

ZEN

eat

ENGLISH MENU

Viale San Martino 13-15, Messina
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LE CHIC

French Oyster € 5.00

Served with passion fruit vinaigrette (each)

NOAH Selection Caviar (10g) € 36.00

Served with crostini, sour cream, whipped butter, egg yolk, and egg white

SIDES & EXTRAS

Baby Potatoes € 6.00

Served with signature Zen mayonnaise

Nasu Dengaku € 7.00

Miso-caramelized eggplant

Teppan Vegetables € 9.00

Mixed seasonal vegetables cooked on the teppan grill

Crispy Rice - Tuna € 7.00

Crispy rice with tuna tartare and fresh mint (2 pcs)

Crispy Rice - Salmon € 6.00

Crispy rice with salmon tartare, green apple, and passion fruit (2 pcs)

Crispy Rice - Smoked Salmon € 7.00

Crispy rice with guacamole and smoked salmon (2 pcs)

Crispy Rice - Wagyu € 10.00

Crispy rice with Wagyu tartare and black truffle (2 pcs)

Crispy Rice - Scallop € 8.00

Crispy rice with scallops, teriyaki, and black garlic (2 pcs)

EGGS SELECTION

Crostone & Pecorino € 10.00

Toasted bread, mixed greens, guacamole, poached egg, and pecorino cheese cream

Crostone Salmon € 11.00

Toasted bread, smoked salmon, guacamole, poached egg, and Zen sauce

Greek Flatbread € 11.00

Flatbread, Greek yogurt, mixed greens, poached egg, spinach cream, and Zen sauce

Potato Nest € 11.00

Crispy potato nest, bechamel, bacon, poached egg, and Grana Padano cream

Zen Omelette € 11.00

Greek yogurt, mixed greens, guacamole, crispy bacon, and paprika

Truffle Fried Eggs € 12.00

Fried eggs with Grana Padano fondue and fresh truffle carpaccio

Eggs "In Purgatorio" € 10.00

Fried eggs with Datterino tomato sauce, bacon, and fresh basil

TO SHARE

Vintage Reserve Anchovies <i>Served with crusty bread and premium butter</i>	€ 16.00
Moeca Style Soft-Shell Crabs <i>Fried soft-shell crabs served over potato puree and sweet chili</i>	€ 13.00
Zucchini Flower Tempura <i>Crispy light batter zucchini blossoms</i>	€ 12.00
Shrimp Tempura Tasting <i>Assortment of crispy tempura fried shrimps</i>	€ 15.00
Vegetable Tempura <i>Selection of seasonal fried vegetables</i>	€ 12.00

BOURGUIGNONNE

MIN. 2 PAX - PRICE PER PERSON

Beef Tenderloin Bourguignonne <i>Served with signature dipping sauces</i>	€ 14.00
Fish Bourguignonne <i>Served with citrus-infused dipping sauces</i>	€ 16.00
Cheese Fondue <i>Rich cheese fondue served with fresh vegetables and crostini</i>	€ 12.00

CARBOHYDRATES & DUMPLINGS

GYOZA & DUMPLINGS

Vegetable Dumplings <i>Served with sesame and tare sauce (5 pcs)</i>	€ 10.00
Steamed Pork & Shrimp Dumplings <i>With green apple accent (5 pcs)</i>	€ 11.00
Seared Shrimp Gyoza <i>Served with dashi and soy sauce (5 pcs)</i>	€ 10.00
Fried Duck Dumplings <i>Served with honey teriyaki sauce (5 pcs)</i>	€ 12.00

NOODLES & RICE

Stir-Fried Soy Noodles <i>Sautéed with mixed vegetables</i>	€ 11.00
Seafood Udon <i>Thick wheat noodles with seafood and vegetables</i>	€ 13.00
Buckwheat Yaki Soba <i>With vegetables, shiitake mushrooms, and tender chicken</i>	€ 13.00
Spicy Glass Noodles	€ 10.00

Soy glass noodles sautéed with pork and bell peppers

T Teppan Rice

from € 9.00

Choice of Veggie (€9.00), Fish (€10.00), or Chicken (€10.00)

MAIN COURSES

Marinated Glazed Sea Bass	€ 15.00
<i>Miso-glazed sea bass served with vegetable mousse</i>	
Teriyaki Salmon	€ 15.00
<i>Served with Japanese rice and teppan-cooked vegetables</i>	
Tonkatsu Cutlet	€ 14.00
<i>Crispy pork cutlet on potato puree and mixed greens</i>	
Panko Chicken Cutlet	€ 13.00
<i>Served with side Caesar salad</i>	
Slow-Cooked Veal	€ 15.00
<i>Tender veal cooked at low temperature with tuna sauce foam and anchovies</i>	

TEPPAN COOKED YAKITORI

Chicken & Scallion Yakitori	€ 11.00
<i>Grilled skewers served over creamy potato puree</i>	
Beef Yakitori	€ 13.00
<i>Beef skewers with grilled vegetables and potato puree</i>	
Shrimp Yakitori	€ 14.00
<i>Shrimp skewers with potato puree and teppan vegetables</i>	

CARPACCI

Mixed Fish Carpaccio	€ 14.00
<i>Thinly sliced fresh fish with yuzu, pink pepper, and wild dill</i>	
Scallop Carpaccio	€ 15.00
<i>Delicate scallop slices with ponzu, passion fruit mousse, and ikura</i>	

TARTARE

Tuna Tartare	€ 15.00
<i>With marinated pear slices and vibrant yuzu gel</i>	
Salmon Tartare	€ 14.00
<i>With wild dill, signature Zen mousse, and toasted hazelnuts</i>	
Sea Bass Tartare	€ 15.00
<i>With basil, capers, lime zest, Maldon sea salt, and almond crumble</i>	
Australian Wagyu Tartare	€ 20.00
<i>Premium Wagyu beef tartare served with fried egg yolk</i>	

SUSHI SELECTION

Edamame	€ 5.00
<i>Steamed soybeans with sea salt</i>	
Goma Wakame	€ 5.00
<i>Seasoned seaweed salad with sesame</i>	

NIGIRI SELECTION 2 PCS

Salmon (Sake)	€ 7.00
<i>Seared salmon, buffalo mozzarella, and almond crumble</i>	
Mazara Red Shrimp	€ 8.00
<i>With ikura and fresh lime</i>	
Tuna (Maguro)	€ 7.00
<i>Red tuna with black garlic cream</i>	
Sea Bass (Suzuki)	€ 6.00
<i>Sesame oil, mayo, and lime slices</i>	
Seared Scallop	€ 8.00
<i>Tare sauce and chili threads</i>	
Ibodai (Butterfish)	€ 8.00
<i>Sea urchin (uni) and teriyaki sauce</i>	
Passion Nigiri	€ 8.00
<i>Scallop, passion fruit, and ikura</i>	
Australian Wagyu	€ 12.00
<i>Seared with salt flakes and foie gras</i>	
Japanese Wagyu	€ 22.00
<i>Seared A5 Wagyu with salt flakes and foie gras</i>	

URAMAKI SPECIAL 4 PCS

Black Sea	€ 8.00
<i>Shrimp tempura, avocado, Japanese mayo, topped with tuna carpaccio and black garlic</i>	
Smoke Salmon	€ 8.00
<i>Seared & smoked salmon, crunchy flakes, mayo, avocado outside, and truffle slice</i>	
Mad	€ 8.00
<i>Seared sea bass, mango, mayo, avocado, scallop, tobiko, and cucumber</i>	
Dragon	€ 8.00
<i>Caramelized eel, cucumber, and avocado</i>	
Truffle Tuna	€ 8.00
<i>Tuna, Philadelphia cheese, avocado, mayo, and truffle</i>	
Ebiten Spicy	€ 8.00
<i>Shrimp tempura, spicy salmon tartare, and kataifi pastry</i>	
Veggie Zen	€ 8.00
<i>Vegetable tempura, avocado, spicy mayo, and black sesame</i>	

Golden	€ 9.00
<i>Salmon, cucumber, butterfish, passion fruit, truffle, and edible gold leaf</i>	
Deep Ocean	€ 9.00
<i>Tuna tartare, capers, lime, scallop, and Maldon sea salt</i>	

CLASSIC ROLLS & NIGIRI

HOSOMAKI ZEN

6 PCS

Salmon & Avocado	€ 5.00
Tuna & Avocado	€ 5.00
Australian Wagyu Tartare & Avocado	€ 7.00

CLASSIC URAMAKI

4 PCS

Salmon Philadelphia	€ 6.00
<i>Salmon, avocado, and cream cheese</i>	
Tuna Philadelphia	€ 6.00
<i>Tuna, avocado, and cream cheese</i>	
Salmon Classic	€ 6.00
<i>Salmon and avocado</i>	
Tuna Classic	€ 6.00
<i>Tuna and avocado</i>	
Spicy Salmon	€ 6.00
<i>Salmon tartare with spicy mayo and cucumber</i>	
Spicy Tuna	€ 6.00
<i>Tuna tartare with sriracha sauce and chives</i>	
Ebiten	€ 6.00
<i>Shrimp tempura, teriyaki sauce, and arare rice pearls</i>	

CLASSIC NIGIRI

2 PCS

Salmon	€ 5.00
Tuna	€ 5.00
Sea Bass	€ 5.00
Avocado	€ 4.00
Cucumber	€ 4.00

DESSERTS

Torrone & Honey Cheesecake	€ 7.00
Matcha Tea Flan	€ 7.00
<i>Served with mascarpone mousse</i>	
New York Cheesecake	€ 7.00
<i>Topped with wild berries</i>	
Crème Brûlée	€ 7.00
Gianduja Millefeuille	€ 7.00
Dark Chocolate Lava Cake	€ 7.00

Warm chocolate molten cake

Caramelized Puff Pastry

€ 7.00

Layered with citrus-infused ricotta

Ginger & Salted Caramel Ice Cream

€ 7.00

Coppa Zen

€ 7.00

Signature house dessert sundae

Black Sesame Ice Cream

€ 7.00

All prices are expressed in Euro (€). In case of allergies or food intolerances, please consult our allergen chart or speak to our staff.