



ZEN CONTEMPORARY JAPANESE BAR & RESTAURANT

TAKEAWAY : DELIVERY 42 High Street, Southampton, Hampshire. SO14 2NS

Phone :: 023 8023 3399

Web :: www.zensouthampton.com

Lunch :: 12pm - 3pm

Evening :: 6pm til late

Lunch Menu

All served with Miso soup, Salad, Soft drink, Tea or Coffee

Zen Sushi Bento Box

1	Jade Combo	Four nigiri and temaki		£7.00
2	Dragon Combo	Ebi nigiri, dragon maki	10pcs	£9.00
3	Deluxe Combo	Mixed four nigiri and six maki	10pcs	£8.50
4	Nigiri Combo	Mixed four kinds of nigiri (salmon, tuna, ebi, tako)	8pcs	£8.50
5	Sake Combo	Salmon nigiri, salmon maki	8pcs	£7.00
6	Maki Combo	Mixed two kinds of maki	14pcs	£8.00
7	Sushi & Sashimi Combo	Mixed nigiri, temaki and sashimi	10pcs	£10.00
8	Zen Combo for 2	Two kinds Nigiri, one kind Maki & Two kinds Sashimi	15pcs	£15.00

Nigiri

Served on bed of rice. 2pcs

9	Ebi (prawn)	£2.70
10	Amaebi (sweet shrimp)	£2.90
11	Sake (salmon)	£2.70
12	Magoru (tuna)	£2.70
13	Tako (octopus)	£2.70
14	Tobiko (flying fish roe)	£3.20
15	Tamago (omelette)	£2.10
16	Inari (tofu)	£2.10

Temaki

Hand roll

9	Ebi (prawn)	£3.20
10	Sake (salmon)	£2.70
11	Maguro (tuna)	£3.00
12	California	£3.20
13	Yasai (vegetable)	£2.70
14	Spicy Crab	£3.00
15	Soft Shell Crab	£3.00

Maki - Sushi roll clad in seaweed

17	Sake	Filling with raw salmon	£3.70
18	Tekka	Filling with raw tuna	£4.50
19	Kappa	Filling with cucumber and peanut	£3.20
20	Futomaki	With prawn, avocado, crab, cucumber, mayonnaise & pickles	£5.50
21	California	With prawn, avocado, crab, cucumber, mayonnaise & tobiko	£5.50
22	Dragon	With tempura prawn and mayonnaise	£6.10
23	Soft Shell Crab	Filling with soft shell crab	£6.10
24	Inari & Advocado	Filling with sweet tofu, avocado and cucumber	£4.20
25	Zen Special California	Deep fried crispy roll	£6.10

Zen Bento Meal Box

26	Tori Katsu	Deep fried chicken coated in breadcrumbs	£7.00
27	Tori Katsu Curry	Chicken breadcrumbs with Japanese curry sauce	£7.50
28	Tori Teriyaki	Chicken with teriyaki sauce	£7.50
29	Salmon Teriyaki	Salmon with teriyaki sauce	£7.50
30	Salmon Shio Yaki	Grilled with light salt	£7.80
31	Saba Shio Yaki	Grilled mackerel with light salt	£7.80
32	Saba Teriyaki	Mackerel with teriyaki sauce	£7.80
33	Beef Teriyaki	Beef with teriyaki sauce	£8.00
34	Ebi Fry Katsu	Deep fried prawn coated in breadcrumbs	£7.80
35	Unagi Yakitori	Grilled eel with yakiniku sauce	£8.00
36	Ton Katsu	Deep fried pork coated in breadcrumbs	£7.00
37	Ton Katsu Curry	Pork breadcrumbs with Japanese curry sauce	£7.50



Zen Noodle - Wok fried noodle

38	X.O Beef Udon	Shredded beef in spicy chef's special sauce	£7.80
39	Tori & Char Siu Ramen	Chicken, char siu, onion and chillies	£7.00
40	Gyu Niku Yaki Soba	Strips of sirloin steak, onion in oyster & garlic sauce	£7.50
41	Seafood aki Soba	King prawn, scallops, squid & mussels in sake sauce	£8.00
42	Kamo Yaki Ramen	Roast duck, bean sprouts & spring onion in soy sauce	£7.00



Zen Yakimono - Char-grilled and marinated in yakitori sauce

43	Sirloin Steak Skewer		£3.50
44	Chicken Skewer with young leek		£2.50
45	Bacon Skewer with Asparagus		£2.20
46	Mixed Vegetable Skewer		£2.00



Tempura

47	Ebi Tempura (2)	Fried prawn in Japanese light batter, dashi dipping sauce	£3.80
48	Vegetable Tempura (3)	Fried vegetable in Japanese light batter, dashi dipping sauce	£2.20



Zen Sides

49	Miso Soup		£2.20
50	Edamame	Japanese green beans	£2.40
51	Gyoza or Veg (3)	Chicken dumplings or vegetable dumplings	£2.70
52	Ika Karage (4)	Peppercorn squids	£2.60
53	Tori Karage (4)	Japanese fried chicken	£2.50
54	Ebi Karage (4)	Peppercorn prawns	£3.80
55	Tori TEBA KOSHO (4)	Peppercorn chicken wings	£2.50
56	Satay Chicken (2)	Chicken skewers with satay sauce	£2.20
57	Yasai Rolls (4)	Vegetable spring rolls	£2.20
58	Yasai Croquette (2)	Breadcrumb vegetable cake	£2.20
59	Barbeque Ribs (4)	Roast spare ribs in original barbeque sauce	£3.80