

welcome

we thank you for choosing bamboo & hope that your dining experience will be truly memorable. a lot of thought, time & practice go into making a restaurant, & at zen we aim for perfection.

please don't hesitate to ask if you have any special needs or requirements or if there is anything we could change to make your dining experience more enjoyable.

if you have any suggestions please speak to our head chef - mr donny /ms den or email us on info@zengarden.co.ke

appetizers

*our chefs use fresh seasonal herbs
& delicate spices to enhance only
finest quality food*

thai chicken rolls 1050	with a sweet chilli dip
crispy duck roll 1700	with hoi sin - <i>chef's special</i>
crispy prawn cigars 1750	with sweet chilli
chicken satay skewers 1200	with our signature peanut sauce
spicy chicken wings 1250	wok-fried in dark soy & spring onions
sesame prawns 1700	lightly coated with sesame, soy & lime
spicy squid 1450	tossed in salt & pepper
prawn tempura 1700	served with light soy
lettuce wraps 1350	chicken - <i>healthy fix</i>
salt and pepper fish or chicken 1350	tossed in asian herbs
heavenly beef 1200	tender pieces of beef in a teriyaki sauce (we can also do heavenly chicken)
tuna pancakes 1250	with avocado sauce
wild tuna 1350	thinly sliced in a ginger, soy & lime dressing

appetizers

vegetarian

spring rolls
1000

with a sweet chilli dip (v)

lettuce wraps
1200

diced vegetables (v)

vegetable tempura
1200

served with light soy (v)

zen style tofu
1050

sesame crusted with garlic sauce (v)

salt & pepper vegetables
1100

tossed in fresh oriental herbs & spices (v)

sticky tofu
1050

combination of sweet & spice **NEW** (v)

salad

- green papaya**
1100
with cherry tomatoes, bean sprouts, roasted peanut
with lemon dressing (v)
- crispy duck**
1700
with asian greens, shredded beetroot & green mango
tossed in a hoi sin sauce - *chef's special*
- tuna & avocado salad**
1250
diced tuna avocado dressed in soy & wasabi
- zen bowl**
1400
sticky tofu or shredded chicken
rice noodles, steamed broccoli, shredded carrots, cucumber
& radish topped with beansprouts, chili & sesame *NEW*

soup

- tom yum - the clear one**
1050
with mushroom, flavored with lemon grass, chilli
kafir leaves & lemon (v)
1200
with chicken
1400
with prawn
- tom kha - the creamy one**
1050
with mushrooms, seasoned with coconut cream,
galangal, chilli & lime (v)
1200
with chicken
1400
with prawn
- noodle**
1050
egg noodles in a clear broth
chinese style (v)
1200
with chicken
- hot & sour**
1050
mushroom & spring onion (v)
1200
with chicken
- egg sweet corn**
1050
with chicken
1200

dim sum

*little parcels of deliciousness hand made
from carefully sourced ingredients by our
own specialist dim sum chef*

steamed

chinese chive 1200	king prawns & chive in translucent white pastry
coriander 1200	king prawns & coriander in translucent white pastry
crystal 1100	three style mushroom in translucent white pastry (v)
chicken gyoza (grilled) 1050	marinated minced chicken in wonton pastry
char sui bun 1200	honey berbecue pork in a fluffy white bun
green sum 1000	spinach & shiitake mushroom topped with chilli oil & crispy ginger
jade dumpling 1000	spinach, asparagus & french bean in pastry <i>tastes great fried! (v)</i>
crispy prawn wonton 1600	fried prawn wrapped in wonton pastry
spicy pork dumpling 1100	minced pork & salted vegetables

zen bao's

4 pieces

hoisin pork 1200	pulled pork with cucumber mint relish
fried chicken 1200	teriyaki jam and asian slaw
black bean tofu 1200	spicy hoisin and crunchy peanuts

*sushi, sashimi
and maki*

*we are very proud of our sushi chefs
& have found the more creative
freedom we give them, the better the
magic!*

contemporary

- | | |
|--------------------------------------|--|
| rainbow roll
1500 | crispy salmon skin, wrapped in tuna and salmon |
| zen roll
1450 | asparagus, cucumber & black mushroom with a
crispy kick |
| wrapped around salmon
1550 | zen roll wrapped in salmon |
| red lantern
1550 | california wrapped in tuna slices with spicy sauce |
| spicy salmon
1550 | salmon salad wrapped in roe with spicy salmon
toppings |
| firecracker
1550 | hot & spicy tuna with a kick |
| all about tempura
1400 | mixed vegetables tempura wrapped in crspsy flakes (v) |
| emerald roll
1400 | asparagus, avocado, black mushroom with a twist of
wasabi (v) |
| green roll
1400 | asparagus, avocado, cucumber, spring onion with
toppings (v) |
| kamikaze
1550 | spicy crispy tuna roll topped with roe |
| red dragon
1550 | crispy salmon skin wrapped in crusted seaweed
with diced tuna toppings |
| white magic
1400 | cucumber, avocado & cream cheese served in
crispy basil wrapped in rice paper (v) |

classics

futomaki
1650

chef's special with salmon, tuna & japanese garnishes

dynamite
1700

prawn tempura, avocado & cucumber with spicy sauce

philadelphia roll
1550

smoked salmon, cream cheese avocado & cucumber

salmon maki
1150

with spring onion

tuna roll
1150

with spring onion

golden roll
1450

smoked salmon, avocado, cucumber wrapped in tempura flakes

dynamite
1500

vegetable tempura, avocado & cucumber with spicy sauce (v)

california
1150

avocado, cucumber with black mushroom (v)

cucumber roll
950

rice & shredded cucumber (v)

avocado roll
950

rice & avocado (v)

*sushi, sashimi
and maki*

sushi nigiri

salmon
950

shake

tuna
950

maguro

sashimi

9 pieces

tuna
1600

salmon
1600

mixed platters

maki & sashimi sampler
1600

10 pcs
tuna & salmon sashimi, california (v), zen roll (v)

maki platter
2700

22 pcs
prawn dynamite, futomaki, cucumber roll (v),
california roll (v), zen roll (v)

contemporary sampler
3600

29 pcs
futomaki, red lantern, spicy salmon, tuna roll,
california roll (v), zen roll (v)

garden sampler
3100

25 pcs
dynamite, california, avocado roll, cucumber roll,
spicy asparagus roll (v)

nigiri & maki sampler
3300

prawn (2pcs), salmon (2 pcs), tuna (2 pcs),
tuna maki (4 pcs), salmon maki (4 pcs)

salmon lover
3600

salmon maki (8 pcs), salmon (4 pcs),
salmon nigiri (2 pcs), spicy salmon (4 pcs)

nigiri & sashimi sampler
3600

tuna nigiri (2 pcs), salmon nigiri (2 pcs),
egg nigiri (2 pcs), cucumber nigiri (2pcs),
salmon sashimi (3 pcs), tuna sashimi (3 pcs)

maki & nigiri
3100

22 pcs
avocado (v), cucumber (v), zen roll (v) & green roll (v)
tuna (2 pcs)
salmon (2 pcs)
prawn (2pcs)

bamboo dishes

chicken in black bean
1500

with chinese broccoli & five-spice

chicken
1500

in red chilli & crisp thai basil

sweet & sour
1500

chicken

schezwan
1500

chicken

thai green curry
2000

chicken

chilli beef
1600

lightly coated & tossed in sweet chilli

sizzling ginger beef
1750

with black bean & asian greens

shredded lamb
1550

with spring onion & ginger

crispy pork
1600

stir fried with asian greens

peking duck
half 3500
whole 5500

with pancakes, garnish & hoisin sauce

dry chilli
1600

pork, chicken or beef *NEW*

vegetarian

spicy potatoes
1200

fried in sesame infused chilli garlic oil - *chef's special (v)*

seasonal greens
1200

stir-fried broccoli, asparagus & string beans in light soy sauce *(v)*

crispy tofu 2100	with pancakes, hoisin & garnishes <i>(a friday boy's favourite) (v)</i>
pak choy 1050	topped with crispy garlic <i>(v)</i>
zen manchurian 1200	vegetable dumplings in our signature sauce <i>(v)</i>
thai green curry 1750	<i>why not try it in red !! (v)</i>
sizzling baby corn 1350	spicy & saucy <i>(v)</i>
steamed tofu 1400	with shitake & pakchoy <i>NEW (v)</i>

*signature
seafood dishes*

*we only use the freshest seafood,
so availability is subject to the sea.
please ask your server for details*

schezwan prawns 2300	chilli, soy & spring onion
baby squid 1650	tossed in chilli, garlic & asian herbs
thai red curry 2300	prawn
golden red snapper 1650	tossed in oyster sesame & green pepper
garlic soy fish 2250	fried, steamed or grilled <i>(allow 15 minutes)</i>
steamed thai fish 2250	thai herbs infusion <i>NEW</i>

noodles

bamboo 1100	egg noodles infused with chilli garlic oil (v)
bamboo with chicken 1350	egg noodles infused with chilli garlic oil & spring onions
shanghai 1200	wok-fried with chinese vegetables & mushrooms (v)
spicy udon 1200 1500	Payal's recipe (v) with chicken
pad thai 1250 1450 1750	rice noodles with lime juice & chilli tossed with sprouts & spring onions (v) with chicken with prawns

rice

jasmine 650	steamed & lightly fragrant (v)
bamboo 650	steamed (v)
shanghai 800	egg-fried with chinese vegetables (v)
chicken fried rice 1200	

dessert

perfect for sharing

bamboo smash sampler 1400	decadent chocolate mousse, zen cheesecake, coconut gelato & flavoured macarons
warm chocolate fudge brownie 800	topped with vanilla gelato
zen signature torte 800	with coconut gelato
red velvet opera 600	layers of cake and chocolate ganache, topped with meringue and red dust
lychee & lime cheesecake 600	refreshing in every mouthful
zen gelato 600	ask your server for available flavours
chocolate mousse 600	a zen favourite

- (v) suitable for vegetarians
- please note that all our dishes may contain traces of nuts
- **prices inclusive of 16% VAT & 2% catering levy**
- **service not included**