

Build Your Own Enlightened Bowl... Woked To Order!

1

Choose a PROTEIN (Pick one)

	Reg	Big		Reg	Big
Filet Mignon	\$6.00	\$8.00	Dark Meat Chicken	\$5.25	\$6.50
Black Tiger Shrimp	\$6.50	\$8.50	Tofu	\$4.50	\$4.75
Atlantic Salmon	\$6.50	\$8.50	Veggies Only	\$4.25	\$5.50
All-Natural Chicken Breast	\$6.00	\$7.25			

2

Choose a VEGETABLE MIX (Pick one)

- Buddha's Delight** - Carrots, Broccoli, White Onion and Yellow Squash
- Karma Mix** - Snap peas, red bell peppers, white onions and crimini mushrooms
- Satori's Mix** - Bean sprouts, celery, snap peas, red bell pepper and green onion batons

3

Choose a SAUCE (Pick one)

- Teriyaki Sauce** DF
Sweet and savory
 - Spicy Sauce** DF
Teriyaki with a kick!
 - Dynamite Sauce** SF DF
HOT! With Thai chili, green onion and cilantro
 - Ginger-Lime Sauce** SF DF
Tart with fresh ginger, sesame oil and lime
 - 7 Samurai BBQ**
Tangy and sweet
 - Shiro-Miso Sauce** GF DF WF
Roasted garlic miso sauce
 - Green Curry Sauce** GF DF WF
Some curry spice with a sweet finish
 - Sesame-Mustard Sauce** DF
NEW!!! Packs a punch with sesame oil, chili sauce and spicy mustard
 - Oyako**
Light, sweetened soy-based broth
-  = Spicy GF = Gluten Free DF = Dairy Free
WF = Wheat Free SF = Sugar Free

4


Choose a RICE or NOODLE (Pick one)

- White Rice
- Udon Noodles
- Brown Rice (add .25)
- No Rice..Nothing
- Mixed Baby Greens (add 1.00)

ZEN SERVES ONLY

- All-Natural Chicken
- Salad Dressing Made Fresh Daily
- Filet Mignon
- Black Tiger Shrimp
- Hand Cut Vegetables
- Atlantic Salmon
- Homemade Saute Sauce Prepared Daily

GENERAL ZEN NOTES

- We Deliver All Catering Orders
 - Austin Chronicle Winner 6 of the past 7 years
- 
- Born in Austin
 - Offer free 21 day meal plans developed with our nutritionist
 - Offer gluten,wheat, dairy and sugar-free menu options
 - Offer TEAM ZEN as a free community service run team. You can find out more information online at www.eatzen.com



ZEN
JAPANESE FOOD FAST

APPETIZERS

7 PEPPER AHI	\$4.95
Ahi Tuna rolled in a 7 pepper spice, seared rare with pickled ginger and our watercress wasabi sauce.	
NEW !!! NATURAL 7 WHOLE GRAIN WITH CHICKEN POTSTICKERS	\$3.50
All natural whole grain dumplings stuffed with chicken and vegetables. Have them wok sautéed or steamed!	
EDAMAME	\$1.99
Soybeans steamed to order served with kosher salt.	
MISO SOUP	\$1.99
Served with tofu, cilantro and green onions.	
SOCO SOUP	\$2.99
Crimini mushrooms, tofu, dark chicken, and egg make up Zen's twist on a classic.	

SUSHI

All rolled fresh throughout the day. (Four pieces per order.)

PHILADELPHIA ROLLS	\$2.99
Smoked salmon, cream cheese and avocado.	
FIRECRACKER ROLLS	\$2.99
Fresh tuna tartar mixed with fresh ginger, sriracha, 7 pepper spice, sesame oil and soy sauce.	
TERIYAKI SALMON ROLLS	\$2.79
Freshly grilled salmon finished with our teriyaki sauce and green onions.	
CALIFORNIA ROLLS	\$2.39
Krab, cucumber and avocado.	
TOFU ROLLS	\$2.39
Tofu, red cabbage, avocado and green onions.	
VEGGIE ROLLS	\$2.39
Carrot, red bell pepper, cucumbers and green onions.	
SPICY TUNA ROLLS	\$2.99
Our firecracker tuna tartar mix rolled with avocado and a 7 pepper spice.	
SAKE ROLLS	\$2.89
Fresh atlantic salmon, serrano peppers, cucumbers and cream cheese.	
BENTO BOX	\$7.95
Two pieces of nigiri salmon and ahi tuna with four pieces of maki style california rolls.	

SIDE SALADS

SUNOMONO SHAKER	\$1.65
Julienne carrots, cucumbers, red bell peppers served with a marinade of ginger, sesame oil and chili sauce.	
SESAME SOBA NOODLE SALAD	\$1.39
Chilled buckwheat noodle marinated in a sesame soy vinaigrette.	
SIDE SALAD	\$0.90
Romaine lettuce, julienne carrots and red cabbage served with our homemade ginger dressing.	
SEAWEED SALAD	\$1.49
Wakame, green onion and cucumber marinated in our sesame sambal vinaigrette.	
NEW !!! MAISON'S ASIAN SLAW	\$1.65
Cabbage mix, celery, cucumbers, cilantro and edamame served with our own ginger, chili marinade.	

FINDING ZEN

1. Choose your size. Regular or Big Bowl.
2. For Chicken Lovers...Select Dark Meat or Substitute All Natural Chicken Breast (\$.75)
3. Select White Rice, Udon Noodles or Substitute Brown Rice (\$.25)

ENLIGHTENED BOWLS

ADD STEAMED VEGGIES OR TOFU TO ANY DISH: \$.75
Substitutions: Please add \$.75 for Chicken breast. Udon noodles can be substituted for white rice, add .25 for brown rice. Certain dishes are sautéed to order, please allow 5-7 minutes.

	REGULAR	BIG
CHICKEN TERIYAKI	\$4.60	\$5.85
Premium cuts of chicken served with our special house teriyaki sauce and sesame seeds.		
CHICKEN TERIYAKI & VEGGIES	\$5.10	\$6.30
Chicken & selected veggies sautéed in our special teriyaki sauce & topped with sesame seeds.		
HIBACHI BOWL	\$5.85	\$7.85
Handcut filet mignon, red bell peppers, crimini mushrooms, sweet yellow onions and broccoli sautéed in our teriyaki sauce & topped with sesame seeds.		
WHITE CHICKEN & BROCCOLI	\$5.35	\$6.60
Chicken breast and broccoli in a light sauce with egg.		
VEGGIE BOWL	\$3.85	\$4.85
Yellow squash, carrots, broccoli and onions wok sautéed with egg.		
STEAK & VEGGIES TERIYAKI	\$5.85	\$7.85
Handcut filet mignon and fresh vegetables sautéed in our special teriyaki sauce and sesame seeds.		
SPICY CHICKEN	\$4.60	\$5.85
Premium cuts of chicken served with our homemade spicy sauce topped with crispy noodles & green onions.		
SPICY SHRIMP BOWL	\$5.85	\$7.85
Black tiger shrimp sautéed with white onion, broccoli and green onion batons in our spicy sauce.		
SHIRO MISO VEGGIES	\$4.35	\$5.60
Red bell peppers, snap peas, carrots, broccoli and white onions wok sautéed in our white miso sauce.		
7 SAMURAI BARBEQUE BOWL	\$5.85	\$7.85
Filet mignon, red bell peppers, mushrooms, green onion batons, white onions finished with fresh basil in our 7 samurai barbeque sauce.		
BODHI BOWL	\$4.35	\$5.60
Tofu, celery, bean sprouts, broccoli, white and green onions batons sautéed in our spicy sauce.		
DASHI BOWL	\$6.10	\$8.10
Fresh Atlantic Salmon sautéed in our own ginger lime sauce with sweet onions, broccoli and green onion batons.		
NEW !!! HIRO'S GREEN CURRY	\$5.35	\$6.60
Premium cuts of chicken, red bell peppers, celery, bean sprouts & green onion batons wok sautéed in our refreshing green curry sauce.		

ENLIGHTENED NOODLES

	REGULAR	BIG
SPICY DHARMA	\$5.85	\$7.85
Handcut filet mignon, snap peas, green onion batons, carrots, red bell peppers and udon noodles stir fried in our spicy sauce.		
DYNAMITE CHICKEN	\$4.95	\$6.10
Udon noodles sautéed with our fiery dynamite sauce with crimini mushrooms, broccoli, red bell peppers, seared chicken and crisp carrots.		
GINGER-LIME SHRIMP	\$5.85	\$7.85
Black tiger shrimp with udon noodles, carrots, broccoli, mushrooms and green onion batons.		
DYNAMITE YAKIUDON	\$4.35	\$5.60
Udon noodles wok sautéed yakisoba style in our dynamite sauce with snap peas red bell peppers, white onions and crimini mushrooms.		
SWEET SEARED SALMON	\$6.30	\$8.10
Fresh Atlantic salmon, red bell peppers, carrots, bean sprouts, green onion batons and udon noodles wok seared in our sweet teriyaki sauce.		

COOL CRISP SALADS

CHICKEN CHOP SALAD	\$4.95
Chicken breast, shredded cabbage, celery, green onion, crispy noodles, mandarin oranges and toasted almonds hand tossed in our spicy almond dressing.	
HONEY-SOY CHICKEN SALAD	\$5.95
Hand pulled marinated honey-soy chicken, field greens, celery, bean sprouts, carrots, red bell peppers with our honey-soy dressing served on the side.	
SASHIMI SALAD	\$6.50
Seared ahi tuna fanned over romaine with bean sprouts, carrots, red cabbage, and gari with our ginger dressing served on the side.	

Let Us Cater Your Next Party
 Catering Delivery Service Available

WINNER AUSTIN CHRONICLE

2001-2006

LOCATIONS

2900 WEST ANDERSON LANE, SUITE 250
 Anderson Lane and Rockwood (Next to Steinmart)
 Phone 451.4811 / Fax 451.0088

1303 SOUTH CONGRESS

Phone 444.8081 / Fax 444.8089

3423 GUADALUPE

Phone 300.2633 / Fax 300.2635

5207 BRODIE LANE, SUNSET VALLEY

290 & Brodie Lane (near Baby's R Us)

Phone 899.2222 / Fax 899.2225





Dairy-Free
Wheat-Free
Gluten-Free
Sugar-Free
Weight Watchers

APPETIZERS	Dairy-Free	Wheat-Free	Gluten-Free	Sugar-Free	Weight Watchers
7 Pepper Ahi	●	●	●	●	6 Points
Natural 7 Whole Grain w/Chicken Potstickers					Points
Edamame	●	●	●	●	5 Points
Miso Soup	●	●	●	●	1 Points
SUSHI					
Philadelphia Rolls	●	●	●		3 Points
Firecracker Rolls	●				6 Points
Teriyaki Rolls	●				3 Points
California Rolls	●				4 Points
Tofu Rolls	●				2 Points
Veggie Rolls	●	●	●		3 Points
Spicy Tuna rolls	●				3 Points
Sake Rolls		●	●		
Bento Box	●				12 Points
SIDE SALADS					
Sunomono Shaker				●	Points
Sesame Soba Salad	●				3 Points
Side Salad	●				1 Points
Seaweed Salad	●				2 Points
Maison's Asian Slaw					Points
COOL CRISP SALADS					
Chicken Chop Salad	●				9 Points
Honey-Soy Chicken Salad	●				6 Points
Sashimi Salad	●				2 Points
ENLIGHTENED BOWLS					
Chicken Teriyaki	●				13 Points
Chicken & Veggies Teriyaki	●				11 Points
Steak & Veggies Teriyaki	●				11 Points
Spicy Chicken	●				13 Points
Hibachi Bowl	●				13 Points
Spicy Shrimp bowl	●				8 Points
White Chicken & Broccoli	●				10 Points
Hiro's Green Curry	●	●	●		
Veggie Bowl	●				7 Points
Bodhi Bowl	●				9 Points
7 Samurai Barbeque					
Shiro Miso Veggies	●	●	●		
Dashi Bowl	●			●	11 Points
ENLIGHTENED NOODLES					
Spicy Dharma Bowl	●				10 Points
Ginger-Lime Shrimp	●			●	8 Points
Dynamite Yakudon	●			●	8 Points
Dynamite Chicken	●			●	9 Points
Sweet Seared Salmon	●				12 Points

Information is based on regular sized bowls with brown rice and our all natural chicken breast where applicable.

Enlightened noodles information is based on regular sized portions with udon noodles and our all natural chicken breast where applicable.

DIABETIC EXCHANGE

APPETIZERS		
Ahi Tuna - 244 Calories 3 lean meats = 21 g PRO, 9 g FAT 1 fat = 5 g FAT 1 vegetable = 5 g CHO, 2 g PRO	Miso Soup - 25 Calories 1 lean meat = 4 g PRO, 1 g FAT	Edamame - 250 Calories 2 lean meats = 14 g PRO, 6 g FAT 1 starch = 15 g CHO, 3 g PRO, 1 g FAT 1 vegetable = 5 g CHO, 2 g PRO 1 fat = 5 g FAT
SUSHI		
Philadelphia Rolls - 183 Calories 1 lean meat = 7 g PRO, 0 g FAT 1 starch = 15 g CHO, 3 g PRO, 1 g FAT 1 vegetable = 5 g CHO, 2 g PRO 1 fat = 5 g FAT	Teriyaki Salmon Rolls - 194 Calories 2 starch = 30 g CHO, 4 g PRO, 2 g FAT 1 lean meat = 7 g PRO, 1 g FAT	Veggie Rolls - 174 Calories 1 starch = 15 g CHO, 3 g PRO, 1 g FAT 2 vegetable = 10 g CHO, 4 g PRO
Firecracker Rolls - 264 Calories 1 lean meat = 7 g PRO, 3 g FAT 2 starch = 15 g CHO, 3 g PRO, 1 g FAT 1 vegetable = 5 g CHO, 2 g PRO 2 fat = 10 g FAT	California Rolls - 231 Calories 1 lean meat = 7 g PRO, 1 g FAT 1 vegetable = 5 g CHO, 2 g PRO 2 starch = 30 g CHO, 6 g PRO, 2 g FAT	Spicy Tuna Rolls - 175 Calories 1 starch = 15 g CHO, 3 g PRO, 1 g FAT 1 lean meat = 7 g PRO, 2 g FAT 1 vegetable = 5 g CHO, 2 g PRO
Tofu Rolls - 135 Calories 1 starch = 15 g CHO, 3 g PRO, 1 g FAT 1 lean meat = 7 g PRO, 2 g FAT	Bento Box - 525 Calories 3 starch = 45 g CHO, 9 g PRO, 3 g FAT 3 lean meat = 21 g PRO, 9 g FAT 2 fat = 10 g FAT	
SIDE SALADS		
Sunomono Salad - 41 Calories 1 vegetable = 5 g CHO, 2 g PRO	Sesame Soba - 149 Calories 2 starch = 30 g CHO, 6 g PRO, 2 g FAT Side Salad = 15 Calories 1 vegetable = 5 g CHO, 2 g PRO	Seaweed Salad - 71 Calories 1 vegetable = 5 g CHO, 2 g PRO 1 fat = 5 g FAT
COOL CRISP SALAD		
Sashimi Salad - 146 Calories 3 lean meat = 21 g PRO, 2 g FAT 2 vegetable = 10 g CHO, 4 g PRO	Chicken Chop Salad - 489 Calories 3 lean meat = 21 g PRO, 9 g FAT 2 vegetable = 10 g CHO, 4 g FAT 3 fat = 15 g FAT	Honey-Soy Chicken Salad - 330 Calories 2 starch = 30 g CHO, 9 g PRO, 2 g FAT 3 lean meat = 21 g PRO, 9 g FAT 1 vegetable = 5 g CHO, 2 g PRO
ENLIGHTENED BOWLS		
Chicken Teriyaki - 660 Calories 6 starches = 90 g CHO, 18 g PRO, 6 g FAT 4 lean meat = 28 g PRO, 4 g FAT	Spicy Shrimp Bowl - 435 Calories 5 starch = 75 g CHO, 15 g PRO, 5 g FAT 1 lean meat = 7 g PRO, 3 g FAT	Steak & Veggies Teriyaki - 543 Calories 4 starches = 60 g CHO, 12 g PRO, 3 g FAT 3 vegetable = 15 g CHO, 9 g PRO 2 lean meats = 14 g PRO, 6 g FAT
Chicken Teriyaki & Veggies - 550 Calories 5 starches = 75 g CHO, 15 g PRO, 5 g FAT 3 lean meat = 21 g PRO, 6 g FAT	White Chicken & Broccoli - 491 Calories 3 starches = 45 g CHO, 9 g PRO, 3g FAT 3 vegetables = 15 g CHO, 6 g PRO 3 lean meats = 21 g PRO, 9 g FAT	Spicy Chicken - 664 Calories 6 starch = 90 g CHO, 18 g PRO, 6 FAT 4 lean meats = 28 g PRO, 4 g FAT
Hibachi Bowl - 572 Calories 5 starches = 75 g CHO, 15 g PRO, 5 g FAT 3 lean meats = 21 g PRO, 3 g FAT	Veggie Bowl - 491 Calories 3 starch = 45 g CHO, 9 g PRO, 3 g FAT 3 vegetable = 15 g CHO, 6 g PRO 3 lean meats = 21 g PRO, 9 g FAT	Dashi Bowl - 448 Calories 4 starches = 60 g CHO, 12 g PRO, 3 g FAT 1 vegetable = 5 g CHO, 2 g FAT 2 lean meat = 14 g PRO, 6 g FAT
Bodhi Bowl - 465 Calories 5 starch = 75 g CHO, 15 g PRO, 5 g FAT 2 vegetable = 10 g CHO, 9 g PRO 1 lean meat = 7 g PRO, 3 g FAT	Sweet Seared Salmon - 570 Calories 4 starch = 60 g CHO, 12 g PRO, 4 g FAT 1 vegetable = 5 g CHO, 2 g PRO 2 lean meat = 14 g PRO, 6 g FAT 1 fat = 5 g FAT	
Spicy Dharma Bowl - 545 Calories 4 starch = 60 g CHO, 12 g PRO, 3 g FAT 3 vegetable = 15 g CHO, 6 g PRO 2 lean meat = 14 g PRO, 6 g FAT	Dynamite Chicken - 442 Calories 2 starch = 30 g CHO, 6 g PRO, 2 g FAT 3 vegetable = 15 g CHO, 6 g PRO 4 lean meat = 28 g PRO, 8 g FAT	
Dynamite Yakudon - 381 Calories 3 starch = 45 g CHO, 12 g PRO, 3 g FAT 2 lean meat = 14 g PRO, 6 g FAT	Ginger-Lime Shrimp - 381 Calories 2 starch = 30 g CHO, 6 g PRO, 2 g FAT 3 vegetable = 15 g CHO, 6 g PRO 1 lean meat = 7 g PRO, 3 g FAT	

Diabetic Exchanges for Zen's Menu
Analysis done by Deirdre Earls, RD, LD, on July 6, 2007
Index to abbreviations:

CHO = Carbohydrate • FAT = Fat • PRO = Protein
Diabetic Exchanges per American Diabetes Assoc. and Mayo Clinic:
Starch = 15 gram CHO, 3 g PRO, 1 g FAT = ~90 calories
Fruit = 15 gram CHO, 0 g PRO, 1 g FAT = ~60 calories
Nonfat Milk = 15 gram CHO, 8 gram PRO, 0 gram FAT = ~90 calories
Lowfat Milk = 12 gram CHO, 8 gram PRO, 5 gram FAT = ~120 calories
Whole Milk = 12 gram CHO, 8 gram PRO, 8 gram FAT = ~150 calories
Vegetable = 5 gram CHO, 2 gram PRO, 0 gram FAT = ~25 calories
Lean Meat = 7 gram PRO, 0-3 gram FAT = ~35 calories
Medium Fat Meat = 7 gram PRO, 5 gram FAT = ~75 calories
High Fat Meats = 7 gram PRO, 8-13 gram FAT = ~100+ calories
Fat = 5 gram FAT = ~45 calories