

鉄板焼子ア・ラ・カルトメニュー

TEPPANYAKI  
À LA CARTE MENU

禅zen

JAPANESE RESTAURANT

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*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!*

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

*Genieße den moment!*

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

*Apprécie le moment!*

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

*Godetevi il momento!*

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禅zen

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# 和牛料理

## WAGYŪ – THE JAPANESE BEEF

尾崎和牛フィレ

Ozaki Wagyu Fire

Ozaki Wagyu Beef Fillet  
(100g)



€140.00

尾崎和牛サーロイン

Ozaki Wagyu Sāroin

Ozaki Wagyu Beef Sirloin  
(150g)



€130.00

尾崎和牛シャトーブリアン

Ozaki Wagyu Shatōburian

Ozaki Wagyu Beef Chateaubriand  
(100g)



€160.00

尾崎和牛ステーキすき焼き鍋

Ozaki Wagyu Sutēki Sukiyaki Nabe

Ozaki Wagyu Beef Steak Sukiyaki Hotpot  
(150g)



€140.00

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*

当店の和牛は宮崎県産、尾崎牛A5ランク黒毛和種を使用しております。

*The Wagyu beef we serve is from Miyazaki Prefecture  
and is A5 grade Ozaki beef from the Japanese Black Cattle breed.*



お肉

## MEATS

アンガス 牛肉 フィレ  
Angasu Gyūniku Fuire  
Angus Beef Fillet (250g)



€37.00

豚肉 フィレ  
Butaniku Fuire  
Pork Fillet (250g)



€27.00

アンガス 牛肉 リブアイ  
Angasu Gyūniku Ribuai  
Angus Beef Rib-Eye (250g)



€32.00

鶏もも肉  
Torimomoniku  
Chicken Thighs (250g)




€26.00

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*

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

 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  そば buckwheat

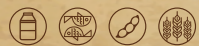


# 魚介

## SEAFOOD

### 鮭 Sake

Salmon (250g)



€32.00

### 帆立 Hotate

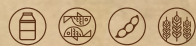
Scallops



€42.00

### 大とろ Ōtoro

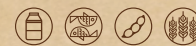
Tuna Belly (250g)



€42.00

### 鮪 Maguro

Tuna (250g)



€37.00

### ブラック タイガー Burakku taigā

Jumbo  
Tiger Prawns



€37.00

### ロブスター Robusutā

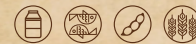
Whole Lobster  
(upon availability)



Market price

### 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

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 ビーナッツ 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*



€18.00

牛肉焼きうどん

Gyūniku Yakiudon

**Teppan-Fried Thick Japanese Noodles**

*With beef and vegetables*



€18.00

鶏肉焼きそば

Toriniku Yakisoba

**Teppan-Fried Noodles**

*With chicken and vegetables*



€14.00

鶏肉焼きうどん

Toriniku Yakiudon

**Teppan-Fried Thick Japanese Noodles**

*With chicken and vegetables*



€15.00

エビ焼きそば

Ebi Yakisoba

**Teppan-Fried Noodles**

*With prawns and vegetables*



€20.00

エビ焼きうどん

Ebi Yakiudon

**Teppan-Fried Thick Japanese Noodles**

*With prawns and vegetables*



€21.00

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# 副菜 - 焼き飯

## SIDE DISHES - FRIED RICE

焼き飯

**Yakimeshi**

Fried Egg Rice  
With Vegetables



€11.00

エビ焼き飯

**Ebi Yakimeshi**

Fried Vegetable Rice  
With Prawns



€17.00

鶏肉 焼き飯

**Toriniku Yakimeshi**

Fried Vegetable Rice  
With Chicken



€13.00

牛肉焼き飯

**Gyūniku Yakimeshi**

Fried Vegetable Rice  
With Beef



€16.00

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ビーナッツ 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

玉子焼き(ご飯付き)  
**Tamagoyaki Gohan Tsuki**

Japanese Rolled Omelette  
*Served with steamed rice*



€18.00

野菜焼きうどん  
**Yasai Yaki Udon**

Teppan-Fried Japanese Thick Noodles  
*With vegetables*



€15.00

焼き野菜(ご飯付き)  
**Yaki Yasai Gohan Tsuki**

Teppan-Fried Mixed Vegetables  
*Served with steamed rice*



€13.00

野菜焼きそば  
**Yasai Yaki Soba**

Teppan-Fried Japanese Noodles  
*With vegetables*



€13.50

豆腐ステーキ(ご飯付き)  
**Tōfu Sutēki Gohan Tsuki**

Teppan-Fried Tōfu Steak  
*Served with ginger soy sauce, spring onions,  
vegetables and steamed rice*



€21.00

付け合わせ、ご飯と旬の野菜

*Served with steamed rice and stir-fried seasonal vegetables*

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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 そば buckwheat





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*All prices include VAT*

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