

APPETIZERS

EDAMAME & SCHICHIMI 🌱🍷🍣	\$3.50
CHICKEN FRIES	\$7.95
YAM TEMPURA 🌱	\$6.95
VEGGIE TEMPURA	\$6.95
SHRIMP TEMPURA	\$9.95
POTATO CROQUETTE 🌱	\$6.95
PAC RIM GYOZA	\$7.95
TAKOYAKI	\$6.95
BEEF TATAKI	\$10.95
TUNA TATAKI	\$11.95
GOLDEN SCALLOP	\$8.95
PACIFIC FISH & CHIPS	\$8.95
POPCORN CALAMARI	\$8.95
JAPANESE FRIED CHICKEN	\$8.95
SPRING ROLLS 🌱	\$6.95

BUDDHA SALADS

ALL BUDDHA SALAD SERVED WITH SPRING MIXED, ROMAINE LETTUCE, BELL PEPPERS, AVOCADO, RED RADISH & CUCUMBER WITH WASABI VINAIGRETTE DRESSING.

CHICKEN BUDDHA SALAD	\$13.95
BEEF BUDDHA SALAD	\$20.95
SALMON BUDDHA SALAD	\$13.95
SHRIMP BUDDHA SALAD	\$13.95
TOFU BUDDHA SALAD 🌱	\$10.95

SUSHI COMBO \$16.95

CHOOSE ONE OPTION

2 SUSHI ROLLS

OR

2 SASHIMI

OR

ASSORTED SASHIMI AND SUSHI ROLL

SUSHI ROLLS

All sushi rolls contain sesame seeds

CALIFORNIA ROLL KRAB MEAT, CUCUMBER, AVOCADO & MASAGO	\$8.95
ANGRY CALIFORNIA ROLL 🍷 JALAPENO, MASAGO, SHICHIMI, SPICY VOLCANO SAUCE, AVOCADO, CUCUMBER & KRAB MEAT	\$8.95
SAMURAI SALMON ROLL 🍷 GRILLED SALMON, CUCUMBER, TERIYAKI SAUCE, MAYO & BLACK SESAME SEEDS	\$8.95
MADAME BUTTERFLY ROLL 🌱 SEAWEEED SALAD, CARROT, AVOCADO, CUCUMBER, SESAME DRESSING & SOY BEAN SHEET	\$8.95
OCEAN 11 ROLL TUNA JERKY, CUCUMBER, GREEN ONION, SWEET SOY, SHICHIMI, BONITO SAUCE, BLACK & WHITE SESAME SEEDS	\$8.95
ABURI SALMON ROLL SALMON, AVOCADO, CUCUMBER, MASAGO WITH JAPANESE MAYO	\$10.95
SPICY SALMON ROLL 🍷 ATLANTIC SALMON, CUCUMBER, AVOCADO, MASAGO, HURRICANE SAUCE	\$10.95
SPICY TUNA ROLL 🍷 SPICY TUNA, AVOCADO, TEMPURA CRUNCH & VOLCANO SAUCE	\$10.95
POCKET ACES CUCUMBER, ASPARAGUS, AVOCADO, TOPPED WITH SPICY SALMON, KRAB MEAT, MASAGO & SEAWEEED SALAD	\$10.95

UNAGI ROLL ABURI FRESHWATER EEL, AVOCADO, CUCUMBER & TERIYAKI SAUCE	\$10.95
COWBOYS ROLL 🍷 ALBERTA BEEF, ASPARAGUS, LETTUCE, CUCUMBER, HOT TERIYAKI SAUCE & MAYO	\$10.95
DYNAMITE ROLL SHRIMP TEMPURA, MASAGO, AVOCADO, CUCUMBER, JAPANESE MAYO & TERIYAKI SAUCE	\$10.95
CRISPY MIDORI ROLL 🌱 TEMPURA BATTERED, ASPARAGUS, CREAM CHEESE, AVOCADO, AONORI & TERIYAKI SAUCE	\$10.95
B.P.S.T ROLL SPICY TUNA, AVOCADO, SALMON, BACON CRUMBS, PARMESAN, PARSLEY, WASABI MAYO, RED RADISH	\$10.95
RED CRUSHI ROLL 🍷 AHI TUNA, TEMPURA SHRIMP, AVOCADO, CUCUMBER, TEMPURA FLAKES, SERVED WITH VOLCANO & TERIYAKI SAUCE	\$11.95
ROCK N' ROLL TEMPURA BATTERED, TUNA, SALMON, ASPARAGUS, AVOCADO, MASAGO, VOLCANO & TERIYAKI SAUCE	\$11.95
JACK POT ROLL BREADED SHRIMP, YAM FRIES, AVOCADO, CUCUMBER, LETTUCE, MAYO, TONKATSU SAUCE, VOLCANO SAUCE, AONORI	\$11.95

SASHIMI \$10.95

AHI TUNA
ALBACORE TUNA
ATLANTIC SALMON
SOCKEYE SALMON
SCALLOPS
UNAGI (fresh water eel)

Make it angry - complimentary

5 PIECES
PER ORDER



MONDAY TO FRIDAY 11:30AM TO 4PM
RESERVATIONS ONLINE AT WWW.ZEN8GRILL.COM

ZEN8
GRILL

TEPPANYAKI

ENTRÉE INCLUDE STEAMED RICE, STIR FRIED VEGETABLES, AND YOUR CHOICE OF MISO SOUP OR FRESH GREEN SALAD.

HOT TERIYAKI BEEF (5 oz)	\$17.95
TENDERLOIN (6 oz)	\$23.95
RIBEYE (6 oz)	\$22.95
CHICKEN (5 oz)	\$17.95
SALMON FILLET (5 oz)	\$18.95
TUNA STEAK (5 oz)	\$22.95
SCALLOP & SHRIMP	\$20.95
ORGANIC TOFU STEAK (5 oz)	\$10.95
JAPANESE WAGYU (8 oz)	\$160.00

ADD ON / SIDES

SEA SCALLOP (3 pieces)	\$9.95
TIGER SHRIMP (5 pieces)	\$9.95
STEAMED RICE	\$3.25
GARLIC FRIED RICE	\$4.95



ZEN 8 BOWLS

SCATTERED SASHIMI TUNA, SALMON, KRAB MEAT, SEAWEED SALAD, MASAGO & SUSHI RICE	\$11.95
POKE BOWL CHOICE OF AHI TUNA, ATLANTIC SALMON, OR MIXED. SERVED WITH AVOCADO, CUCUMBER, SCALLION, MIXED GREENS, SESAME SEEDS, SUSHI RICE & PONZU WITH SESAME OIL	\$11.95
DRAGON BOWL CHICKEN, BROCCOLI, CARROTS, THAI CHILI, ONIONS, HOISON SAUCE, STEAMED RICE & CASHEW NUTS + ADD EXTRA CHILI 50¢ + EXTRA SHRIMP 2PC \$4	\$10.95
TERIYAKI CHICKEN HOUSE-MADE TERIYAKI, SOUS VIDE CHICKEN, SESAME SEEDS, SCALLIONS	\$10.95
TERIYAKI BEEF SHREDDED BEEF, BROCCOLI, BELL PEPPERS, MUSHROOM	\$10.95
JAPA BEEF CURRY TRADITIONAL JAPANESE BRAISED BEEF, VEGETABLES, JAPANESE CURRY RAGOUT +ADD 2PC BREADED PRAWN \$2 + ADD 2PC CREAM CROQUETTE \$2	\$10.95
THAI GREEN CURRY SOUS VIDE CHICKEN, FRESH VEGETABLES, THAI COCONUT GREEN CURRY	\$10.95

MEGA BOWL 2PC SHRIMP TEMPURA, 2PC DEEP FRIED GYOZA, 3 OZ TERIYAKI CHICKEN	\$10.95
WOR WONTON NOODLE SOUP CHICKEN, SHRIMP WONTON, TIGER SHRIMP, EGG NOODLES, BROCCOLI, CARROTS, BEEF BROTH, GREEN ONION	\$10.95
TOM YUM PHO SPICY GROUND BEEF, RICE NOODLES, SPICY COCONUT BROTH, BEAN SPROUTS, CILANTRO, TOMATO & GREEN ONION	\$10.95
SPICY BEEF PHO SPICY GROUND BEEF, RICE NOODLES, BEEF BROTH, BEAN SPROUTS, CILANTRO, GREEN ONION	\$10.95
CHOW MEIN CHICKEN, BEEF, SHRIMP, OR DEEP FRIED TOFU, CRISP VEGETABLES, EGG NOODLES	\$10.95
PAD THAI CHICKEN, BEEF, SHRIMP, OR DEEP FRIED TOFU, EGG, CRISP VEGETABLES, CILANTRO, PEANUTS, LIME, GREEN ONION, RICE NOODLE	\$10.95

ZEN 8
GRILL

LUNCH DRINK SPECIAL

\$5 SAPPORO DRAUGHT



\$5 CAESAR



\$7 WINE BY THE GLASS

