

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 950	with a sweet chilli dip
crispy duck roll 1600	with hoi sin - <i>chef's special</i>
crispy prawn cigars 1600	with sweet chilli
chicken satay skewers 1100	with our signature peanut sauce
spicy chicken wings 1150	wok-fried in dark soy & spring onions
sesame prawns 1600	lightly coated with sesame, soy & lime
zen ribs 1200	marinated in garlic, pepper & bangkok spice
spicy squid 1350	tossed in salt & pepper
prawn tempura 1600	served with light soy
lettuce wraps 1250	chicken - <i>healthy fix</i>
salt and pepper fish or chicken 1200	tossed in asian herbs
heavenly beef 1100	tender pieces of beef in a teriyaki sauce (we can also do heavenly chicken)
tuna pancakes 1200	with avocado sauce
honey sim sim chicken 1100	<i>chef's special</i>
wild tuna 1200	thinly sliced in a ginger, soy & lime dressing

appetizers

vegetarian

spring rolls
900

with a sweet chilli dip (v)

lettuce wraps
1100

diced vegetables (v)

vegetable tempura
1000

served with light soy (v)

zen style tofu
950

sesame crusted with garlic sauce (v)

salt & pepper vegetables
1000

tossed in fresh oriental herbs & spices (v)

salad

- green papaya**
1000
with cherry tomatoes, bean sprouts, roasted peanut with lemon dressing (v)
- larb**
1200
chicken mince seasoned with herbs, shallot, lemon grass, chilli & lime juice
- crispy duck**
1600
with asian greens, shredded beetroot & green mango tossed in a hoi sin sauce - *chef's special*
- tuna & avocado salad**
1150
diced tuna avocado dressed in soy & wasabi

soup

- tom yum - the clear one**
950
1100
1300
with mushroom, flavored with lemon grass, chilli kafir leaves & lemon (v)
with chicken
with prawn
- tom kha - the creamy one**
950
1100
1300
with mushrooms, seasoned with coconut cream, galangal, chilli & lime (v)
with chicken
with prawn
- noodle**
950
1100
egg noodles in a clear broth
chinese style (v)
with chicken
- hot & sour**
950
1100
mushroom & spring onion (v)
with chicken
- egg sweet corn**
950
1100
with chicken

dim sum

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

steamed

hargau 1100	king prawns & bamboo shoots in translucent white pastry
chinese chive 1100	king prawns & chive in translucent white pastry
coriander 1100	king prawns & coriander in translucent white pastry
crystal 1000	three style mushroom in translucent white pastry (v) wok-fried in dark soy & spring onions
spicy vegetable 900	diced vegetables & rice vermicelli (v)
japanese seafood (fried) 1600	marinated prawns wrapped in sushi nori <i>chef's special</i>
chicken gyoza (grilled) 950	marinated minced chicken in wonton pastry
char sui bun 1100	honey berbecue pork in a fluffy white bun
spicy chicken 1100	in a white fluffy bun
jade dumpling 900	spinach, asparagus & french bean in pastry <i>tastes great fried! (v)</i>
crispy prawn wonton 1500	fried prawn wrapped in wonton pastry
spicy pork dumpling 1000	minced pork & salted vegetables

zen bao's

4 pieces

hoisin pork 1100	pulled pork with cucumber mint relish
fried chicken 1100	teriyaki jam and asian slaw
black bean tofu 1100	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**
1350
crispy salmon skin, wrapped in tuna and salmon
- zen roll**
1350
asparagus, cucumber & black mushroom with a
crispy kick
- wrapped around salmon**
1450
zen roll wrapped in salmon
- red lantern**
1450
california wrapped in tuna slices with spicy sauce
- spicy salmon**
1450
salmon salad wrapped in roe with spicy salmon
toppings
- firecracker**
1350
hot & spicy tuna with a kick
- all about tempura**
1250
mixed vegetables tempura wrapped in crispy flakes (v)
- emerald roll**
1350
asparagus, avocado, black mushroom with a twist of
wasabi (v)
- green roll**
1350
asparagus, avocado, cucumber, spring onion with
toppings (v)
- kamikaze**
1350
spicy crispy tuna roll topped with roe
- red dragon**
1450
crispy salmon skin wrapped in crusted seaweed
with diced tuna toppings
- white magic**
1350
cucumber, avocado & cream cheese served in
crispy basil wrapped in rice paper (v)

classics

futomaki
1450

chef's special with salmon, tuna & japanese garnishes

dynamite
1500

prawn tempura, avocado & cucumber with spicy sauce

philadelphia roll
1350

smoked salmon, cream cheese avocado & cucumber

salmon maki
1000

with spring onion

tuna roll
1000

with spring onion

golden roll
1350

smoked salmon, avocado, cucumber wrapped in tempura flakes

dynamite
1400

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

california
950

avocado, cucumber with black mushroom (v)

cucumber roll
850

rice & shredded cucumber (v)

avocado roll
850

rice & avocado (v)

*sushi, sashimi
and maki*

sushi nigiri

salmon
850

shake

tuna
850

maguro

sashimi

9 pieces

tuna
1500

salmon
1500

mixed platters

maki & sashimi sampler
2650

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

maki platter
2600

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

contemporary sampler
3500

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

garden sampler
3000

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

nigiri & maki sampler
3200

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

salmon lover
3500

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

nigiri & sashimi sampler
3500

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
3000

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
1400

with chinese broccoli & five-spice

chicken
1400

in red chilli & crisp thai basil

sweet & sour
1400

chicken

schezwan
1400

chicken

thai green curry
1900

chicken

chilli beef
1500

lightly coated & tossed in sweet chilli

sizzling ginger beef
1650

with black bean & asian greens

shredded lamb
1450

with spring onion & ginger

crispy pork
1500

stir fried with asian greens

peking duck
half 3500
whole 5500

with pancakes, garnish & hoisin sauce

vegetarian

spicy potatoes
1100

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

seasonal greens
1100

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

crispy tofu
1800

with pancakes, hoisin & garnishes
(a friday boy's favourite) (v)

pak choy
950

topped with crispy garlic *(v)*

black peppercorn tofu
1200

chef's special (v)

zen manchurian
1100

vegetable dumplings in our signature sauce *(v)*

thai green curry
1600

why not try it in red !! (v)

chilli corn
1100

spicy & saucy *(v)*

*signature
seafood dishes*

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

schezwan prawns
2200

chilli, soy & spring onion

baby squid
1500

tossed in chilli, garlic & asian herbs

thai red curry
2200

prawn

golden red snapper
1500

tossed in oyster sesame & green pepper

garlic soy fish
2100

fried, steamed or grilled *(allow 15 minutes)*

noodles

bamboo 1000	egg noodles infused with chilli garlic oil (v)
bamboo with chicken 1250	egg noodles infused with chilli garlic oil & spring onions
shanghai 1100	wok-fried with chinese vegetables & mushrooms (v)
udon noodles 1100 1300	(v) with chicken
pad thai 1100 1300 1600	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)
garlic rice 750	(v)
sticky rice 750	(v)
chilli chicken rice 1200	

dessert

perfect for sharing

bamboo smash sampler 1400	decadent chocolate mousse, fresh fruit pavlova, homemade vanilla praline ice cream & flavoured macarons
warm chocolate fudge brownie 700	topped with vanilla ice cream
zen signature torte 700	with homemade mint ice cream
red velvet opera 600	layers of cake and chocolate ganache, topped with meringue and red dust
lychee & lime cheesecake 600	refreshing in every mouthful
homemade ice cream 800	mocha almond, coconut, vanilla praline & mint
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**