

Note: Eating raw or undercooked seafood or meat may increase your risk of food-borne illness.

Please alert our staff of any allergies you may have.

We do not guarantee a 100% allergen free kitchen.

All dishes have NO ADDED MSG / All sauces are "HOUSE MADE" at location.



# Zen House

## DRINK

- Soft Drink - 2.00  
Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Diet Mountain Dew,  
Sweetened Raspberry Iced Tea
- Green Tea (Hot or Iced - Unsweetened) - 2.00

## APPETIZERS

- TEMPURA MUSHROOM (Lightly battered: served with spicy mayo) - 5.50
- SATSUMA-AGE (Sweet potato fries with dipping sauce) - 5.50
- GYOZA (6 pork dumplings with citrus dipping sauce) - 5.50
- SHUMAI (6 shrimp dumplings with citrus dipping sauce) - 5.50
- PORK EGG ROLLS (Served with house peanut sauce) - 4.00
- WASABI WONTONS (5 per order with sweet chili sauce) - 4.50
- APPETIZER SAMPLER (2 pork dumplings, shrimp dumplings,  
wasabi wontons & sweet potato fries) - 7.75
- VEGETABLE TEMPURA APPETIZER (Lightly battered variety vegetables) - 5.50
- SHRIMP TEMPURA APPETIZER (Lightly battered shrimp & vegetables) - 7.75
- SEAWEED "WAKAME" SALAD (Sesame flavor mixed seaweed mix) - 4.00
- "HARUSAME" NOODLE SALAD (Sweet vinegar flavored bean thread noodle) - 3.00
- MISO SOUP (Soybean based broth with tofu & green onion) - 2.00
- GARDEN SALAD (Fresh vegetables with miso ginger dressing) - 2.00

## STIR FRY NOODLE

**YAKI-SOBA** (Thin egg noodle) or **YAKI-UDON** (Thick flour noodle)

- Choose from TRADITIONAL SAUCE or SHOGUN STYLE (DRY SEASONED)

Vegetables (Assorted fresh vegetables) - 7.00

Tofu and vegetables - 7.50

Chicken and vegetables - 8.00

Ribeye beef and vegetables - 9.00

Shrimp and vegetables - 9.00

## RAMEN

(Add \$1.00 for extra vegetables)

SOY, PORK, MISO, GARLIC or CURRY broth with bean sprouts & green onion

Vegetables - 7.00

Pork or shrimp dumplings - 7.75

## NOODLE SOUP

(Add \$1.00 for extra vegetables)

UDON (Flour noodle) with tempura flakes & green onion

Vegetables - 6.75

Tofu - 7.00

Chicken - 7.50

Ribeye beef - 8.50

Tempura shrimp - 8.50

## YAKI-MESHI

(JAPANESE FRIED RICE)

(Egg, onion, carrots, sprouts, and peas)

Vegetables - 7.00

Tofu - 7.25

Chicken - 7.50

Ribeye beef - 8.25

Shrimp - 9.00

## ZEN STYLE "TERIYAKI" RICE BOWLS

SWEET TERIYAKI, SPICY TERIYAKI, CURRY or SPICY CURRY with Broccoli and Onion

Vegetables - 5.00

Tofu - 5.25

Roasted chicken - 5.75

Ribeye beef - 6.50

## JAPANESE "CURRY" with RICE

(Potatoes, carrots, & onion in yellow curry. Add \$1.00 for UDON flour noodle instead of rice)

Vegetables - 5.50

Tofu - 5.75

Roasted chicken - 6.00

Ribeye beef - 6.75

## TERIYAKI BENTO BOX LUNCH

(Served with miso soup or garden salad, seasonal side, steamed broccoli and white rice)

Chicken or Salmon - 7.50

Ribeye beef - 8.00

with Sweet or Spicy Teriyaki Sauce & Pork or Shrimp Dumplings

Sesame Crusted Tuna with Citrus Sauce & Pork or Shrimp Dumplings - 8.00

## SUSHI

- California Roll (Crab "surimi" sticks, avocado & cucumber) - 7.25
- Cali Roll Trio (Sweet, spicy & crunchy style California Roll) - 8.25
- Crazy Cali Roll (California Roll with a spicy kick) - 7.50
- Zen Roll (Smoked salmon, cream cheese & avocado) - 7.25
- Crazy Zen Roll (Zen Roll with a spicy kick) - 7.50
- Veggie Roll (Avocado, cucumber, lettuce, red pepper, pickled carrots & radish) - 7.25
- Tempura Sweet Potato Roll (with eel sauce or sweet chili sauce) - 5.50
- Tempura Shrimp Roll (with eel sauce or sweet chili sauce) - 7.50
- Number 9 Roll (Tempura shrimp inside with salmon, avocado & eel sauce) - 11.00
- Ninja Roll (Tempura shrimp, spicy tuna & cream cheese) - 11.25
- Crunchy Spicy Roll (Tuna, salmon, tilapia, or sweet shrimp with cucumber, spicy sauce & tempura flakes) - 6.75
- Minnesota Roll - (Tuna, salmon & eel sauce) - 8.00
- Holiday Center Roll - (Crab sticks, cucumber & sweet shrimp) - 8.00

## LUNCH COMBINATIONS

(Serve with miso soup or garden salad)

- #1) Sashimi Set - 7.50  
Chef's choice fresh seafood, pork or shrimp dumplings and white rice
- #2) Pick 2 Rolls - 8.00  
Sushi selection: cucumber, avocado, crab sticks, pickled daikon, BBQ eel,  
1/2 California Roll, 1/2 Zen Roll, 1/2 Veggie Roll, tuna, salmon, tilapia, or sweet shrimp:  
spicy or not
- #3) Sushi Combo - 10.00  
5 Chef's choice Nigiri with 1/2 California Roll or 1/2 Zen Roll
- #4) Yaki-meshi Combo - 8.00  
Japanese fried rice with chicken plus 1 pork egg roll

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**Menu & Pricing is subject to change without notice**

**Ask us about our SUSHI PARTY PLATTERS or ZEN HOUSE PARTY PLATTERS**

**Visit us at WOODLAND location, (218) 722-9365, open for lunch and dinner**

**(Corner of Woodland Ave & Calvary Rd)**