

ZEN FEATURED MENU SELECTIONS

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| JAPANESE WAGYU BEEF SUSHI (per pc) 8.95
authentic top grade black cattle wagyu beef from Kagoshima prefecture. served lightly seared with ponzu daikon and sea salt | | PREMIUM OCEANWISE NIGIRI SET 20.95
salmon toro served with ponzu jelly torched toro, torched dungeness leg saikyo miso sablefish with shiitake jus grilled cod atsuyaki tamago with shiitake jus |
| SOCKEYE SALMON FLIGHT 20.95
5 unique pieces of Wild Sockeye salmon all prepared in Zen original style | | TUNA FLIGHT 20.95
5 unique pieces of Albacore tuna and ahi tuna all prepared in Zen original style |
| TSUNAMI ROLL 19.95
Mediterranean Sea Bass katsu roll served with a shiso leaf and miso vinaigrette sauce | | BAO BUNS 11.95
Zen karaage chicken and Asian slaw with chilli mayo |
| SPICY OCTOPUS SALAD 17.95
thinly sliced tender local octopus and Asian slaw tossed in tasty spicy sauce | | PRAWN SAMOSA 11.95
Asian style samosa with tiger prawns, potato and edamame |
| VELVET TUNA 17.95
lightly torched marinated ahi tuna served with creamy fresh avocado, crispy garlic and micro greens | | PRAWN LETTUCE WRAP 15.95
tiger prawns with savoury goma sauce topped with roasted pine nuts served in butter lettuce cup |
| NEW STYLE SASHIMI 17.95
lightly torched slices of sockeye salmon and hamachi with chili & garlic infused olive and sesame oil | | SOCKEYE SALMON ABURI BOX 18.95
6 pieces of lightly torched pressed sushi topped with Japanese eggplant and onion nanbanzuke |
| AHI EDAMAME HUMMUS CONE 5.95
crispy sesame cone with edamame hummus, cucumber, ahi tuna poke and crispy yam chips | | SASHIMI ROLL 20.95
assortment of premium fish rolled in nori topped with ikura and tobiko served in tosazu dressing |
| GRILLED FRESH OYSTERS 10.95
3 robata grilled BC oysters with 3 sauces garlic butter and ponzu, tomato curry and spicy vegetable chutney | | FRIED AVOCADO ROLL 14.95
fried avocado and mango roll topped with torched sockeye salmon and pickled onions |
| COCONUT CURRY YAKI UDON 13.95
stir fried udon with beef and mixed mushrooms | | UNAGI TEMPURA 18.95
5 pieces of fresh water eel served in seasoned batter tempura style |

ZEN OMAKASE TASTING MENU

Experience our chef's tasting menu

3 course menu \$50/pp

5 course menu \$70/pp

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ZEN STARTS

MISO SOUP	2.25	EBI DUMPLINGS	8.95
EBI DUMPLING SOUP	8.95	homemade pan fried prawn dumplings	
SEAFOOD SOUP	12.95	GYOZA	6.95
SUNOMONO NOODLE SALAD		HOUSE GREEN SALAD	7.95
☞ KANI	9.95	☞ KALE SALAD	11.95
TAKO	8.95	Add Dungeness crab	\$8
EBI	4.95	☞ TUNA TATAKI SALAD	17.95
SPINACH GOMA AE	5.50	AGEDASHI TOFU	5.95
SPINACH OHITASHI	5.50	Spicy	6.95
EDAMAME	5.95	ZEN SHROOMS	10.95
		sautéed seasonal mixed mushrooms	

ZEN SHAREABLES

ZEN KARA AGE		☞ SPICY SASHIMI	17.95
CHICKEN	11.95	marinated in our house spicy sauce	
CALAMARI	11.95	tuna, salmon, tuna & salmon	
CAULIFLOWER	8.95	☞ TUNA NUTA	17.95
CHICKEN WINGS	11.95	tuna with sweet miso vinaigrette	
choice of plain, spicy hot or teriyaki		☞ TUNA GOMA AE	17.95
JALAPENO WRAPS	8.95	sesame soya marinated tuna	
crispy spring roll with prawn, ling cod pate, shiitake mushrooms and fresh jalapeno peppers		☞ TUNA TASTER	21.95
GARLIC SHORT RIBS	18.95	Tuna Goma Ae	
grilled marinated short ribs		Tuna Nuta	
CHICKEN YAKITORI	8.95	Zen Spicy Tuna	
traditional grilled chicken on skewers		JALAPENO HAMACHI	19.95
☞ PRAWN WONTONS	14.95	thinly sliced hamachi served with pickled jalapeno peppers, shiso leaf & garlic chips	
crispy wonton wraps with wild Selva black tiger prawns, shiitake mushrooms, and caramelized onions with red pepper jam		BEEF SASHIMI	19.95
☞ ZEN MOTOYAKI		BBQ SQUID	14.95
OYSTER	11.95	robata grilled surume squid	
SEAFOOD	15.95	PRAWN TEMPURA	15.95
YAKI SOBA / YAKI UDON	11.95	7 prawns	
beef, chicken, pork, tofu or veggie		Oceanwise Prawn	18.95
seafood	15.95	ASSORTED TEMPURA	12.95
SEAFOOD BUCKWHEAT SOBA	15.95	3 prawns and 4 fresh vegetables	
stir fried in spicy teriyaki sauce with salmon, mushroom and baby bok choy		VEGETABLE TEMPURA	10.95
KIMCHI YAKI UDON	12.95	7 assorted fresh vegetables	
stir fried udon with pork and kimchi		TEMPURA BY THE PIECE	
CRUNCHY BEEF	16.95	SEAFOOD	2.50
layered rib eye beef with seasoned vegetables and fried onions		VEGETABLE	1.60
☞ CRUNCHY SALMON	15.95	COCONUT PRAWNS	13.95
crispy egg crepe filled with seasoned sockeye salmon with tomato ponzu		5 pcs of coconut covered prawns served with spiced mango sauce	

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ZEN ORIGINALS

THREE BY THREE A tasting of 9 different Zen specialties, truly a Zen like culinary experience and a great share plate	44.95	PRAWN 3 WAYS a selection of our 3 most popular creations: Seafood butteryaki, Tails Up and Popcorn shrimp roll	14.95
SEAWEED BITES trio of sushi rice on toasted seasoned nori topped with Tuna - sweet spiced tuna, scallions, yam chips Salmon - with wasabi mayo & pickled daikon Ebi - spicy sesame shrimp, avocado, lime masago	15.95	ZEN CRAB fresh dungeness crab with an assortment of vegetables baked to perfection in a light creamy sauce	19.95
CRISPY RICE TRIO crispy rice topped with sockeye salmon ahi tuna, & Hokkaido scallop topped with yogurt	15.95	SEAFOOD BUTTERYAKI Zen's signature teppan grilled prawns and scallops	9.95
SEAFOOD PORTABELLA portabella mushroom with spot prawn and scallops, motoyaki style	14.95	TAILS UP lightly fried marinated Japanese kisu stuffed with a sweet prawn paté served on Japanese saikyo miso sauce	9.95

ZEN ORIGINAL ROLLS

SALMON MANGO WRAP fresh sockeye salmon, organic greens, avocado and crab rolled in rice paper with garlic jalapeno mango fruit salsa	16.95	FISH TACO ROLL lettuce, tomato, avocado and tuna tempura wrapped in rice paper with lime sour cream and dill oil	14.95
FRIED JALAPENO ROLL spiced avocado & tuna with tempura jalapeno peppers, topped with serano chopped scallop	15.95	SALMON FIRE ROLL asparagus tempura and avocado roll topped with torched sockeye salmon, scallop and serano pepper	15.95
OSCAR ROLL tempura roll filled with shrimp, dungeness crab, cream cheese and masago, topped with spicy teriyaki sauce	19.95	SAKURA ROLL seasoned tuna and zucchini tempura rolled in egg crêpe and ume infused pickled daikon	17.95
POPCORN SHRIMP ROLL lightly fried cocktail shrimp with organic spring greens, marinated vegetables rolled with soya wrap	14.95	SPICY CHICKEN ROLL spicy chicken breast, Japanese pickle salsa and ume infused daikon rolled in rice paper served with sweet chili mayo	14.95
HAMACHI PEAK ROLL yellowtail, shiso & green onions in a soy paper served tempura style with sweet soya reduction drizzle	16.95	MARINE ROLL dungeness crab, shrimp & avocado twice rolled in nori and egg crêpe with wasabi spiked honey mayo	19.95
SPECKLED SCALLOP ROLL soy paper roll with scallops, avocado, and asparagus, speckled with purple shiso dust	16.95	OSAKA ROLL spicy tuna, avocado & cucumber roll topped with yam tempura	14.95
SAN FRANCISCO ROLL dungeness crab, cocktail shrimp wrapped in egg crêpe	19.95	HANA MAKI seasoned albacore tuna topped with crunchy spices	11.95
T.S.K ROLL dungeness crab, tuna, and scallops with nori shiitake purée sauce	19.95	ALASKAN ROLL mango california roll topped with sockeye salmon and avocado	15.95
EAST MEETS WEST ROLL dungeness crab, amaebi, sockeye salmon with scallops and topped with masago	18.95	SEAWALL ROLL fresh vegetables and yam tempura rolled in egg crêpe with mango puree	12.95
ZEN PRESSED SUSHI ahi tuna and sockeye salmon 6 individually inspired Asian bites	18.95	KABOCHA ROLL kabocha squash tempura and avocado in soy paper with lime mango salsa	11.95
CRISPY BEEF ROLL Soy paper roll with sweet crispy beef, tossed Asian slaw and organic greens served with creamy horseradish sauce	15.95	LIGHTHOUSE ROLL assorted vegetables and tofu rolled in soy paper topped with sweet sesame garlic ponzu	11.95

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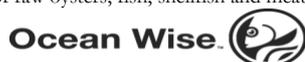
ZEN ENTRÉES

🌊 ZEN STYLE SABLEFISH 29.95 braised sweet miso sablefish served with sautéed mushrooms and baby bok choy	🌊 ZEN SUSHI & SASHIMI COMBO 28.95 combination of 3 pcs of sashimi and 4 pcs Zen specialty nigiri
🌊 MEDITERRANEAN SEA BASS 22.95 miso glazed sea bass served on sautéed mixed mushrooms and baby bok choy, topped with crispy yam strings and micro greens	CHEF'S SELECTION SUSHI 32.95 9 pieces of Zen specialty nigiri sushi and torched salmon sushi tower
CHICKEN TERIYAKI 16.95	CHEF'S SELECTION SASHIMI 32.95 our freshest selections of the day
BEEF TERIYAKI 16.95	ZEN ABURI NIGIRI SET 17.95 5 pieces of Zen specialty seared nigiri
🌊 SALMON TERIYAKI 28.95	ZEN CHIRASHI SUSHI 32.95 assortment of Chef's selection sashimi on a bed of sushi rice
NY STEAK TERIYAKI 29.95	UNAGI DON 19.95 barbecued freshwater eel on rice
SEAFOOD TERIYAKI 29.95	SEAFOOD CURRY 15.95 assorted seafood and vegetables sautéed in our tomato curry
🌊 AHI TUNA TERIYAKI 28.95	
UDON IN SOUP 10.95 choice of chicken, beef or tempura seafood 13.95	

MAKI (ROLL) SELECTIONS

CUCUMBER ROLL 3.95	🌊 DUNGENESS CRAB ROLL 16.95 avocado, cucumber & dungeness crab
🌊 TUNA ROLL 5.95	CALIFORNIA ROLL 8.95 avocado, cucumber and snow crab mix
🌊 SALMON ROLL 5.95	DYNAMITE ROLL 8.95 avocado, cucumber, masago & prawn tempura
🌊 AHI TUNA ROLL 6.50	🌊 Oceanwise Add \$2
🌊 NEGI TORO ROLL 7.95	🌊 B.C. ROLL 7.95 organic greens, cucumber, kaiware, masago and barbecued salmon skin
NEGI HAMACHI ROLL 6.95	🌊 SPICY TUNA ROLL 9.95 organic greens, cucumber, kaiware and spicy ahi tuna
AVOCADO ROLL 6.95 avocado and cucumber	🌊 SPICY SALMON ROLL 9.95 organic greens, cucumber, kaiware and spicy salmon
YAM ROLL 7.95 avocado, cucumber & yam tempura	🌊 SPECIAL SCALLOP ROLL 10.95 organic greens, cucumber, kaiware and chopped scallop & masago
VEGETABLE ROLL 6.95 8 kinds of assorted vegetables	🌊 SPICY SCALLOP ROLL 10.95 organic greens, cucumber, kaiware and spicy chopped scallop & masago
SPECIAL VEGETABLE ROLL 8.95 vegetable roll topped with yam tempura	RAINBOW ROLL 16.95 our regular california roll topped with 6 kinds of fish
FUTO MAKI 8.95 traditional Japanese maki sushi	🌊 Oceanwise Add \$8
TERIYAKI ROLL (beef or chicken) 11.95 beef or chicken and cucumber	🌊 SPIDER ROLL 20.95 organic greens, cucumber, kaiware, masago and panko fried soft shell crab
UNAKYU ROLL 11.95 grilled unagi and cucumber	
CATERPILLAR ROLL 14.95 unagi roll topped with sliced avocado	

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