

SOUPS & SALADS

Miso Soup

Soybean base, bonito broth, served with tofu, seaweed and scallions. **\$2.00**

Spicy Asian Noodle Soup

Yakisoba noodles with chili spice and green onions. **\$3.00**

Crunchy Egg Noodle Soup

Traditional Japanese broth with fried egg noodles and green onions. **\$2.50**

House Salad

Mixed greens, carrots, cucumbers and tomatoes, served with ginger dressing. **\$3.50**

Seaweed Salad

Gourmet seasoned seaweed salad. **\$5.50**

Spicy Tuna Salad

Spicy raw tuna on top of Japanese style salad, green leaf lettuce, masago, avocado cucumber, sesame seed oil and ponzu sauce. **\$12.95**

Grilled Oriental Salad

Mix of romaine and mixed greens with sundried cranberries, crunchy fried egg noodles and carrots topped with ginger dressing, served with your choice of seared tuna or salmon. **\$12.95**

Sweet & Spicy Chili Bean Salad

Grilled filet of steak over a bed of mixed greens and romaine topped with tomatoes and cucumbers. The sauce is a sweet sauce made with spicy chili bean hot sauce. **\$12.95**

6 Pc. Sashimi Entree Salad

6 piece / chef's choice sashimi over a bed of mixed greens drizzled with eel sauce. **\$14.95**

Tuna Harmony & Mango

Diced cut tuna, avocado and cucumber, served with ponzu sauce over mixed greens. **\$9.95**

APPETIZERS

Edamame Bean

Lightly salted soybeans, served hot or cold. **\$4.00**

Yakitori

2 chicken skewers, served with teriyaki sauce. **\$6.00**

Beef Tataki

Thinly sliced seared ribeye steak, served with special sauce. **\$10.50**

Satay

Chicken or beef skewers served with pineapples and teriyaki sauce. **\$6.95**
Shrimp skewers served with pineapples. **\$9.95**

Spicy Crispy Tuna Tempura

Tuna wrapped in nori, tempura flash fried, served with special spicy sauces, tobiko, scallions and mango salsa. **\$15.95**

Shrimp Tempura

Tempura fried jumbo shrimp. **\$12.50**

Vegetable Tempura

Comes with onions, carrots, zucchini, mushrooms and asparagus. Served with our tempura sauce. **\$6.50**

Tuna Tataki

Thinly sliced seared tuna with ponzu sauce on top of greens. **\$6.95**

Shrimp w/ Chili Bean Sauce

Jumbo shrimp cooked with spicy chili bean sauce. **\$7.95**

Fried Calamari

Lightly tempura fried, special blend of seasoning served with sweet chili sauce. **\$8.00**

Pork Gyoza

Pork dumplings. **\$5.25**
(Choice of steamed, fried or pan fried)

Shrimp Shumai

Fried shrimp dumplings. **\$5.25**

DINNER ENTREES

Each Hibachi entree includes soup, salad, vegetables, noodles and your choice of fried, white or brown rice.

Hibachi

Vegetable (Tofu Steak) **\$12.95**
Chicken **\$16.25**
Shrimp **\$15.95**
Scallops **\$17.95**
Salmon **\$18.95**
Filet Mignon **\$22.95**

Hibachi Combinations

Chicken & Shrimp **\$18.95**
Shrimp & Scallops **\$21.95**
Filet Mignon & Scallops **\$20.95**
Filet Mignon & Shrimp **\$20.95**
Filet Mignon & Salmon **\$21.95**
Filet Mignon & Chicken **\$19.95**

Please notify your server
of any food allergies
BEFORE ordering.
Thank you!

Please note, an 18% gratuity is added to parties of 6 or more. Thank you.

Yakisoba Noodles

With assorted vegetables, stir-fried with Yakisoba sauce. **\$7.95**

With shrimp or chicken **\$10.95**

Udon

Japanese noodles with assorted vegetables cooked in a traditional Japanese broth. **\$7.95**

add chicken **\$8.95**

add shrimp tempura **\$9.95**

SIDE ORDERS**Fried Rice**

Small **\$4.50** Large **\$6.50**

Add shrimp, crab, chicken or beef **\$4.00**

Add scallops or salmon **\$5.00**

Sushi Rice \$3.00

Steamed White Rice \$2.50

Brown Rice \$2.50

Side Noodles \$3.50

Hibachi Vegetables \$3.50

Extra Sauces \$0.50

KIDS

All items come with traditional vanilla ice cream.

Tempura Chicken \$5.99

Chicken Bowl \$5.99

Steak Bowl \$5.99

Served with your choice of white, brown or fried rice.

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NIGIRI, GUNKAN OR SASHIMI

(2 PIECES PER ORDER)

Maguro (Tuna) **\$4.95**

White Tuna **\$4.95**

Sake (Salmon) **\$4.25**

Hamachi (Yellowtail) **\$5.25**

Saba (Mackerel) **\$3.75**

Kanikam (Crabstick) **\$3.50**

Ebi (Shrimp) **\$3.75**

Ama Ebi (Sweet Shrimp) **\$8.50**

Tako (Octopus) **\$4.25**

Ika (Squid) **\$3.75**

Tai (Red Snapper) **\$3.75**

Hotate (Scallop) **\$4.00**

Hokkigai (Surf Clam) **\$4.25**

Spicy Octopus **\$4.25**

Unagi (Fresh Water Eel) **\$5.25**

Tamago (Egg Omelette) **\$3.50**

Masago (Smelt Roe) **\$3.50**

Ikura (Salmon Roe) **\$5.75**

Tobiko (Flying Fish Roe) **\$3.75**

Wasabi Tobiko **\$3.95**

Black Tobiko **\$3.95**

Sweet Tofu Nigiri-Inari **\$3.95**

Toro (Supreme Tuna Belly Meat)

Seasonal / MKT PRICE

TEMAKI HAND ROLLS

Hand Rolls Available Upon Request.

TRADITIONAL SUSHI ROLLS

Salmon Roll **\$6.00**

Tuna Roll

Tuna wrapped with seaweed. **\$6.00**

Yellowtail Roll

Yellowtail with scallions. **\$6.75**

Eel Roll

Eel and cucumber, topped with eel sauce and sesame seeds. **\$6.95**

California Roll

Crab, avocado, cucumber, masago on top. **\$6.00**

Crunchy Spicy Tuna Roll

With avocado, tempura flakes and eel sauce. **\$6.75**

Philadelphia Roll

Salmon, avocado and cream cheese. **\$6.25**

Rainbow Roll

California roll topped with assorted fish. **\$11.95**

Shrimp Tempura Roll

Tempura fried shrimp, lettuce, cucumbers, masago, topped with eel sauce. **\$8.25**

Spicy Crab Roll

Spicy crab salad and cucumber. **\$6.25**

Spicy Shrimp Roll

Spicy shrimp salad and cucumber. **\$6.95**

Spicy Tuna Roll

Spicy tuna and cucumber. **\$6.50**

Spider Roll

Tempura fried soft shell crab, lettuce, cucumber, avocado, masago, topped with eel sauce. **\$9.50**

Salmon Skin Roll

Fried salmon skin, cucumber and avocado, topped with tuna and eel sauce. **\$9.50**

Spicy Yellowtail Roll

Cucumber, asparagus and yellowtail, topped with spicy tuna and spicy mayo. **\$12.95**

VEGETARIAN SUSHI ROLLS

Asparagus Roll **\$4.50**

Avocado Roll **\$4.50**

Cucumber Roll

Cucumber with roasted sesame seeds. **\$4.00**

Evil Rabbit Roll

Tempura fried asparagus, cucumber, avocado, carrots and lettuce, wrapped in soy paper and topped with vegan eel sauce. **\$7.50**

Tempura Sweet Potato Roll

Served with vegan eel sauce. **\$4.50**

Tempura Zucchini Roll

Served with vegan eel sauce. **\$4.50**

Vegetable Futomaki Roll

Avocado, cucumbers, lettuce, oshinko (pickled daikon radish), gobo root, asparagus and shiitake mushrooms. **\$8.95**

SIGNATURE SUSHI ROLLS

OMG Roll

Deep fried snapper and salmon, topped with spicy crab salad, yellowfin and white tuna with tempura flakes, topped with eel and wasabi sauce. **\$12.95**

Amika Roll

Shrimp tempura, ebi, topped with spicy crab salad and eel sauce. **\$14.00**

Hurricane Roll

Shrimp tempura, tuna, cucumber and lettuce, topped with spicy tuna, spicy crab, crunchies, eel sauce, spicy mayo and scallions. **\$14.50**

Aloha Roll

Tuna tempura, pineapple, crab cucumber with spicy tuna and tempura flakes. **\$11.95**

Black Widow

Tempura crab, spicy crab salad, avocado, cucumber and lettuce, topped with black tobiko and spicy sauce. **\$12.95**

Deluxe Tuna

Tuna, avocado and cucumber, topped with spicy tuna, tobiko and eel sauce. **\$8.95**

Hamachi Special

California roll topped with Hamachi, yellowtail sauce and scallions. **\$8.95**

Carnivore Roll

Beef tataki, cucumber, avocado with ponzu on the side. **\$8.95**

Elm Street Roll

Crab, asparagus, avocado, topped with tuna, shrimp, mango, cucumber salad, mixed with ponzu sauce. **\$11.95**

Green Ninja Roll

Tempura fried shrimp, cucumber, topped with avocado, eel sauce and sesame seeds. **\$12.95**

Hawaiian Roll

Crab, asparagus, avocado, topped with kiwi, tuna and eel sauce. **\$12.95**

Hollywood Roll

Red snapper and avocado, tempura fried, topped with white tuna, shrimp, crabstick, masago, spicy sauce and eel sauce. **\$14.00**

Hot Mama

Tuna, crab, avocado, cream cheese, asparagus, tempura fried and topped with spicy tuna, spicy sauce and sriracha. **\$13.95**

Incredible Hulk

Shrimp tempura, spicy tuna, cucumber and avocado, topped with seaweed salad and a drop of sriracha. **\$12.95**

Killer Cali

Spicy crab salad, avocado, cucumber and masago. **\$7.25**

Retreat

Tuna, salmon, crab, avocado, asparagus, wrapped in cucumber, topped with sesame seeds and drizzled with ponzu sauce. **\$11.95**

Samurai Roll

California roll topped with white tuna, yellowtail, tempura flakes, wasabi sauce and masago. **\$12.95**

Scorpion Roll

Shrimp tempura topped with black tobiko and spicy sauce. **\$8.50**

Sea Dragon Roll

Crab salad, avocado, cream cheese, eel, deep fried, topped with masago, eel sauce and sesame seeds. **\$9.50**

Sumo Roll

California roll topped with tuna, salmon, white tuna, spicy cucumber salad and tobiko. **\$12.95**

Summer Roll

Tuna, crabstick, cream cheese, avocado and asparagus, topped with spicy pineapple/crab salad with special sauces. **\$15.00**

The Beast Roll

Eel, avocado, cream cheese and crunchy flakes. **\$8.95**

Volcano Roll

Baked shrimp and crab salad over a California roll, topped with red tobiko. **\$10.95**

Z House Roll

Baked scallops on top of a spicy crab roll, topped with red and green tobiko. **\$14.00**

Zen Signature Roll

Seaweed salad, tuna and mango, with salmon and avocado, topped with yellowtail sauce and black tobiko. **\$12.95**

Dynamite Roll

Crab, cream cheese and asparagus, topped with scallop dynamite. **\$13.50**

Lava Roll

Creamy baked scallops and scallions, topped with eel sauce. **\$11.50**

Jen Zen Roll

Tempura shrimp, spicy crab salad, cream cheese and avocado, topped with spicy tuna, pineapple, eel sauce and spicy mayo. **\$12.95**

B.L.T. Roll

Bacon, lettuce, tomato and spicy tuna (option of shrimp), topped with spicy mayo. **\$11.95**

Rocco's New Yorker

California roll topped with baked white fish, mozzarella cheese and eel sauce. **\$8.95**

Island Roll

California roll topped with chunks of tuna, tomato, avocado and mango served in a sweet island sauce. **\$11.95**

Crispy Chicken Roll

Tempura chicken, cucumbers and avocados. **\$8.25**

CHEF'S CHOICE

If your head is too clear from deep meditation and you can't decide what to order, our masterful Sushi Chef is here to help you out...

Sashimi

9 pcs. **\$12.95**
18 pcs. **\$22.95**
25 pcs. **\$30.95**

Sushi Plate

10 pieces of Nigiri and a California roll. **\$20.00**

BUILD YOUR OWN ROLL

Ask your server about building your own roll.

For reservations or to leave us a comment, please visit:

zengreensboro.com

BEVERAGES

Sweet Tea **\$2.50**

Unsweet Tea **\$2.50**

Coke Products **\$2.50**

Assorted Juices **\$2.50**

Green Tea **\$2.50**

San Pellegrino **\$4.50**

Domestic Beers **\$3.50**

Miller Lite, Bud, Michelob Light, Yuengling

Import Beers **\$4.50**

Corona, Newcastle, Tiger, Asahi

Sapporo (22oz) **\$5.00**

Draft **\$4.50**

Red Wines

J Lohr Cabernet **\$7.00**

Rojo Mojo Shiraz **\$6.00**

Montevina Cabernet **\$6.50**

Merlot **\$6.50**

White Wines

Kendall Jackson Chardonnay **\$7.50**

Brancott Sauvignon Blanc **\$7.50**

Montevina Chardonnay **\$6.50**

Infused Sake

Ask your server!

DESSERTS

Mochi Balls **\$4.50**

Mango, Strawberry, Vanilla or Chocolate

Fried Cheesecake **\$5.99**