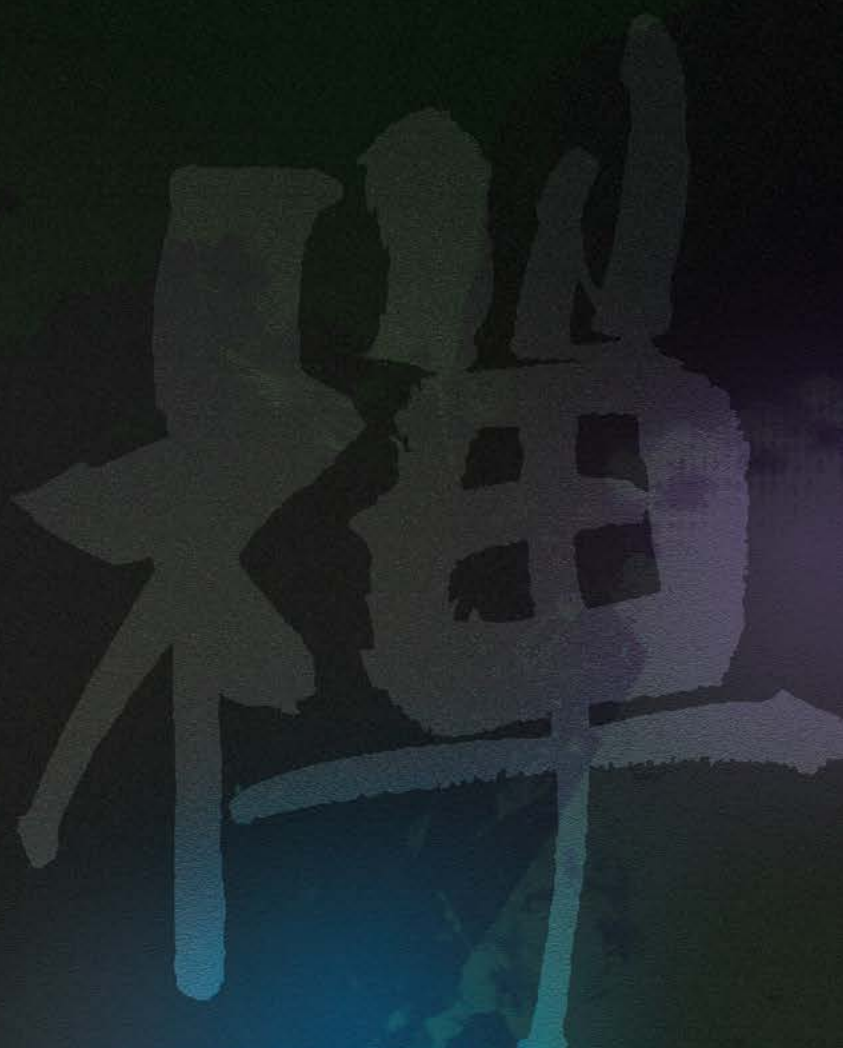




ZEN *to* GO

SUSHI & MORE





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TEMPURA**

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32



STARTERS

STARTERS



EDAMAME

Edamame beans topped with sea salt flakes.

€4.50



SPICY EDAMAME

NEW

Edamame beans topped with chili flakes.

€4.50



MISO SOUP

Miso broth, spring onions, dry wakame, tofu.

€5.00



EDAMAME SOUP

Edamame soup with a touch of mint.

€5.50



CHICKEN TERIYAKI SUSHI BALL

Fried sushi rice ball filled with teriyaki chicken, sesame seeds and soy paper.

€2.60 / piece



SPICY PRAWN SUSHI BALL

Fried sushi ball filled with prawns, spring onions, sesame seeds, soy paper and a cayenne pepper, chili mayonnaise.

€3.10 / piece



TACOS & TEMPURA

TACOS & TEMPURA



AVOCADO SUSHI TACO NEW

ONLY EAT IN

Avocado, spring onions, wasabi mayonnaise and mixed sesame seeds.

€2.00



PRAWN SUSHI TACO NEW

ONLY EAT IN

Prawn tempura, spicy mayonnaise and orange masago.

€3.00



SALMON SUSHI TACO NEW

ONLY EAT IN

Salmon, avocado, spicy mayonnaise and spring onions.

€3.50



CHICKEN SUSHI TACO NEW

ONLY EAT IN

Chicken katsu, spicy mayonnaise, coloured peppers, asparagus and tempura crumbs.

€2.25



TUNA SUSHI TACO NEW

ONLY EAT IN

Tuna, avocado, wasabi mayonnaise and mixed sesame seeds.

€3.50



PRAWN TEMPURA NEW

ONLY EAT IN

Three pieces.

€10.75



8 PC URAMAKI

裏卷

INSIDE-OUT ROLL

Uramaki is one of five traditional sushi rolls, or makizushi, in traditional Japanese cuisine.

The meaning of its name is, literally, “inside out” roll. It could be defined as a “rebel roll” because it goes against the usual norm of wrapping the roll of rice from the outside.



URAMAKI 8 PC



ALASKA

Crab stick, cucumber, tempura crumbs, mixed sesame seeds, spicy mayonnaise, topped with salmon and mixed sesame seeds.

€7.10



AMONDO

NEW

Prawn tempura, Philadelphia and avocado, topped with wasabi mayonnaise and almond flakes.

€9.25



ATSUI

NEW

Spicy prawn tempura, avocado and spring onions, topped with spicy mayonnaise rolled in Kimchi sesame seeds.

€9.75



BIFU

NEW

Beef, garlic teriyaki sauce and asparagus, topped with thinly sliced beef, asparagus and garlic teriyaki sauce.

€10.95



BIGAN

Carrots, cucumber, teriyaki sauce and mayonnaise, topped with seared eggplant, teriyaki sauce and sesame seeds.

€6.50



CALIFORNIA RAINBOW

Crab stick, avocado, cucumber, mayonnaise, topped with salmon, tuna and squid.

€8.00



8 URAMAKI



CRISPY

Prawn tempura, spicy mayonnaise, tempura crumbs, and mixed sesame seeds.

€7.60



ADD OPTION



EDAMAME BEANS

€7.80



DYNAMITE

Tuna tartare, sriracha sauce, sambal oelek, cucumber, spring onions, mixed sesame seeds and chili garlic sauce.

€7.00



CRUNCH MUNCH

Torikatsu chicken, lettuce, mixed sesame seeds, unagi sauce, tempura crumbs.

€6.00



ADD OPTION



AVOCADO

€6.45



CATERPILLAR

Prawn tempura topped with avocado, spicy mayonnaise and orange masago.

€9.50



JAK NEW

Jackfruit, roasted peppers, avocado, cooked onion and teriyaki sauce, rolled in sesame seeds, and topped with mayonnaise and teriyaki sauce.

€8.25



AMAZONIA
TENDER
JACK



JUU NEW

Seared salmon, ebi prawn, avocado, spring onions and tempura crumbs, topped with sweet mayonnaise and sprinkled cajun.

€9.95



KAKOI

Tuna, spicy mayonnaise and Philadelphia, topped with tuna and salmon, spicy mayonnaise, spring onions and fried quinoa.

€10.00



HATI

Torikatsu chicken, avocado, tomato chutney mayonnaise, topped with mayonnaise and hot plantain crisps.

€8.30



KAMO

Duck, cucumber, tempura crumbs, soypaper, hoi sin sauce, topped with duck, hoi sin sauce and spring onions.

€7.00



KANON

Rice paper, tempura prawn, tempura crumbs, sweet mayonnaise, topped with mayonnaise, tempura crumbs, orange masago.

€7.50



KEGON NEW

Cubed salmon, avocado, mixed with spicy aioli, rolled in mixed sesame seeds topped with spicy aioli.

€9.95



ZEN
CELEBRATES
TEN

ANNIVERSARY ROLL

8 URAMAKI

URAMAKI 8 PC



KERU NEW

Chicken katsu, Philadelphia, avocado, kale and tempura crumbs topped with spicy mayonnaise and roasted kale.

€8.00



KOI

Tempura prawn, orange masago, topped with spicy mayonnaise, eel sauce.

€7.90



LAST EMPEROR

Salmon, avocado, Philadelphia, orange masago.

€8.90



RAIKA

Torikatsu chicken, satay sauce and tempura crumbs, topped with satay mayonnaise and crushed salted peanuts.

€8.50



RISING SUN

Salmon and avocado topped with salmon, crispy chili rice crackers and mixed sesame seeds.

€8.00



SHIO

Salmon skin, spring onions, unagi sauce, topped with seared salmon, spicy honey mayonnaise and pink lump fish.

€7.50



MIKA

Tempura prawn, tempura crumbs, unagi sauce, topped with smoked salmon and sweet mayonnaise.

€9.75



NAMI

Spicy prawn mixed with sweet chili sauce, rolled in chili threads and topped with spicy mayonnaise.

€10.40



OSAKA NEW

Wasabi Philadelphia, salmon, shredded crab and avocado rolled in wasabi sesame seeds and topped with wasabi Philadelphia.

€9.75



SUPPAI NEW

Tuna, avocado, pickled ginger, fresh chili, topped with lime mayonnaise and a piece of lime.

€8.75



YAMA

Pulled pork, rice paper, tempura crumbs, avocado, topped with sweet chili sriracha mayonnaise.

€8.50



YASAI

Edamame, carrots, black and red quinoa, avocado, spicy mayonnaise and rice paper.

€6.00

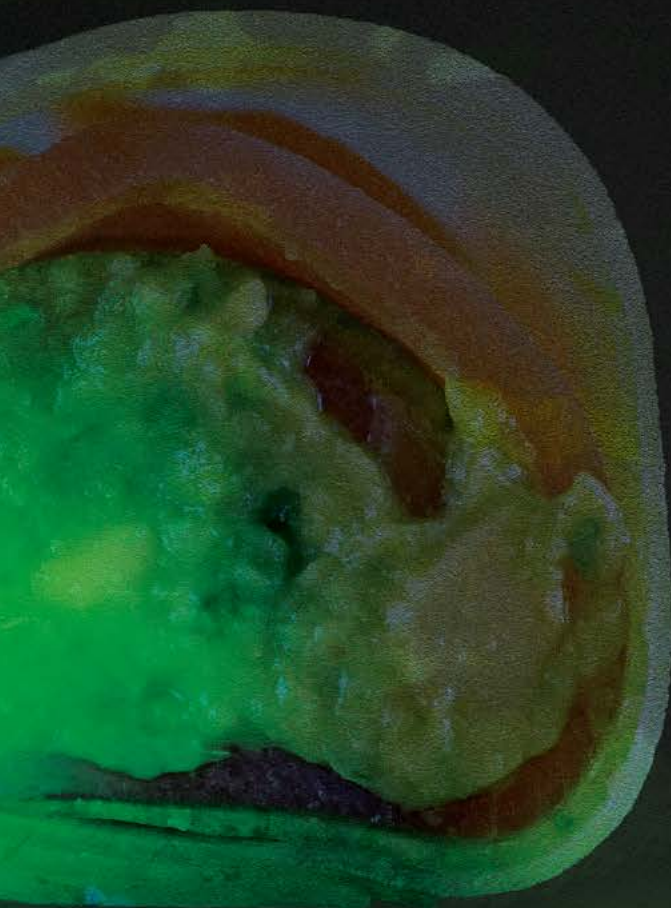


6 PC FUTOMAKI

太卷

THICK OR LARGE FAT ROLL

Futomaki (futo meaning fat) is a thicker variety of makizushi, has nori on the outside and fillings chosen to complement each other.



FUTOMAKI 6 PC



HANII NO RICE

Smoked salmon and mashed avocado wrapped in cucumber and topped with mustard honey mayonnaise.

€11.00



HASHI

Salmon, tuna, avocado, cucumber, lettuce, sushi ebi.

€11.00



MAIKU

Tuna, salmon, prawn tempura, avocado, cucumber, orange masago and spicy mayonnaise.

€8.00



CALYPSO

Salmon, avocado, tempura crumbs, spicy mayonnaise, lettuce.

€6.70



OTARU NEW

Beef rib-eye, asparagus, cooked onion, tempura crumbs and sake/mirin sauce.

€10.50



PHILLY

Salmon, Philadelphia, avocado, cucumber, lettuce.

€6.90



SUMO

Tempura prawn, cucumber, avocado, spicy mayonnaise, tempura crumbs.

€6.80

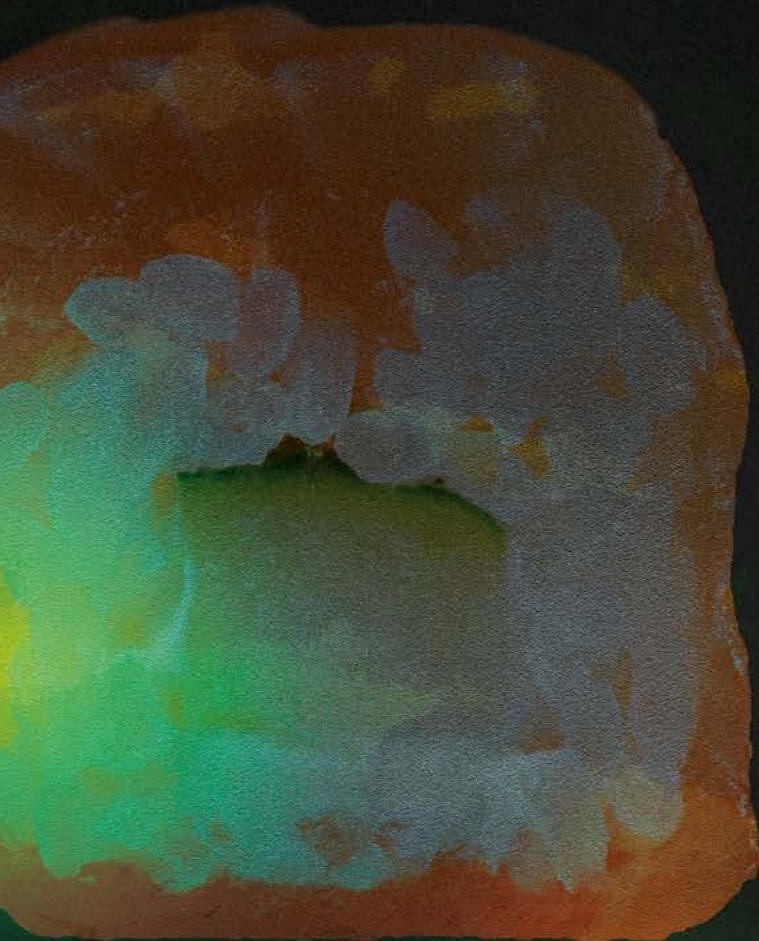


6 PC HOSOMAKI

細卷

THIN ROLLS

Thin rolls consisting of sushi rice and one or two ingredients rolled tightly in a sheet of nori. The roll is then cut into small slices before serving.



HOSOMAKI 6 PC



SAKE MAKI

Salmon

€5.10



ABOKADO MAKI

Avocado, mixed sesame seeds.

€4.90



KAPPA MAKI

Cucumber, Philadelphia.

€4.40



ADD OPTION



AVOCADO

€5.40



NARA

Salmon, cucumber, Philadelphia.

€7.00



SURIMI MAKI

Crab stick

€5.00



TEKKA MAKI

Tuna

€5.30



1 PC NIGIRI

握り寿司

HAND-PRESSED SUSHI

A type of sushi consisting of a small ball of rice topped with raw fish, vegetables or other seafood.



SEARED SALMON

CHOOSE OPTION

Seared with EITHER Teriyaki Ginger Sauce OR Sweet Soy Sauce

€2.05

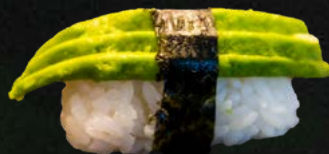


SEARED TUNA

CHOOSE OPTION

Seared with EITHER Teriyaki Ginger Sauce OR Sweet Soy Sauce

€2.15



ABOKADO

Avocado and mixed sesame seeds.

€1.50



EEL

Eel and mixed sesame seeds

€3.20



PRAWN

€2.00



SALMON

€2.00



SQUID

€1.50



TUNA

€2.10



刺身

PIERCED BODY

A Japanese delicacy consisting of fresh raw fish or meat sliced into thin pieces and often eaten with soy sauce and wasabi paste.

1 PC SASHIMI



SALMON

€2.10 / piece



TUNA

€2.30 / piece



1 TEMAKI

PC



CHICKEN

Torikatsu chicken, tempura crumbs, asparagus, red and yellow peppers, avocado, lettuce, mixed sesame seeds, spicy mayonnaise.

€5.10



CRAB

Crab, cucumber, spicy mayonnaise, and orange masago and avocado.

€5.40



PRAWN

Prawn tempura, orange masago, cucumber, lettuce, spicy mayonnaise.

€6.00



SALMON

Salmon tartare, spicy mayonnaise, avocado, spring onions, mixed sesame seeds.

€6.10



JACKFRUIT

NEW

Jackfruit, roasted peppers, avocado, cooked onion, teriyaki sauce, mayonnaise, spring onions and chili flakes.

€5.25



TUNA

Tuna, asparagus, spicy mayonnaise, goma wakame, shiso leaf.

€6.00



手卷 'HAND ROLL'

Cones of nori filled with sushi rice, as well as fish and/or vegetables.

Similar to maki, these are also known as hand rolls.



TUNA BELLY

Tuna, spring onions and sweet soy sauce.

€6.00



VEGGIE

Goma wakame, avocado, asparagus, red peppers, coloured peppers, lettuce, mixed sesame seeds.

€5.90



1 TEMAKI

PC

SET PACKS

SET PACKS



SUNSHINE

10
PCS

2 PCS EACH OF
Salmon Nigiri,
Salmon Sashimi

6 PCS OF
Philly Roll

€15.10



KUKKU

16
PCS

8 PCS EACH OF
Kamo Roll,
Yama Roll

€15.40



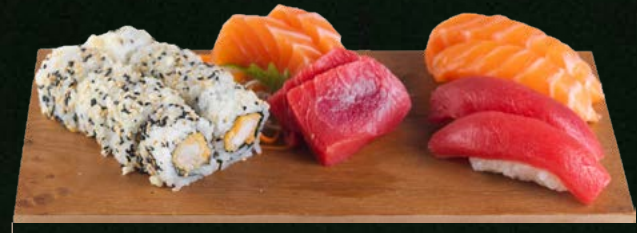
SALMON PASSION

14
PCS

6 PCS OF
Calypso Roll

8 PCS OF
Rising Sun Roll

€14.40



VARIETY

16
PCS

2 PCS EACH OF
Salmon Nigiri,
Tuna Nigiri,
Salmon Sashimi,
Tuna Sashimi

8 PCS OF
Crispy Roll

€24.60



I LOVE TUNA

16
PCS

8 PCS EACH OF
Dynamite Roll,
Suppai Roll

€15.75



VEGGIE

16
PCS

8 PCS EACH OF
Yasai Roll,
Jak Roll

€14.25





MAKI FEAST

18
PCS

6 PCS EACH OF
Sake Maki,
Surimi Maki,
Tekka Maki

€15.40



MY LUNCH BREAK

24
PCS

8 PCS EACH OF
Crispy Roll,
Rising Sun Roll,
Osaka Roll

€25.35



SKY DELUXE

68
PCS

6 PCS EACH OF
Sake Maki,
Tekka Maki

8 PCS EACH OF
Alaska Roll,
Caterpillar Roll,
Crunch Munch Roll,
Dynamite Roll,
Last Emperor Roll,
Kegon Roll,
Atsui Roll

€68.60



TEMPTATION BOX

50
PCS

2 PCS EACH OF
Salmon Nigiri,
Tuna Nigiri

6 PCS OF
Maiku Roll

8 PCS EACH OF
Juu Roll,
Koi Roll,
Alaska Roll,
Kegon Roll,
Raika Roll

€59.60



THE BLACK BOX

58
PCS

3 PCS EACH OF
Salmon Nigiri,
Tuna Nigiri,
Salmon Sashimi,
Tuna Sashimi

6 PCS OF
Sake Maki

8 PCS EACH OF
Rising Sun Roll,
Suppai Roll,
Bifu Roll,
Kamo Roll,
Kanon Roll

€70.60



SUSHI WRAPS

POKE BOWL



PRAWN TEMPURA

Prawn tempura, iceberg lettuce, cucumber, purple cabbage, edamame beans, carrots, wasabi guacamole, tempura crumbs and soy paper.

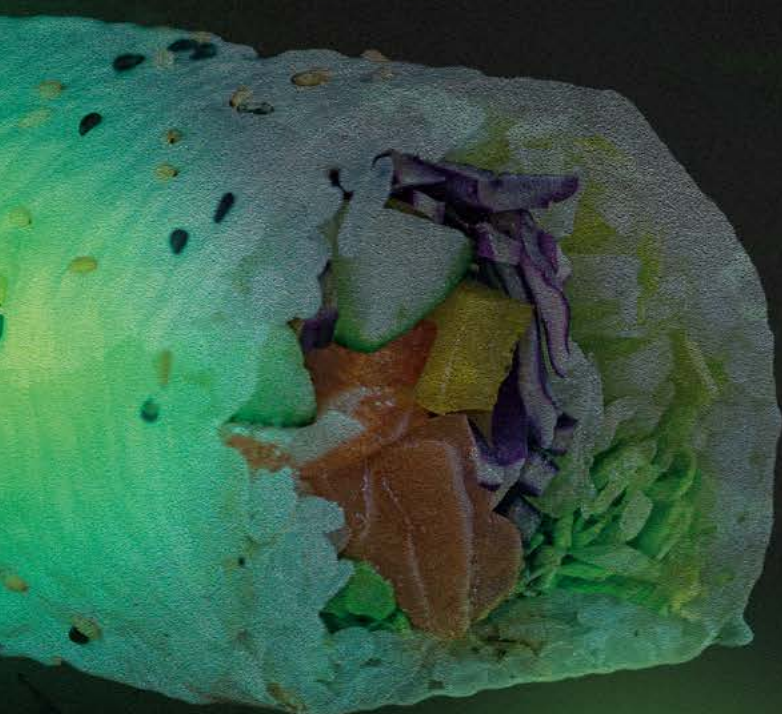
€14.05



SALMON TEMPURA

Salmon, iceberg lettuce, asparagus, cucumber, purple cabbage, coloured peppers, unagi sauce, wasabi guacamole and soy paper.

€14.10



CHICKEN

Torikatsu chicken, avocado topped with rainbow seeds, cherry tomatoes, cashew nuts, edamame beans, topped with a ginger sauce.

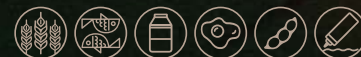
€14.00



CRAB

Shredded crab stick ebi prawn, avocado, cucumber, goma wakame, orange masago and mayonnaise on a bed of rice.

€14.25



JACKFRUIT NEW

Jackfruit, roasted peppers, avocado, cooked onions, red radish, teriyaki sauce, mayonnaise, spring onions, chili flakes and cherry tomatoes on a bed of rice.

€14.00



TENDER JACK



TERIYAKI SALMON NEW

Teriyaki salmon with sesame seeds, avocado, tomatoes, carrots, red radish on a bed of rice.

€15.75



SALMON

Salmon, avocado, cucumber, cherry tomatoes, edamame and mixed sesame seeds with a basil soy sauce dressing on a bed of rice.

€14.50



SALMON AND TUNA

Tuna, salmon, avocado, spring onions, mixed sesame seeds and chives, soya sauce, on a bed of rice.

€16.25



TUNA

Tuna, spring onions, yellow onions and peanuts with gluten-free soya sauce on a bed of rice.

€15.75



SALADS

SPECIALS



CHICKEN

Mixed lettuce, leaves, rucola, baby spinach, cherry tomatoes, red peppers, cashew nuts, chicken karaage, mustard mayonnaise dressing.

€9.75



PRAWN & SMOKED SALMON **NEW**

Mix of lettuce leaves, prawn tempura pieces, smoked salmon, avocado, tempura crumbs, chives and a spicy sauce.

€11.75



SALMON

Mixed lettuce, leaves, rucola, baby spinach, salmon, avocado, red peppers, black and orange masago, unagi sauce.

€12.00



SPICY TUNA

Mixed lettuce, leaves, rucola, baby spinach, tuna, cucumber, red peppers, sriracha sauce, mayonnaise, mixed sesame seeds, spring onions.

€12.45



WAKAME

Lettuce, wakame, cherry tomatoes and mixed sesame seeds.

€6.85



ZEN GREEN

Mixed lettuce, avocado, edamame beans, cherry tomatoes, wakame, and onions served with a wafu dressing.

€7.00



ADD
INGREDIENTS
TO ALL
THE SALADS

AVOCADO

€1.60

CASHEW NUTS

€1.60

WAKAME

€1.10

GUNKAN

グンカンマキ

HAND-PRESSED ROLL

“Gunkan” means war boat and is also called gunkan maki.

It is a special form of nigirizushi and is shaped by hand, just like nigiri.



SMOKED ROLL

Rice wrapped in smoked salmon and topped with salmon tartar, spicy mayonnaise, spring onions, chives and black masago.

€3.95 / piece



SUSHI SQUARES



Sushi squares filled with salmon tartare and topped with smoked salmon.

€13.50 / 16 bite size pieces



**CHOOSE YOUR
FREE FAVOURITE
ZEE® BAG
WITH ANY
MEAL ORDER**



FISH BITES + CHICKEN YAKITORI MAKI NEW

8 pieces of CHICKEN YAKITORI MAKI | 3 COD FISH BITES | 1 CAPRI SUN JUICE

€7.75



ZEE® CHOPSTICKS NOT INCLUDED



RICE BALLS + SAKE MAKI

8 pieces of SAKE MAKI | 3 CHICKEN TERIYAKI RICE BALLS | 1 CAPRI SUN JUICE

€7.05



ZEE® CHOPSTICKS NOT INCLUDED

**1 SET OF ZEE®
CHOPSTICKS
AVAILABLE AT
€1.50**



FISH BITES + SAKE MAKI NEW

8 pieces of SAKE MAKI | 3 COD FISH BITES | 1 CAPRI SUN JUICE

€8.05



ZEE® CHOPSTICKS NOT INCLUDED



RICE BALLS + CHICKEN YAKITORI MAKI

8 pieces of CHICKEN YAKITORI MAKI | 3 CHICKEN TERIYAKI RICE BALLS | 1 CAPRI SUN JUICE

€6.75



ZEE® CHOPSTICKS NOT INCLUDED

**CHOOSE YOUR
FREE FAVOURITE
ZEE® BAG
WITH ANY
MEAL ORDER**



**PANDA RICE +
SAKE MAKI**

8 pieces of SAKE MAKI	2 pieces PANDA RICE	1 CAPRI SUN JUICE
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€6.30



ZEE® CHOPSTICKS NOT INCLUDED



**PANKO CHICKEN +
CHICKEN YAKITORI MAKI**

8 pieces of CHICKEN YAKITORI MAKI	3 pieces of PANKO CHICKEN	1 CAPRI SUN JUICE
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€7.75



ZEE® CHOPSTICKS NOT INCLUDED

**1 SET OF ZEE®
CHOPSTICKS
AVAILABLE AT
€1.50**



**PANDA RICE +
CHICKEN YAKITORI MAKI**

8 pieces of CHICKEN YAKITORI MAKI	2 pieces PANDA RICE	1 CAPRI SUN JUICE
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€6.00



ZEE® CHOPSTICKS NOT INCLUDED



**PANKO CHICKEN +
SAKE MAKI**

8 pieces of SAKE MAKI	3 pieces of PANKO CHICKEN	1 CAPRI SUN JUICE
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€8.05



ZEE® CHOPSTICKS NOT INCLUDED



PINEAPPLE CHEESECAKE

Pineapple and coconut cheesecake.

€5.00



CHOCOLATE MOUSSE AND HAZELNUT CAKE

Chocolate, hazelnuts and orange.

€5.00



ORDER ONLINE OR PHONE

SKYPARKS

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21380288

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21383158

MARSASCALA

marsascala@zensushitogo.com

21344533

DELIVERIES

deliveries@zensushitogo.com

99864359

All prices include VAT.

All rolls are produced in an environment where there could be traces of Prawn, Mayonnaise and Nuts.

ZEN *to* GO

SUSHI & MORE

