

永質 SMALL PLATES

SWEET, SAVORY, SPICY

NEW Crispy Sweet Potatoes + Cauliflower 1 3	3.95
Currant, chili garlic sauce, serrano aioli, sesame, cilantro	
NEW Avocado Smasher 3	4.50
Avocado, mango, cherry tomato, sesame, crispy shallots with yuzu miso and ponzu	
Edamame 1 3	3.50
Steamed soybeans	
Miso Soup 1	2.75
Traditional soup with tofu, green onion, nori	
Roasted Shishito Peppers	4.95
Mild Japanese peppers with shiro dashi, lemon, soy, sesame	
Pot Stickers	4.95
Four hand-made dumplings stuffed with pork, cabbage, garlic, ginger, scallions. Served with housemade ponzu sauce.	
Brussels Sprouts 1 3	5.75
Crisped brussels sprouts tossed in our savory caramel glaze	
7 Pepper Ahi Tuna* 1	5.50
7 pepper Ahi tuna, watercress wasabi vinaigrette	
NEW Seaweed Crunch 3	3.45
Wakame with traditional dressing	
NEW Wasabi Peas 3	3.00

BIG SALADS

PICK A PROTEIN

Natural Chicken Breast	8.95
Organic Steak	8.95
Natural Tiger Shrimp	9.25
Sustainable Salmon	9.25
Organic Tofu	8.50
No Protein	7.25

CHOOSE A SALAD

Tori Kimidori Salad 2 3	
Mixed greens of romaine, kale and red cabbage tossed with orange supreme, green onions, cranberries, tamari almonds, ginger-carrot dressing	
Sarada Salad 1 3	
Mixed greens of romaine, kale and red cabbage tossed with avocado, edamame, ginger scallions, crispy shallot and crispy garlic with yuzu miso dressing	

ROLLED FRESH THROUGHOUT THE DAY 魚

FRESH SUSHI



California Roll 1	3.25
Krab, avocado, cucumber, sesame	
Spicy Tuna Roll*	3.25
Tuna, cucumber, sesame, spicy mayo	
Spicy Salmon Roll*	3.25
Salmon, cucumber, sesame, spicy mayo	
Tiger Eye Roll* 1	3.25
Smoked salmon, avocado, cream cheese, serrano, spicy mayo	
NEW Veggie Roll 3	3.50
Kanyo (pumpkin), house pickles, avocado, yuzu miso, sesame	

THE FOLLOWING IS ROLLED TO ORDER, UP TO 10 MIN

NEW Shrimp Tempura Roll (6 Piece)	5.75
Shrimp tempura, avocado, sesame, spicy mayo, orange tobiko	
NEW Spider Roll (6 Piece)	7.95
Soft shell crab, orange tobiko, serrano pepper, cream cheese, green onion, yuzu kosho with our caramel glaze	
NEW Rainbow Roll (8 Piece)*	9.25
Krab, avocado, cucumber, sesame seeds, topped with avocado, salmon, tuna, dressed with spicy mayo and caramel glaze	
Hot N Crunchy Roll (8 Piece)*	8.75
Tempura shrimp, avocado, pickled fuji apple & onion, topped with smoked salmon dressed with spicy mayo and sriracha	

SUPA POKE



NEW Twisted Tuna* 1	8.50
Sushi grade tuna, mango, cucumber, red cabbage, green onion, brown rice with our watercress wasabi vinaigrette	
NEW So Cali 1 2 3	6.95
Avocado, marinated broccoli & mushrooms, cucumber, brown rice, crisped sweet potato, cranberry, tamari almonds with our ginger-miso vinaigrette	
NEW Salmon Apple Crunch* 1	8.50
Marinated salmon, pickled fuji apples & onion, kale, romaine, red cabbage, sushi rice, sesame	
NEW Up In Smoke*	8.95
Cherry wood house smoked salmon, cherry tomatoes, currants, crisped brussels sprouts, sushi rice with pickled fuji apples & onion	

井 ULTIMATE FAVORITES



No substitutions,
Add a protein to a dish \$2.95

Crispy Almond Chicken 2	8.25
All natural crispy chicken, broccoli, scallions, red bell peppers, tamari almonds, cilantro with spicy almond soy served over rice	

NEW Salmon + Sweet Potatoes 1	9.50
Atlantic salmon, sweet potatoes, cauliflower, red bell pepper, white onion, crispy shallots, cilantro, yellow dragon sauce served over rice	

The Schoolgirl Bowl	8.25
Marinated natural chicken breast, sautéed with crimini mushrooms, broccoli, red bell pepper, yellow onions, with chili garlic sauce, serrano aioli, and ginger scallions, topped with crispy wontons, sesame seeds, served over rice	

Salt & Pepper Shrimp	7.95
Natural tiger shrimp, red bell peppers, serrano, scallions, cilantro, lemon zest, Szechuan pepper, sea salt and fried garlic served over rice	

Shishito Steak	8.95
Organic steak with crimini mushrooms, caramelized onions, shishito pepper finished with teriyaki sauce, topped with crispy shallots, served over rice	

Singapore Noodles 1	9.75
Organic steak and natural shrimp tossed with Napa cabbage, carrots, scallions, red bell peppers, tossed with Yellow Dragon sauce, finished with cilantro & lime with bean thread	

The Muscles from Brussels 1	8.95
Organic steak & brussels sprouts, carrot, scallions, crispy garlic, cilantro, savory caramel glaze, served with rice	

Peko Chan's Crunch Bowl 1 2	8.50
Natural chicken breast, kale, romaine & red cabbage, fuji apple, cranberry, tamari almonds, brown rice tossed in our ginger-miso vinaigrette	

True Bento Box	10.95
White chicken teriyaki over rice, tempura shrimp, california roll and side salad with ginger-carrot dressing (Option to sub tofu for chicken)	



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions

1 Gluten-Free 2 Contains Nuts 3 Vegetarian Heat Index

日本国 B.Y.O.

BUILD YOUR OWN BOWL

1 PICK A MAIN ITEM

	REGULAR	DOUBLE
Natural Chicken Breast ①	6.95	8.95
Natural Dark Chicken ①	6.95	8.95
Organic Steak ①	7.50	9.75
Natural Tiger Shrimp ①	7.50	9.75
Sustainable Salmon ①	7.50	9.75
Organic Tofu ① ③	7.25	9.50
Veggies Only ① ③	5.95	7.95
Add a Vital Farms organic egg	1.25	
Add Avocado ① ③	1.50	

2 PICK A VEG MIX

no substitutions

NEW Buddha Mix Red cabbage, carrot, broccoli, yellow onion, edamame

NEW Ninja Mix Red bell pepper, snap peas, water chestnuts, green onion, broccoli

Today's Farm Box Mix (+ \$1.00)

Custom Mix: Choose up to 5 Items

Carrot, white onion, green onion, water chestnut, broccoli, red bell pepper, edamame, snap peas, Napa cabbage, mushrooms, red cabbage

3 PICK A SAUCE OR DRESSING

Teriyaki ③	Spicy Teriyaki ③ ④
Ginger-Lime ③ ④	Yellow Dragon ① ③ ④ ⑤
Oyako (broth) ③	Yuzu Miso Vinaigrette ① ③ ④
Chili-Garlic ① ③ ④ ⑤	Ginger Miso Vinaigrette ① ③
Caramel Glaze ① ③	Spicy Almond Soy ② ③ ④
	Spicy Szechuan ④ ⑤

4 PICK A BASE

White Rice ① ③	Udon Noodles (+ \$.50) ③
Brown Rice ① ③	Vermicelli Noodles (add \$.50) ① ③
Make it a salad (romaine, red cabbage, kale) (+ \$1.25) ① ③	

BUDGET BOWLS



Choose Natural Dark Chicken or Chicken Breast

no substitutions

	REGULAR	DOUBLE MEAT
Chicken Teriyaki	5.70	7.50
Chicken, sesame seeds with teriyaki sauce, over rice		
Spicy Chicken	5.70	7.50
Chicken, crispy wontons, green onions with spicy sauce, over rice		
White Chicken & Broccoli	6.50	7.80
Chicken, broccoli, egg with oyako sauce, over rice		

LITTLE BUDDHA

Chicken, Steak or Tofu with Vegetables	3.75
With broccoli, edamame and carrots	

ZEN CATERING TRAYS

1-8: PICK A MAIN ITEM & CHOOSE A MIX

Trays 1-16 Come With 1/2 White & 1/2 Brown Rice

CHICKEN BREAST TRAY	37.00
① Teriyaki & Veggies Buddha Mix + Teriyaki Sauce	
② Robot Chicken Soto Mix* + Spicy Sauce	
ORGANIC STEAK TRAY	39.50
③ Hibachi Ninja Mix + Teriyaki Sauce	
④ Cowboy Bebop Buddha Mix + Spicy Sauce	
ORGANIC TOFU TRAY	37.00
⑤ Bodhi Soto Mix* + Spicy Sauce	
⑥ Happy Buddha Ninja Mix + Peanut Sauce	
SHRIMP TRAY	41.00
⑦ Ginger-Lime Ninja Mix + Ginger-Lime Sauce	
⑧ Divine Wave Buddha Mix + Teriyaki Sauce	

*Soto Mix includes crimini mushrooms, carrot, white & green onion, red cabbage

ULTIMATE 2

⑨ Crispy Almond Chicken	44.00
⑩ The Schoolgirl Bowl	44.00
⑪ Salt & Pepper Shrimp	42.00
⑫ Shishito Steak	46.00
⑬ Singapore Noodles	51.00
⑭ The Muscles from Brussels	46.00
⑮ Peko Chan's Crunch	46.00
⑯ Salmon + Sweet Potatoes	49.00
⑰ Sushi Maki Platter (40 Pieces)	38.00
Your choice of Spicy Tuna, California, Spicy Salmon, Tiger Eye or Veggie rolls	

SIDES

⑱ Pot Stickers (36 Pieces)	41.00
⑲ Brussels Sprouts	47.00
⑳ Edamame	35.00
㉑ Crispy Sweet Potatoes + Cauliflower	30.00
Tea	9.50 per gallon
Razz Hibiscus, Iced Green or Blackberry Jasmine Teas	
Maine Root Sodas	9.50 per gallon
Mexicane Cola, Lemon-Lime, Diet Mexicane Cola, Root Beer, Doppelgänger, Pink Drink	
Rice Crispy Treat	2.50

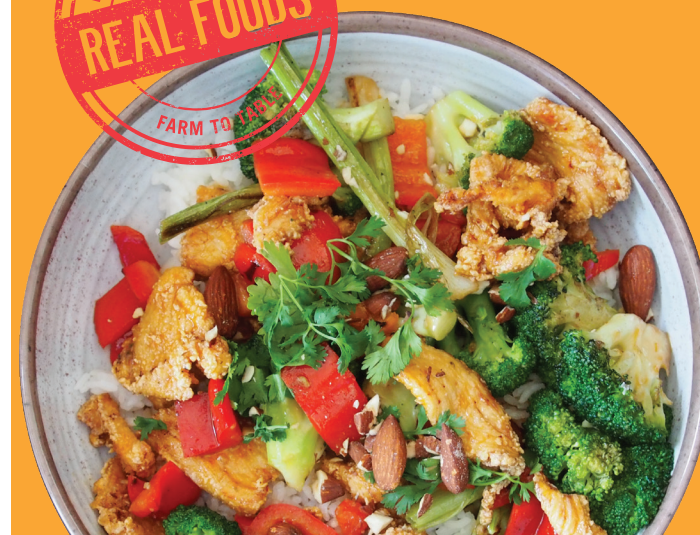
We offer noodles upon request. Delivery available for orders over \$100. A delivery fee and gratuity will be added. We have a TON of other options, if you feel like living dangerously! All in store menu items are available in catering trays. ©2019 Zen Japanese Food Fast

ZEN
JAPANESE FOOD FAST

WE USE THE
**HIGHEST
QUALITY**
INGREDIENTS

Order Online at
EATZEN.COM
or Phone In Your Order

ORGANIC STEAK
FARM TO TABLE PRODUCE
ALL NATURAL CHICKEN
ORGANIC LOCAL EGGS
ORGANIC TOFU
NATURAL TIGER SHRIMP



YES, WE CATER!

2900 West Anderson Lane at Rockwood | 512-451-4811
University of Texas Student Activity Center
Northwest Missouri State University
Temple University in Philadelphia