi
(1 pc)
Prawn
€3.90

蛸
Tako
(1 pc)
Octopus
€2.75

鯛
Tai
(1 pc)
Sea Bream
€3.75

真鯛
Madai
(1 pc)
Red Snapper
€4.00

ボタンエビ
Botanebi
(1 pc)
Red Prawn
Market price

イクラ
Ikura
(1 pc)
Salmon Roe
€5.50

鰻
Unagi
(1 pc)
Japanese Eel
€6.00

玉子
Tamago
(1 pc)
Japanese Omelette
€2.50

禅 刺身 盛り合わせ
Zen Sashimi Moriawase
(7 kind, 14 pcs)
Zen special selection of Sashimi
€35.00

白身薄造り
Shiromi Usuzukuri
Finely sliced white fish served with spring onions and ponzu sauce
Market Price

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*

メインコース
MAIN COURSE

カツ丼
Katsudon
Deep-fried pork cutlet,
egg and Japanese condiments
served on a bowl of rice

€22.50

大トロ生姜焼き
Ōtoro Shōgayaki
Pan-seared Tuna belly marinated
in a ginger-flavoured sauce,
served with caramelized onions

€35.00

スパイシー 海老 と 鶏肉 丼
Supaishī Ebi to Toriniku don
Nobu style chicken and prawn spicy
garlic donburi with vegetables

€26.00

魚介カレーライス
Gyokai Karēraisu
Japanese seafood curry rice

€31.00

鶏肉の照り焼き
Toriniku no Teriyaki
Pan-fried chicken with Teriyaki sauce
served with seasonal vegetables
and potato mash

€24.00

銀だらのみそ漬け焼き
Gindara no Miso zuke Yaki
Miso marinated Black Cod,
Nobu style

€37.00

牛肉の照り焼き
Gyūniku no Teriyaki
Pan-fried beef
with Teriyaki sauce served with
seasonal steamed vegetables

€29.00

花ちらし
Hana Chirashi
Bowl of sushi rice topped
with a selection of Zen sashimi

€28.50

鮭のちゃんちゃん焼き
Shake no Chanchan Yaki
Salmon sautéed with miso butter sauce,
served with ikura, shiitake mushrooms,
cabbage, carrots, onions and lime

€28.00

ロブスター三点盛り
Robusutā Santenmori
Whole spiny Lobster three ways

Market price

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*

付け合わせ
SIDE DISHES

焼き飯
Yakimeshi
Pan-fried rice with eggs
and vegetables
€9.50

アスパラガス
Asparagus
With smoked sweet
soy lemon sauce
and black sesame
€6.50

スイートポテト
Sweet Potatoes
With black sesame
and teriyaki sauce
€4.50

白ご飯
Shiro Gohan
Steamed Rice
€4.00

追加のソース
TSUIKA NO SŌSU

がり
Gari
Pickled ginger
€1.50

わさび
Wasabi
Wasabi paste
€1.50

うなぎソース
Unagi Sōsu
Unagi sauce
€1.50

照り焼きソース
Teriyaki Sōsu
Teriyaki sauce
€1.50

チリソース
Chiri Sōsu
Chili sauce
€1.50

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*

ア・ラ・カルト メニュー
À LA CARTE MENU

禅 zen

JAPANESE RESTAURANT