

Teppanyaki Meat Choice

鉄板焼き ア・ラ・カルト メニュー

アンガス 牛肉 フィレ

Angasu Gyūniku Fuire

Angus Beef Fillet (250g)
€ 35.00

アンガス 牛肉 リブアイ ステーキ

Angasu Gyūniku Ribuai Suteki

Angus Beef Rib-eye (250g)
€ 30.00

豚肉 フィレ

Butaniku Fuire

Pork Fillet (250g)
€ 25.00

鶏もも肉

Torimomoniku

Chicken Thighs (250g)
€ 25.00

付け合わせ/味噌汁とご飯と旬野菜一式

*Served with Miso Soup, steamed Rice
and mixed seasonal Vegetables*

禅zen

Japanese Sushi Bar & Teppanyaki

Teppanyaki Fresh Seafood Choice

鉄板焼きア・ラ・カルトメニュー

魚介類

ホールロブスター

Hōrurobusutā

Whole Lobster
upon availability
Market price

大ブラックタイガーエビ

Dai burakku taigā ebi

Jumbo Tiger Prawns
€ 35.00

ロブスターテール

Robusutātēru

Lobster Tail
upon availability
€ 45.00

帆立

Hotate

Scallops
€ 35.00

鮭

Sake

Salmon (250g)
€ 30.00

鮪

Maguro

Tuna (250g)
€ 35.00

大とろ

Ōtoro

Tuna belly (250g)
€ 40.00

羽太

Hata

Grouper (250g)
€ 35.00

付け合わせ/味噌汁とご飯と旬野菜一式

Served with Miso soup, steamed rice and mixed seasonal vegetables

禅zen

Japanese Sushi Bar & Teppanyaki

Teppanyaki Side Dishes

鉄板焼き ア・ラ・カルト メニュー

焼飯

Teppanyaki à la Carte
- Fried Rice Choice & Tōfu -

焼き飯

Yakimeshi

Fried egg rice with vegetables
€ 10.00

鶏肉 焼き飯

Keiniku Yakimeshi

Fried vegetable rice with chicken
€ 12.00

エビ焼き飯

Ebi Yakimeshi

Fried vegetable rice with prawns
€ 15.00

牛肉焼き飯

Gyūniku Yakimeshi

Fried vegetable rice with beef
€ 14.00

豆腐ステーキ

Tōfu Sutēki

Teppan-fried Tofu steak served with fresh mushrooms, spring onions, garlic and vegetable sauce
€ 12.00

Teppanyaki Side Dishes

鉄板焼き ア・ラ・カルト メニュー

麺類

*Teppanyaki à la Carte
- Japanese Noodles Choice -*

焼そば牛肉

Yakisoba Gyūniku

Teppan-fried buckwheat noodles with beef and vegetables
€ 16.00

焼そば鶏肉

Yakisoba Keiniku

Teppan-fried buckwheat noodles with chicken and vegetables
€ 12.00

焼そばエビ

Yakisoba Ebi

Teppan-fried buckwheat noodles with prawns and vegetables
€ 18.00

焼うどん牛肉

Yakiudon Gyūniku

Teppan-fried thick Japanese noodles with beef and vegetables
€ 18.00

焼うどん鶏肉

Yakiudon Keiniku

Teppan-fried thick Japanese noodles with chicken and vegetables
€ 14.00

焼うどんエビ

Yakiudon Ebi

Teppan-fried thick Japanese noodles with prawns and vegetables
€ 20.00

A minimum charge of €35 per person will apply

Gluten free and other specific diet controlled foods must be requested upon reservation

禅 zen

Japanese Sushi Bar & Teppanyaki