



ZEN 8

GRILL

TEPPANYAKI | PACIFIC RIM | LATE NIGHT

MONDAY - THURSDAY: 11:30AM TO MIDNIGHT // **FRIDAY*:** 11:30AM TO 2:00AM
SATURDAY*: 5:00PM TO 2:00AM **SUNDAY:** CLOSED

18% gratuity will be added to parties of 8 or more // \$1.50 will be added for extra sauces
Please inform server of any allergies before ordering

RESERVATIONS ONLINE AT WWW.ZEN8GRILL.COM // FOLLOW US @ZEN8GRILL   

APPETIZERS

The Art of Sharing

PAC RIM GYOZA

\$7.95

Pork, Green Cabbage
Served with Green Onions & Ponzu Sauce.

POTATO CROQUETTE

\$6.95

Deep fried mashed potato, curry powder served
with mayo & Tonkatsu Sauce.

PACIFIC RIM FISH & CHIPS

\$8.95

NEW

Beer Breaded Salmon with Shichimi fries,
Pickled Jalapeño Served with Tartar Sauce

EDAMAME & SHICHIMI

\$3.50

Soy Beans
Sea Salt/Shichimi

TUNA TATAKI

\$11.95

Seared Red Tuna, Carrots, Onions,
Green Onion, Shichimi, Served
with Ponzu Sauce

BEEF TATAKI

\$10.95

Rare Tenderloin Scallions, Garlic Chips
Served with Ponzu Sauce & Shichimi

SHRIMP TEMPURA

\$9.95

Battered Tiger Shrimp,
Served with Volcano Sauce

YAM TEMPURA

\$6.95

Battered Yam Sticks,
Served with Volcano Sauce
& Wasabi Mayo

VEGGIE TEMPURA

\$6.95

Battered Peppers, Mushrooms,
Broccoli. Served with Volcano Sauce

JFC (JAPANESE FRIED CHICKEN)

\$8.95

Sous - vide, Marinated Chicken
Served with Wasabi Mayo

POPCORN CALAMARI

\$8.95

Breaded Calamari, Bell Peppers
Served with Lemon Aioli

SHANGHAI SPRING ROLLS

\$6.95

Served with Sweet chili Sauce

GOLDEN SCALOPS

\$8.95

Scallop, Panko Breaded, Bell peppers,
Red Radish, served with Aurora sauce
& Hurricane sauce

CHICKEN FRIES

\$7.95

Breaded Chicken Tendered &
Honey mustard Sauce

TAKOYAKI

\$6.95

Crispy Octopus Cake, Bonito Flake,
Aonori powder. Served with Volcano
sauce & Tonkatsu sauce

TEPPANYAKI

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Serve Cooked

JAPANESE
WAGYU

\$160



CHICKEN BREAST
(5 OZ)

\$17.⁹⁵

 HOT TERIYAKI
BEEF
(5 OZ)

\$17.⁹⁵

RIBEYE
(6 OZ)

\$22.⁹⁵

TENDERLOIN
(6 OZ)

\$23.⁹⁵

SALMON FILLET
(5 OZ)


\$18.⁹⁵

SCALLOP
& SHRIMP

\$20.⁹⁵

TUNA STEAK
(5 OZ)

\$22.⁹⁵

 ORGANIC
TOFU STEAK
(5 OZ)

\$10.⁹⁵



ALL TEPPANYAKI OPTIONS
CAN BE MADE GLUTEN FRIENDLY

ENTRÉES INCLUDE STIR-FRY VEGETABLES

- ◆ Steamed Rice \$3.²⁵
- ◆ Garlic Fried Rice \$4.⁹⁵

- ◆ Sea Scallop (3 pieces) \$9.⁹⁵
- ◆ Tiger Shrimp (5 pieces) \$9.⁹⁵

SOUPS AND SALADS



**Tofu & Kale
Goma-ae** \$7.⁹⁵

Organic Tofu, Kale,
House-Made Sesame Sauce,
Carrots & Sesame Seeds



**Tuna Kale
Goma-ae** \$9.⁹⁵

Tuna Tataki, Kale,
House-Made Sesame Sauce,
Carrots & Sesame Seeds



Sashimi Salad \$10.⁹⁵

Tuna, Salmon, GF House Dressing,
Crushed Peanuts, Avocado,
Dry Cranberries, Red Radish,
Tomato & Carrots



**Salmon
Buddha Salad** \$13.⁹⁵



Seaweed Salad \$7.⁹⁵

Sesame Marinated Kelp, Tofu,
Tomato Slices, Sesame Oil,
& Sesame Seeds



**Tofu
Buddha Salad** \$10.⁹⁵



**Beef
Buddha Salad** \$20.⁹⁵



**Chicken
Buddha Salad** \$13.⁹⁵



**Shrimp
Buddha Salad** \$13.⁹⁵

All Buddha Salad Served with:

Spring mixed, romaine lettuce, bell peppers, avocado, red radish,
cucumber with wasabi vinaigrette dressing

**Shrimp
Wonton Soup** \$3.⁵⁰
Homemade Shrimp Wonton
Scallions & Beef Pho Broth



**Zen8 Grill's
Miso Soup** \$2.⁵⁰
White & Red Miso Blend, Bonito
Broth, Scallions, Tofu & Wakame

SASHIMI
\$10.⁹⁵ PER
ORDER



Bay of Fundy Scallops



Bbq Unagi



Albacore Tuna



Sockeye Salmon



Ahi Red Tuna



Atlantic Salmon

MAKE IT ANGRY - COMPLIMENTARY
ALL SASHIMI OPTIONS
ARE GLUTEN FRIENDLY



SUSHI ROLLS

the way of the roll

\$8.95



CALIFORNIA ROLL

KRAB MEAT, CUCUMBER, AVOCADO & MASAGO



ANGRY CALIFORNIA ROLL

JALAPEÑO, MASAGO, SHICHIMI, SPICE VOLCANO SAUCE, AVOCADO, CUCUMBER & KRAB MEAT



SAMURAI SALMON ROLL

GRILLED SALMON, CUCUMBER, TERIYAKI SAUCE, MAYO & BLACK SESAME SEEDS



MADAME BUTTERFLY ROLL

SEAWEED SALAD, CARROT, AVOCADO, CUCUMBER, SESAME DRESSING & SOY BEAN SHEET



OCEAN 11 ROLL

TUNA JERKY, CUCUMBER, GREEN ONION, SWEET SOY, SHICHIMI, BONITO SAUCE, BLACK AND WHITE SESAME SEEDS

\$10.95



ABURI SALMON ROLL

SALMON, AVOCADO, CUCUMBER, MASAGO WITH JAPANESE MAYO



SPICY SALMON ROLL

ATLANTIC SALMON, CUCUMBER, AVOCADO, MASAGO & HURRICANE SAUCE



SPICY TUNA ROLL

SPICY TUNA, AVOCADO, TEMPURA CRUNCH & VOLCANO SAUCE



POCKET ACES

CUCUMBER, ASPARAGUS, AVOCADO, TOPPED WITH SPICY SALMON, KRAB MEAT, MASAGO & SEAWEED SALAD



UNAGI ROLL

ABURI FRESHWATER EEL, AVOCADO, CUCUMBER & TERIYAKI SAUCE



COWBOYS ROLL

ALBERTA BEEF, ASPARAGUS, LETTUCE, CUCUMBER, HOT TERIYAKI SAUCE & MAYO



DYNAMITE ROLL

SHRIMP TEMPURA, MASAGO, AVOCADO, CUCUMBER, JAPANESE MAYO & TERIYAKI SAUCE



CRISPY MIDORI ROLL

TEMPURA BATTERED, ASPARAGUS, CREAM CHEESE, AVOCADO, AONORI AND TERIYAKI SAUCE

\$11.95



RED CRUSH ROLL

AHI TUNA, TEMPURA SHRIMP, AVOCADO, CUCUMBER TEMPURA FLAKES SERVED WITH VOLCANO & TERIYAKI SAUCE



ROCK N' ROLL

TEMPURA BATTERED, TUNA, SALMON, ASPARAGUS, AVOCADO, MASAGO, VOLCANO & TERIYAKI SAUCE



JACK POT ROLL

BREADED SHRIMP, YAM FRIES, AVOCADO, CUCUMBER, LETTUCE, MAYO, TONKATSU SAUCE, VOLCANO SAUCE, AONORI

*All Sushi Rolls contain Sesame Seeds

ZEN8 BOWLS

DRAGON BOWL \$11.95

Chicken, Broccoli, Carrots,
Thai Chili, Onions, Hoison Sauce,
Steamed Rice & Cashew Nuts

Add + Extra chili 50¢
+ Tiger Shrimp 2pc \$4



POKE BOWL \$13.95

Choice of Ahi Tuna, Atlantic Salmon
or mixed, served with Avocado, Cucumber,
Scallion, mixed Greens, Sesame Seeds,
Sushi Rice & Ponzu with sesame oil



WOR WONTON NOODLE SOUP \$11.95

Chicken, shrimp wonton, tiger shrimp,
egg noodles, broccoli, carrots,
beef broth & green onions



SCATTERED SASHIMI BOWL \$13.95

Tuna, Salmon, Krab Meat,
Seaweed Salad, Masago
& Sushi Rice



TOM YUM PHO \$11.95

Spicy ground beef,
rice noodles, bean sprouts,
spicy coconut broth, cilantro,
tomato, green onions



SPICY BEEF PHO \$11.95

Spicy ground beef,
Rice noodles, beef broth
bean sprouts, cilantro,
green onions



CHOW MEIN \$11.95

Choice of Protein, Bell Peppers,
Onions, Bean Sprouts,
Green Onions, & egg Noodles

美味しい



Choice of your Protein
Chicken 4 Oz
Beef 4 Oz
Tiger Shrimp 4 pc
Deep Fried Tofu 4 Oz



PAD THAI \$11.95

Choice of Protein, Bell Peppers,
Onions, Bean Sprouts, Green Onions,
Cilantro, Peanuts, Lime,
and Rice Noodle