

Dinner Menu

Salad サラダ

Fresh House Salad 4.5

(Creamy sesame / Ginger)



Seaweed Salad 3.5



Hijiki ひじき 5.5

Cooked dark seaweed with deep fried Tofu

***Health Benefits of HIJIKI**

Aids in digestion / Helps to prevent anemia

Boosts energy levels in body / Helps to improve bone health / Helps in eliminating excess cholesterol



Cold "Chasoba" noodle Salad 11

冷製茶そばサラダ

Soup スープ



Miso soup 2.8 お味噌汁

Tapas 小皿料理

Assortment of Today's Appetizer 9

Chef's choice three items 本日の前菜盛合せ

Chawan Mushi 5

Japanese steamed egg

茶碗蒸し



Edamame 4 枝豆



*Spicy or Garlic +\$1.00

Takowasa たこわさ 6

Mari nated raw octopus with wasabi

Yaki Gyoza 7.5 焼き餃子
Grilled pork & chicken dumplings (6pc)

Dashi maki Tamago 7
Japanese Rolled Omelet
だしまき玉子

Agedashi Tofu 6
揚げ出し豆腐

Tofu Steak 7.5
*sauce contains nuts
豆腐ステーキ



Takoyaki 6
Deep fried octopus balls
たこ焼き

Enoki Butter 7
Enoki mushroom and spinach
cooked with butter & soy
sauce **えのきバター**



Zen Signature

Wagyu Kushi yaki 12
Grilled Japanese beef skewer
和牛串焼き



Asparagus Tempura 5
アスパラガス天ぷら



Chicken Negima Teriyaki 6
Grilled chicken teriyaki skewer
with leek **鶏ねぎま照焼串**



Age Jalapeño 7.5
Deep fried jalapeño with
garlic soy sauce **揚げハラペーニョ**



Gobo Chips 5
Deep fried Gobo
(burdock) with
sweet soy sauce
ごぼうチップス



Karaage 6.5
Japanese style fried
chicken
鶏のから揚げ



Ikageso Karaage 7
Japanese style fried squid leg
イカゲソから揚げ



Zen Signature

Agenasu 7.5
Deep fried egg plant
with garlic soy sauce
茄子の揚げ浸し



Renkon Hasami age 7.5
Deep fried Lotus root with
chicken & Shrimp 蓮根はさみ揚げ



Zen Signature

Nasu Dengaku 7.5

Deep fried and grilled egg plant
with special miso sauce



*sauce contains nuts 米茄子の田楽



Ebi Mayo エビマヨ 12

Shrimp with sweet & sour
mayonnaise sauce



Omu Soba オムそば 10

YAKI SOBA (Japanese style chow mein noodle
w/pork & vegetable) wrapped with Egg

Main メイン

Zen Signature

Wagyu Beef Steak 18.5

和牛ビーフステーキ

Wagyu ... Japanese beef cattle breed

*Sauce contains nuts

*Does not come with rice.



Zen Signature

Pork Misozuke 12

豚の味噌漬け

Miso marinated and grilled pork



Tempura 12

Two Shrimps, one fish and assorted vegetables

天ぷら

Buri Kama Shi oyaki 13

Grilled yellowtail collar

ブリカマの塩焼き

Grilled Hokke 10.5

Grilled Atka Mackerel

ホッケの塩焼き



Tara Misozuke 15 鱈味噌漬け

Broiled Miso Marinated Black Cod



Hi tsumabushi Gozen 38

w/Chawan mushi & Mi so Soup

Grilled Eel on Rice

ひつまぶし御膳 (茶碗蒸し、味噌汁付)

Hitsumabushi is a local eel dish of Nagoya, which is said to have originated at the end of Meiji Era (early 1900's) as waitresses dished up each serving of chopped grilled eel on rice from a large wooden tub for keeping cooked rice (o-hitsu) into individual bowls of customers in a tatami-mat room.

HOW TO EAT HITSUMABUSHI

- 1) Take your spoon or *shamoji* (a special scoop used to protect the rice) and divide the bowl's contents into Four equal servings. You put the 1st portion into your small bowl and enjoy as it is, only with the eel sauce.
- 2) Put The 2nd portion in and put on top some "*Yakumi*" condiments (wasabi, nori seaweed, green onions) to your taste.
- 3) The 3rd portion in the same manner as the second portion plus "dashi" broth, poured over it, like o-chazuke soup with rice.
- 4) You have learned the three ways to enjoy *Hitsumabushi*. Which one piqued your interest? You can enjoy the remaining serving whichever way you like!

Noodle & Rice 麺/御飯

Salmon Ochazuke 鮭茶漬 6.5

Rice with Dashi soup and grilled salmon

Kitsune Udon きつねうどん 8.5

Udon w/Deep fried tofu



Kitsune Udon

Niku (Beef) Udon 肉うどん 10.5

Chicken Sukiyaki Udon 10.5

鶏すきやきうどん



Chicken Sukiyaki Udon

Tempura Udon 天ぷらうどん 13

Shrimp, Fish and vegetable aside

Seafood Champon 13.5

Zen Signature

海鮮チャンポン

Pork broth egg noodle topped with stir fried seafood, pork and vegetables

Sara Udon 13.5

Zen Signature

皿うどん

Deep fried crispy noodle topped with pork and vegetables starchy sauce



Seafood Champon



Sara Udon

Zen Signature



Tan Tan Men 13.5 担々麺

Zen Special Spicy Miso Ramen

Pork bone and sesame paste broth

Pork, bean sprout, spinach



Tan Tan Men