



ア・ラ・カルトメニュー  
À LA CARTE MENU

禪zen

JAPANESE RESTAURANT

*In order to prevent unnecessary waste of food,  
it is kindly requested not to cancel your order once it is processed.*



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!*

禪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

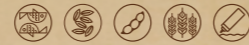


€14.00

### 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

### 鮭のタルタル

#### Sake no Tarutaru

Salmon tartare with spring onions,  
avocado and a wasabi soy sauce dressing

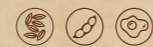


€12.50

### なす田楽

#### Nasu Dengaku

Deep-fried aubergine  
topped with miso paste



€8.50

### 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

### 枝豆

#### Edamame

Lightly salted steamed  
soy beans



€5.50

### 鮭のたたき

#### Sake no Tataki

Seared rare salmon slices,  
with ponzu sauce, marinated onions  
and karashi sumiso dressing

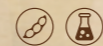


€13.00

### スパイシー枝豆

#### Supaishī Edamame

Stir fry soy beans with sriracha sauce,  
chili garlic and olive oil



€6.50

### 鮪のたたき

#### Maguro no Tataki

Seared rare tuna slices  
with spring onions and Jalapeño pepper



€14.50

### 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



€3.75

# 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

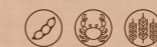


€13.00

##### 天ぷらうどん

##### Tempura Udon

Japanese thick noodle and wakame soup  
served with prawn,  
vegetable tempura and chili



€21.00

### 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

# 天ぷら

## TEMPURA

海老  
Ebi  
(1 pc)  
Prawn



€5.50

白身魚  
Shiromizakana  
(1 pc)  
White Fish



€5.40

鮭  
Sake  
(1 pc)  
Salmon



€5.00

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



€12.50

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)



€37.50

# 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

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



€11.00

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



€15.00

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



€16.00

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



€21.00



# 寿司

## SUSHI

### 握り寿司

## NIGIRIZUSHI

(2 pcs)

鮪  
Maguro  
Tuna



€7.00

大とろ  
Ōtoro  
Tuna Belly



€8.00

鮭  
Sake  
Salmon



€6.50

真鯛  
Madai  
Red Snapper



€8.00

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



€12.00

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



€12.50

鱸  
Suzuki  
Sea Bass



€7.50

羽太  
Hata  
Grouper



€8.00

鯛  
Tai  
Sea Bream



€7.50

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



Market price

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



€12.50

海老  
Ebi  
Prawn



€7.80

ボタンエビ  
Botanebi  
Red Prawn



Market price

帆立貝  
Hotategai  
Scallop



€12.00

かんぱち  
Kanpachi  
Amberjack



€8.00

烏賊  
Ika  
Squid



€5.50

蛸  
Tako  
Octopus



€5.50

鰻  
Unagi  
Japanese Eel



€12.00

玉子  
Tamago  
Japanese Omelette



€5.00

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



€36.50

# 寿司

## SUSHI

### 手巻き寿司

## TEMAKIZUSHI

(Hand-rolled sushi - 1 pc)

### 鮪手巻き

#### Maguro Temaki

Tuna, avocado and cucumber



€7.80

### 海老天ぷら手巻き

#### Ebi Tempura Temaki

Deep-fried prawn, asparagus and a creamy spicy sauce



€8.75

### スパイシー鮪手巻き

#### Supaishī Maguro Temaki

Spicy tuna with spring onions, chili sauce and sesame



€8.25

### 鰻手巻き

#### Unagi Temaki

Japanese eel, avocado, cucumber and sesame

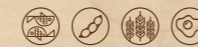


€10.50

### 玉子イクラ手巻き

#### Tamago Ikura Temaki

Salmon roe and Japanese omelette



€7.50

### 野菜手巻き

#### Yasai Temaki

Cucumber, avocado, shiso leaf, spring onions

€6.50

### 鮭手巻き

#### Sake Temaki

Salmon, avocado and cucumber



€7.25

### ネギトロ手巻き

#### Negitoro Temaki

Tuna belly, spring onions and shiso leaf



€8.50

### 海老手巻き

#### Ebi Temaki

Cooked prawn, lettuce, avocado, mayonnaise and cucumber



€8.00

# 寿司 SUSHI

細巻き

## HOSOMAKI

(Thin-rolled sushi with seaweed – 6 pcs)

鉄火巻

**Tekka Maki**

Tuna



€9.00

スパイシー鰯巻

**Supaishī Maguro Maki**

Spicy tuna, chili garlic sauce,  
spring onions and sesame



€10.00

ネギトロ巻

**Negitoro Maki**

Tuna belly and  
spring onions



€11.00

鮭巻

**Sake Maki**

Salmon



€8.50

かんぱち大とろ巻

**Kanpachi Ōtoro Maki**

Amberjack, tuna belly  
and spring onions



€11.00

かっぱ巻

**Kappa Maki**

Cucumber and  
sesame seeds



€5.00

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**

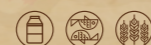
Zen special selection of sushi,  
sashimi and rolls

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

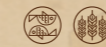
FUTOMAKI

(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



€14.00

鶏肉照り焼き太巻

Toriniku Teriyaki Futomaki

Fried chicken, avocado, cucumber,  
creamy spicy mayonnaise, sesame  
and Teriyaki sauce



€10.50

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

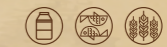


€16.50

鮭クリームチーズ太巻

Sake Kuriimu Chiizu Futomaki

Salmon, philadelphia,  
avocado, cucumber  
and tempura crumbs



€12.00

鰻玉子太巻

Unagi Tamago Futomaki

Japanese eel and omelette  
with avocado, cucumber  
and sesame



€13.00

豆腐太巻

Tōfu Futomaki

Tōfu, cucumber, avocado  
and sesame paste



€9.00

# 寿司 SUSHI

## 裏巻き URAMAKI

(Inside-out sushi roll - 8 pcs)

### リコロール

#### Riko Rōru

Seared salmon, avocado, crispy tempura, sesame, ricotta and unagi sauce



€15.00

### 大とろトリュフロール

#### Ōtoro Toryufu Rōru

Salmon, avocado, tempura crumbs, topped with seared tuna belly and black truffle perlage

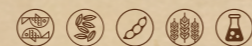


€18.00

### 芸者ロール

#### Geisha Rōru

Spicy tuna and cucumber roll, topped with tempura crumbs, sesame seeds and chopped salmon



€14.50

### 帆立貝ロール

#### Hotategai Rōru

Tuna, prawn and avocado roll topped with seared scallops, oba leaf, spring onions, spicy mayonnaise and unagi sauce



€19.50

### 牛肉ロール

#### Gyūniku Rōru

Seared rare beef fillet, asparagus, avocado, spring onions and Ponzu sauce



€18.00

### キャタピラーロール

#### Kyatapirā Rōru

Caterpillar shaped roll with prawn tempura, topped with avocado, flying fish roe and spicy mayo



€15.00

### 鮭 海老天ぶらロール

#### Sake Ebi Tempura Rōru

Deep-fried prawn roll, topped with seared salmon, mayonnaise, spring onions and unagi sauce



€16.00

### ドラゴンロール

#### Doragon Rōru

Salmon, cucumber, avocado and unagi sauce roll, topped with Japanese eel and sesame seeds



€19.50

### ボタンエビロール

#### Botanebi Rōru

Tuna belly, spring onions and avocado roll, topped with raw red prawns



Market price

### みどりロール

#### Midori Rōru

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

Seared tuna, prawn tempura, avocado, asparagus, masago, tempura crumbs and unagi sauce



€18.00

# 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



€36.00

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



Market Price

# メインコース

## MAIN COURSE

### チキンカツ丼

#### Chikkin Katsudon

Deep-fried chicken,  
egg and Japanese condiments  
served on a bowl of rice



€22.50

### 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

### 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

### 牛肉の照り焼き

#### Gyūniku no Teriyaki

Pan-fried beef  
with Teriyaki sauce served with  
seasonal vegetables and potato mash



€29.00

### 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

### 花ちらし

#### Hana Chirashi

Bowl of sushi rice topped  
with a selection of Zen sashimi



€28.50

### 銀だらのみそ漬け焼き

#### Gindara no Miso zuke Yaki

Miso marinated Black Cod,  
Nobu style



€37.00

### 鮭の幽庵焼き

#### Shake no Yūanyaki

Grilled salmon with Japanese  
authentic citrus teriyaki sauce,  
served with seasonal vegetables



€28.00

### うな重

#### Unajyū

Full cut Japanese Eel served  
over a bed of rice  
with Misoshiru and Otsukemono



Market price

### ロブスター三点盛り

#### Robusutā Santenmori

Whole spiny Lobster  
three ways



Market price

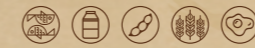
# 付け合わせ

## SIDE DISHES

焼き飯

**Yakimeshi**

Pan-fried rice with eggs  
and vegetables



€10.50

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



禅zen

JAPANESE RESTAURANT

*All prices include VAT*

