

# 永質 SMALL PLATES

**SWEET, SAVORY, SPICY**



<b>Edamame</b> ① ③	4.25
Steamed soybeans	
<b>Miso Soup</b> ①	4.25
Traditional soup with tofu, green onion, nori	
<b>Pot Stickers</b>	6.50
Four hand-made dumplings stuffed with pork, cabbage, garlic, ginger, scallions. Served with housemade ponzu sauce.	
<b>Brussels Sprouts</b> ① ③	6.50
Crisped brussels sprouts tossed in our savory caramel glaze	
<b>7 Pepper Ahi Tuna*</b> ① ① ②	7.00
7 pepper Ahi tuna, watercress wasabi vinaigrette	
<b>Seaweed Crunch</b> ③	4.25
Wakame with traditional dressing	

## ASIAN SALAD

**MAKE IT YOUR OWN**

<b>Zen Asian Salad</b> ② ③	7.25
Romaine, kale, red cabbage, carrot, green onion, sesame, wonton	

### CHOOSE DRESSING

Ginger Carrot  
Watercress Wasabi  
Ginger Miso



### ADD PROTEIN

Natural Chicken Breast	+4
Beef Tenderloin	+4
Natural Tiger Shrimp	+5
Sustainable Salmon	+5
Organic Tofu	+3

ROLLED FRESH THROUGHOUT THE DAY 魚

## FRESH SUSHI



<b>California Roll</b> ①	3.50
Krab, avocado, cucumber, sesame	
<b>Spicy Tuna Roll*</b>	4.25
Tuna, cucumber, sesame, spicy mayo	
<b>Spicy Salmon Roll*</b>	4.25
Salmon, cucumber, sesame, spicy mayo	
<b>Tiger Eye Roll*</b> ①	4.75
Smoked salmon, avocado, cream cheese, serrano, spicy mayo	
<b>*THE FOLLOWING IS ROLLED TO ORDER, UP TO 10 MIN*</b>	
<b>Shrimp Tempura Roll (6 Piece)</b>	6.95
Shrimp tempura, avocado, sesame, spicy mayo, orange tobiko	
<b>Spider Roll (6 Piece)</b>	8.50
Soft shell crab, orange tobiko, avocado, serrano pepper, cream cheese, green onion, yuzu kosho with our caramel glaze	
<b>Rainbow Roll (8 Piece)*</b>	10.50
Krab, avocado, cucumber, sesame seeds, topped with avocado, salmon, tuna, dressed with spicy mayo and caramel glaze	
<b>Hot N Crunchy Roll (8 Piece)*</b>	10.50
Tempura shrimp, avocado, cucumber, topped with ahi tuna, dressed with spicy mayo and sriracha	

## BUDGET BOWLS



**Choose Natural Dark Chicken or Chicken Breast**

no substitutions	REGULAR	DOUBLE MEAT
<b>Chicken Teriyaki</b>	6.50	9.25
Chicken, sesame seeds with teriyaki sauce, over rice		
<b>Spicy Chicken</b>	6.50	9.25
Chicken, crispy wontons, green onions with spicy sauce, over rice		
<b>White Chicken &amp; Broccoli</b>	7.50	9.85
Chicken, broccoli, egg with oyako sauce, over rice		

## LITTLE BUDDHA

<b>Chicken, Steak or Tofu with Veggies</b>	4.95
With broccoli, edamame and carrots over rice or noodles (+.50)	

# 井 ULTIMATE FAVORITES

*No substitutions,  
Add a protein to a dish \$3.95*



<b>Crispy Almond Chicken</b> ②	9.50
Katsu chicken breast, broccoli, onion, red bell pepper and mushroom, tamari almonds, cilantro with almond soy served over rice	
<b>The Schoolgirl Bowl</b> ②	9.75
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	

<b>Salt &amp; Pepper Shrimp</b> ② ②	8.95
Crispy shrimp, red bell peppers, serrano, scallions, cilantro, lemon zest, Szechuan pepper, sea salt and fried garlic served over rice	

<b>Shishito Steak</b> ② ②	10.95
Beef tenderloin with crimini mushrooms, caramelized onions, shishito pepper finished with teriyaki sauce, topped with tempura onion rings, served over rice	

<b>Singapore Noodles</b> ① ②	12.95
Beef tenderloin and natural shrimp tossed with Napa cabbage, carrots, scallions, red bell peppers, tossed with Yellow Dragon sauce, finished with cilantro & lime with bean thread	

<b>The Muscles from Brussels</b> ①	10.95
Beef tenderloin & brussels sprouts, carrot, scallions, crispy garlic, cilantro, savory caramel glaze, served with rice	

<b>True Bento Box</b>	13.50
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 ④ Heat Index

## 1 PICK A MAIN ITEM

	REGULAR	DOUBLE
Natural Chicken Breast ①	8.50	10.95
Natural Dark Chicken ①	8.50	10.95
Beef Tenderloin ①	9.95	13.95
Natural Tiger Shrimp ①	8.75	10.50
Sustainable Salmon ①	9.95	13.95
Organic Tofu ① ③	8.25	10.75
Veggies Only ① ③	7.25	8.95
Add a Vital Farms organic egg	2.00	
Add Avocado ① ③	2.00	

## 2 PICK A VEG MIX

no substitutions

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

**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	Ginger Miso Vinaigrette ① ③
Chili-Garlic ① ③ ④ ⑤	Almond Soy ② ③
Caramel Glaze ① ③	Spicy Szechuan ③ ④ ⑤

## 4 PICK A BASE

White Rice ① ③	Udon Noodles (+ \$1.00) ③
Brown Rice ① ③	Vermicelli Noodles (add \$1.00) ① ③
Make it a salad (romaine, red cabbage, kale) (+ \$1.25) ① ③	

## ZEN CATERING TRAYS

## 1-8: PICK A MAIN ITEM &amp; CHOOSE A MIX

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

## CHICKEN BREAST TRAY ..... 44.00

① Teriyaki & Veggies Buddha Mix + Teriyaki Sauce

② Robot Chicken Soto Mix\* + Spicy Sauce

## BEEF TENDERLOIN TRAY ..... 50.00

③ Hibachi Ninja Mix + Teriyaki Sauce

④ Cowboy Bebop Buddha Mix + Spicy Sauce

## ORGANIC TOFU TRAY ..... 43.00

⑤ Bodhi Soto Mix\* + Spicy Sauce

⑥ Happy Buddha Ninja Mix + Peanut Sauce

## SHRIMP TRAY ..... 45.00

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 ..... 49.00

⑩ The Schoolgirl Bowl ..... 49.00

⑪ Salt & Pepper Shrimp ..... 46.00

⑫ Shishito Steak ..... 52.00

⑬ Singapore Noodles ..... 59.00

⑭ The Muscles from Brussels ..... 52.00

⑮ Salmon + Sweet Potatoes ..... 54.00

⑯ Sushi Maki Platter (40 Pieces) ..... 45.00

Your choice of Spicy Tuna, California, Spicy Salmon, Tiger Eye rolls

## SIDES

⑰ Pot Stickers (36 Pieces) ..... 48.00

⑱ Brussels Sprouts ..... 49.00

⑲ Edamame ..... 41.00

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. ©2021 Zen Japanese Food Fast



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QUALITY**  
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NATURAL TIGER SHRIMP



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