

# SOUP

**V1. SHIRO MISO**   (f,m,3) / 6

silk tofu, seaweed, scallions, stick fungi, miso dashi broth

**R1. RAMEN NOODLE SOUP** (i,m)(groß) / 17

thin wheat noodles, pork chashu, egg, packchoi, morels and scallions, bright dashi broth

**V2. DOBIN MUSHI**  / 12

king prawn, pak choy, shimeiji mushroom, clear dashi broth

**R2. UDON NOODLE SOUP** (i,m)(groß) / 17

thick wheat noodle, tempura king prawn, egg, packchoi, morels and scallions, dark dashi broth

# TAPAS AND SALAD

**V3. EDAMAME**   / 6


premium green soybeans, sea salt

**V4. TOFU WAKAME**   (f,i,h) / 14

crispy tofu with spicy teriyaki sauce, wakame, sesame, roasted peanuts

**V5. TOFU ROLL**  (f,i,h) / 6

Tofu, rice noodles, salad, cilantro, mint, peanut sesame dip

**V6. CEVICHE** (f,m)  / 13

cooked octopus, olive oil, sakura cress, red onion, mango, avocado, cucumber, cocktail tomatoes, cilantro, lime

**V7. CRISPY KING** (a,i) / 13

king prawns in crispy tempura coating, duo dip

**V8. SQUID ON SKEWER** (f,i) / 12

grilled squid on skewer, served with spicy teriyaki

**V9. YAKITORI** (f,i) / 11



grilled chicken on skewers served with salad and teriyaki sauce

**V10. CHICKEN GYOZA** (f,i) (4 pc.) / 8

stir fried dumplings filled with chicken served with teriyaki sauce

**V11. VEGI TEMPURA**  (a,i) / 12

asparagus, king oyster mushrooms, broccoli, bell peppers, duo dip

**V12. SALAD**   (f,h,m) / 10

mixed Salad of season, served with miso sesame dressing

**V13. VEGI GYOZA**  (f,i) (4 pc.) / 8

stir fried dumplings filled with vegetables, served with teriyaki sauce and sesame

**V14. SOFTSHELL CRAB** (a,f,i) / 18

crispy soft shell crab served with salad and sesame dressing

**V15. PRAWNS ROLL** (f,i) / 7

prawns, rice noodles, salad, coriander, mint, lemon and peanut sesame dip

**V16. EASY DUCK** (f,i) / 17

grilled duck breast fillet, mixed salad of season, sesame, home made sauce

**V17. TAKOYAKI** (a,f,i,m) (4 pc.) / 8

Octopus ball, served with home made sauce, spring onions and katsuobushi.

**V18. DUCK ROLL** (f,h,m) / 7

duck breast fillet, rice noodles, Thai balsil, salad, coriander, peanut sesame dip

(All prices are in euro and include VAT)

# BEST CHOICE OF ZENTO (a,f,i)

## **B1: WAGYU A5 GRILLED ON THE TABLE**

/ 79

100 gr. Jap. Wagyu A5 for grilling by yourself, served with soy-cured egg yolk, scalions, sesame

### **SET-1. SUSHI SURPRISE SET** (a,b,d,f,i)

(daily new creations prepared by the sushi master especially for you)

for 1 Pers.	/ 35
for 2 Pers.	/ 68
for 3 Pers.	/ 100
for 4 Pers.	/ 135

### **CHEF 1. CHEF'S RECOMMENDATION**

/ 69

(3-course menu composed by the chef for a special taste experience)

# SPECIALTY OF ZENTO (f,i)

## **V19. WAGYU BEEF ON SKEWER** (f,m) / 29

jap. Wagyu beef on skewer, briefly grilled, served with homemade sauce & onions

## **V20. SALMON TARTARE** 🍷 (a) 🌿 / 17

salmon, avocado, daikon, sakura cress, rice crackers, mango salsa sauce

## **V21. TUNA TARTARE** 🍷 🌿 / 19

tuna, avocado, daikon, sakura cress, rice crackers, mango salsa sauce

## **V22. MIXED TARTARE** 🍷 🌿 / 18

salmon, tuna, avocado, daikon, sakura cress, rice crackers, mango salsa sauce

## **V23. TUNA TATAKI** 🌿 / 19

tuna sashimi briefly grilled, rocket, sakura cress, mango salsa sauce

## **V24. BEEF TATAKI** (f,i)

-Argentinian beef fillet / 24

-Wagyu A5 / 39

briefly grilled. Served with red onions, scalions, sakura cress and homemade sauce.

## **V25. SALMON CARPACCIO** 🌿 / 17

salmon from the Faroe Islands, salmon caviar, sakura cress, rocket, ponzu sauce

## **V26. LOUP DE MER CARPACCIO** 🌿 / 18

loup de mer sashimi, salmon caviar, tobico rocket, sakura cress and ponzu sauce

## **V27. TUNA CARPACCIO** 🌿 / 19

tuna, salmon caviar, tobico, sakura cress, rocket, ponzu sauce

## **V28. YELLOWTAIL CARPACCIO** 🌿 / 20

yellowtail, salmon caviar, tobico, rocket, sakura cress and ponzu sauce

## **V29. OCTOPUS CARPACCIO** 🌿 / 17

cooked octopus, salmon caviar, olive oil, sakura cress, red onion, mango, tomatoes, sesame, ponzu sauce

## **V30. SCALLOPS** 🍷 (f,i) / 22

canadian scallops short grilled, asparagus, bell pepper, shimeji mushroom, spicy teriyaki sauce

# SASHIMI



## SA1. SALMON

salmon from the Faroe Islands, salmon caviar, daikon & shiso leave

- small (3 pc.) / 9
- medium (5 pc.) / 14
- big (10 pc.) / 28

## SA2. TUNA (3 pc.)

- yellowfin tuna / 10
  - bluefin tuna / 15
- served with daikon & shiso leave

## SA3. TORO (2 pc.) / 14

(if available)

bluefin tuna belly, daikon, shiso leave

## SA4. HAMACHI (3 pc.) / 15

yellowtail kingfish, daikon, shiso leave

## SA5. FLAMBÉED SALMON (8 pc.) / 26

flambéed salmon, salmon tartare, daikon, shiso leave

## SA6. ZENTO DELI (16 pc.) / 59

4 salmon, 4 bluefin tuna, 4 yellowtail, 2 loup de mer, 2 scallops, salmon caviar, daikon, shiso leave

## SA7. CHEF'S CHOICE (9 pc.) / 36

3 bluefin tuna, 3 yellowtail kingfish, 3 salmon, salmon caviar, daikon, shiso leave

# TEPPANYAKI / GRILL

## H1. SURF & TURF (f,i) / 39

octopus, squid, prawns & entrecôte, served with sweet potato, avocado salad, spicy Teriyaki sauce

## H2. SALMON STEAK (a,f,i) / 28

short grilled salmon, king oyster mushrooms, asparagus, bell peppers, jasmine rice and homemade sauce

## H3. TUNA STEAK 🌶️ (a,f,i) / 29

short grilled tuna, bell peppers, asparagus, king oyster mushrooms, eggplant, jasmine rice and homemade sauce

## H4. TENDERLOIN (f,i) / 39

Argentinian beef fillet (200g), avocado salad, Zento BBQ sauce and sweet potato

## H5. SAMBA STEAK (f,i) / 30

Entrecôte (250g), avocado salad, Zento BBQ sauce and sweet potato

## H6. TAKO (f,i) / 30

approx. 250gr. big octopus arm, sweet potato, avocado salad & spicy Teriyaki sauce

## H7. LUCKY DUCK (a,f,i) / 28

barbarie duck breast fillet (medium), bell peppers, asparagus, king oyster mushrooms, eggplant, jasmine rice, teriyaki sauce

## H8. YAKI UDON 🌶️ (f,i)

udon, fresh vegetables, nori, scallions and sesame, optional with:

- Tofu: 🌱 /19
- Prawns: /26
- Beef: /24

## H9. TERIYAKI CHICKEN 🌶️ (a,f,i) / 23

chicken thigh, king oyster mushrooms, asparagus, bell peppers, jasmine rice

## H10. YUMMY PRAWNS 🌶️ (f) 🌱 / 27

king prawns, lemongrass, chili, king oyster mushrooms, asparagus, bell peppers, jasmine rice

## ZENTO SPECIAL ROLLS

(8 pc.) (a,b,d,f,i,p)

Special sushi rolls with home made ZENTO style sauce (slightly hot) 🌶️

### **SP-1. ZENTO SPECIAL** 🌶️ / 23

crispy soft shell crab, cucumber, avocado, mayonnaise, tuna tatare

### **SP-2. YELLOWTAIL SPECIAL** 🌶️ / 23

Prawns in crispy tempura, Philadelphia, avocado, yellowtail and tuna tatare

### **SP-3. WAGYU SPECIAL** (4pc.) / 19

flambéed Wagyu A5, rocket, avocado, crispy asparagus, cucumber, mango, mayonnaise

### **SP-4. TORO SPECIAL** (4pc.) / 17

bluefin tuna belly, prawns in crispy tempura, cucumber, Philadelphia, avocado,

### **SP-5. BLUFIN SPECIAL** / 23

crispy soft shell crab, bluefin tuna, rocket, cucumber, avocado, mayonnaise

### **SP-6. RIO** (cooked) / 20

grilled salmon belly with skin, mayonnaise, mango, cucumber, cooked prawn

### **SP-7. DRAGON FIRE** / 21

prawns in crispy tempura, mango, avocado, Philadelphia, flambéed salmon

### **SP-8. TUNACADO** / 21

prawns in crispy tempura, mango, avocado, Philadelphia, flambéed tuna

### **SP-9. SATO** (cooked) / 21

prawns in crispy tempura, mango, Philadelphia, cucumber, grilled sea eel

### **SP-10. TUNA TATAR - IN** 🌶️ / 20

ituna tartare, cucumber, mango, flambéed tuna, shrimp chips

### **SP-11. LACHS TATAR - IN** 🌶️ / 20

salmon tartare, flambéed salmon, mango mayonnaise, cucumber, shrimp chips

### **SP-12. MURAKAMI** 🌶️ / 20

salmon, Philadelphia, avocado, shiso leaves, tuna tartare, shrimp chips

## TEMPURA BIG ROLLS

(6 pc.) (a,b,d,i) (cooked)

premium rolls in crispy tempura coating and home made ZENTO style sauce (slightly spicy)

### **BIG-1. ZENTO TEMPURA** / 15

salmon, tuna, scallops, asparagus, avocado, cucumber, Philadelphia

### **BIG-2. TUNA TEMPURA** / 14

tuna, avocado, Philadelphia

### **BIG-3. SALMON TEMPURA** / 14

salmon, avocado, Philadelphia

### **BIG-4. GENDA** / 15

scallops, avocado, mango, Philadelphia,

### **BIG-5. CHICKEN TEMPURA** / 13

grilled chicken breast fillet, avocado, Philadelphia

### **BIG-6. BIG EBI TEMPURA** / 14

avocado, prawns in crispy tempura, mango, Philadelphia

(We also have gluten-free soy sauce upon request)

## INSIDE-OUT

(8 pc.) (a,d,d,f)

**IN-1. ALASKA-IN**  / 12

salmon, avocado, Philadelphia, Tobico

**IN-2. MAGURO-IN**  / 12

tuna, avocado, cucumber, sesame

**IN-3. EBI TEMPURA-IN** (i) (cooked) / 12

crispy king prawns, Philadelphia, cucumber and sesame

**IN-4. SAKE HIFU-IN**  (cooked) / 10

grilled salmon skin, cucumber, mayonnaise, sesame

**IN-5. HOTATEGAI-IN**  / 15


grilled scallops, avocado, sesame

**IN-6. ANAGO-IN**  (cooked) / 13

grilled sea eel, cucumber, sesame

**IN-7. CALIFORNIA-IN**  / 10

avocado, surimi, tobico

**IN-8. SAKE MANGO-IN**  / 12

salmon, mango, Philadelphia, sesame

## NIGIRI

(2 pc.)



**N1. KASAI SAKE**

salmon / 7

flambéed salmon / 8

**N2. HOTATEGAI** / 12

flambéed scallops

**N3. UNAGI** (cooked) / 11

grilled sea eel

**N4. MAGURO**

yellowfin tuna / 8

bluefin tuna / 10

**N5. WAGYU A5** (1 pc.) / 8

flambéed Wagyu A5

**N6. TORO** (1 pc.) / 8

bluefin tuna belly

**N7. HAMACHI** yellowtail / 11

**N8. EBI NIGIRI** cooked prawn / 10

**N9. IKURA** salmon's caviar / 13

**N10. SHIROMI** loup de mer / 9

## MAKI

(8 pc.)

**M1. SAKE MAKI**  / 7

salmon

**M2. UNAGI MAKI**  (cooked) / 9

grilled sea eel

**M3. EBI TEMPURA MAKI** (i) (cooked) / 8

prawns in crispy tempura coating

**M4. MAGURO MAKI**  / 8

tuna

**M5. SALMONSKIN MAKI**  (cooked) / 7

grilled salmon skin

**M6. SAKE AVOCADO MAKI**  / 9

salmon and avocado

(All sushi dishes are served with soy sauce (i), wasabi and pickled ginger)

# VEGETARIAN SUSHI

**VEG-1. INSIDE OUT**  (d,f) (8 pc.) / 10

avocado, mango, crispy asparagus, cucumber, Philadelphia

**VEG-2. VEGI MAKI**   / 13

8 avocado, 8 cucumber (16 pc.)

**VEG-3. AVOCADO NIGIRI**   / 8

avocado (2 pc.)

**VEG-4. CRUNCHY ROLL**  (a,d,i) (6 pc.) / 13

avocado, cucumber, asparagus, mango, Philadelphia in a crispy tempura coating

**VEG-5. VEGI SET**  (d,f) / 22

8 cucumber maki, 2 avocado nigiri, 8 veggie inside-out, goma wakame

**VEG-6. CHEESE**   (d,f) (8 pc.) / 10

avocado, Philadelphia, arugula, sesame

## SIDES

SRIRACHA CHILI SAUCE, WASABI, GARI SUSHI GINGER each / 2

SUSHI RICE, JASMIN RICE, SWEET POTATOES, SOY CURED EGG YOLK each / 5

WAGYU A5 100gr / 70

## SWEET

**DE1. ZENTO SELECTION** (c,d,i) / 12

matcha ice cream cake, yuzu cream, seasonal fruits, organic buckwheat puffs

**DE2. BANANA PARADISE** (i) / 12

banana in a crispy batter, yuzu cream, mango sorbet, honey, seasonal fruits organic buckwheat puffs

**DE3. MANGO CREAM** (c)  / 9

mango cream, chia seeds, grated coconut, rice puffs

**DE4. MOCHI SELECTION** (d,i)

Japanese ice cream (sticky rice flour pralines filled with ice cream) in different flavors: chocolate, strawberry cheesecake, coconut, mango, matcha

- 2 Stk. / 7
- 3 Stk. / 10
- 5 Stk. / 15

**DE5. ICE CREAM** (d) 

a scoop ice cream of your choice:  
matcha, mango, black sesame: /6  
yuzu sorbet: /7

Dear Guests!

In case of getting more information about ingredients of our dishes, which may content allergies or incompatibility, please don't hesitate to ask our service staffs. (glutenfree soy sauce is available)

-Your Zento Team-

a<eggs>, b<fish>, c<cream>, d<milk>, e<celery>, f<sesame>, g<dioxite and sulfite> h<peanuts>, i<wheat gluten>, j<lupine>, k<cashew nuts>, m<soybeans>, n<molluscs>, p<Crustaceans>