

# M E N U E X P R E S S RESTAURANT DELIVERY

985-875-7700

<http://www.menuexpressdelivery.com>

## Zen Japanese Grill and Sushi B

### Small Plates

- 1A. Agadashi Tofu \$8.00  
*Crispy fried soybean tofu with tempura sauce and bonito flakes.*
- 2A. Beef Tataki \$12.00  
*Placed slightly seared beef tartar on top of pickled onion with spicy ponzu, masago, and green onion finished.*
- 3A. Butter Parmesan Baked Sea Scallops \$15.00  
*Buttery scallops dipped in a mixture of sauteed butter and garlic first and then baked in Panko and Parmesan coating*
- 4A. Clam Chowder Cake \$9.00  
*Crunchy breadcrumb coated nugget filled with creamy clam chowder served with a sweet tomato cream sauce.*
- 5A. Crab Stick Tempura \$8.00  
*Tempura fried crab stick. Served with tempura sauce*
- 6A. Edamame \$6.00  
*Boiled soybeans with salt*
- 7A. Fried Calamari \$10.00  
*Battered calamari fried in crispy. Served with sweet chili sauce.*
- 8A. Gyoza \$8.00  
*Dumplings stuffed with seasoned chicken and pork.*
- 9A. Shrimp Tempura Appetizer \$9.00  
*Tempura deep-fried shrimp and vegetables. Served with tempura sauce*
- 10A. Spicy Edamame \$8.00  
*Japanese (5) spice, sriracha, sesame oil, and oyster sauce with soybeans*
- 11A. Tori Kara \$9.00  
*Japanese chicken nugget. Bite-size chicken marinated in soy sauce, sake, garlic, and ginger then panko-breaded and deep-fried with tomato dipping sauce.*

### Small Plates

- 12A. Baked Salmon \$11.00  
*Baked creamy snow crab wrapped with salmon. Served with masago, green onion, sesame seeds, and eel sauce.*
- 13A. Cajun Jalapeno \$9.00  
*Jalapeno, cream cheese, crab stick wrapped with seaweed and tempura, deep-fried finished with eel sauce and spicy mayo sauce.*
- 14A. Chips & Dip \$15.00  
*Chopped salmon, tuna, yellowtail mixed with avocado and creamy garlic sauce, sesame oil, ponzu sauce, green onion, and smelt roe. Served with crispy wonton chips.*
- 15A. Hamachi Kama \$13.00  
*Baked yellowtail neck seasoned with Japanese (5) spices. Served with house ponzu sauce.*
- 16A. Penko-Bonito Octopus \$13.00

### Sushi and Sashimi

**2 pcs.**

- 1S. Albacore White Tuna Sushi \$7.00
- 2S. Avocado Sushi \$5.00
- 3S. Crab Stick Sushi \$6.00
- 4S. Ebi Shrimp Sushi \$6.00
- 5S. Unagi (Eel) Sushi \$7.00
- 6S. Escolar Sushi \$7.00
- 7S. Fresh Salmon Sushi \$6.00
- 8S. Mackerel Sushi \$6.00
- 9S. Octopus Sushi \$6.00
- 10S. Quail Eggs Sushi \$7.00
- 11S. Red Snapper Sushi \$7.00
- 12S. Salmon Roe Sushi \$7.00
- 13S. Scallop Sushi \$7.00
- 14S. Smelt Roe Sushi \$7.00
- 15S. Smoked Salmon Sushi \$6.00
- 16S. Sweet Shrimp Sushi \$9.00
- 17S. Tomago Sushi \$8.00
- 18S. Tuna Sushi \$7.00
- 19S. Wasabi Tobiko Sushi \$6.00
- 20S. Yellowtail Sushi \$7.00

### Classic Sashimis

- 21S. Assorted Sashimi Appetizer \$16.00
- 22S. Escolar Sashimi \$14.00
- 23S. Fresh Salmon Sashimi \$13.00
- 24S. Octopus Sashimi \$13.00
- 25S. Red Snapper Sashimi \$13.00
- 26S. Tuna Sashimi \$14.00
- 27S. Yellowtail Sashimi \$14.00

### Box Sushi

**Served with sushi rice, snow crab, avocado, masago, green onion, and honey wasabi mayo sauce on top. Your choice of fish.**

- 1BX. Ebi Shrimp Box \$10.00
- 2BX. Eel Box \$12.00
- 3BX. Escolar Box \$11.00
- 4BX. Rainbow Fish Box \$15.00
- 5BX. Red Snapper Box \$11.00
- 6BX. Salmon Box \$11.00
- 7BX. Smoked Salmon Box \$11.00
- 8BX. Tuna Box \$12.00
- 9BX. White Tuna Box \$12.00
- 10BX. Yellowtail Box \$12.00

### Classic Sushi Rolls

- 1R. BBQ Eel Roll \$8.00  
*Baked BBQ eel with cucumber, avocado, and eel sauce*
- 2R. California Roll \$6.00  
*Crab stick, avocado, cucumber, and masago.*
- 3R. Crispy Calamari Roll \$11.00  
*Calamari tempura, snow crab, avocado, asparagus, and masago with eel sauce on top.*

### Hibachi Lunch Boxes

**Served with fried gyoza, noodles, and mixed vegetables. Your choice of rice; steamed or fried.**

- 1LH. Hibachi Chicken Lunch \$11.00
- 2LH. Hibachi Jumbo Butterfly Shrimp Lunch \$13.00
- 3LH. Hibachi Lobster Lunch \$16.00
- 4LH. Hibachi New York Strip Steak Lunch \$13.00
- 5LH. Hibachi Salmon Lunch \$13.00
- 6LH. Hibachi Sea Scallop Lunch \$15.00
- 7HL. Hibachi Tenderloin Filet Mignon Lunch \$16.00
- 8LH. Hibachi Combo Lunch \$24.00  
*Choice of 2 entrees*

### Hibachi Entrees Dinner

**Served with fried gyoza, noodles, and mixed vegetables. Your choice of rice; steamed or fried.**

- 1HD. Hibachi Chicken Dinner \$19.00
- 2HD. Hibachi Jumbo Butterfly Shrimp Dinner \$22.00
- 3HD. Hibachi Lobster Dinner \$27.00
- 4HD. Hibachi New York Strip Steak Dinner \$22.00
- 5HD. Hibachi Salmon Dinner \$21.00
- 6HD. Hibachi Sea Scallop Dinner \$26.00
- 7HD. Hibachi Tenderloin Filet Mignon Dinner \$26.00
- 8HD. Hibachi Combo Dinner #1 \$34.00  
*Your choice of (2) hibachi entrees and rice*
- 9HD. Hibachi Combo Dinner #2 \$43.00  
*Your choice of (3) hibachi entrees and rice*

### Noodles & Fried Rice

- 1N. Laksa Curry Ramen \$14.00  
*Thin ramen noodle served in spicy lemongrass coconut curry with seasoned egg, chashu pork, fried tofu, fried onion, mushroom, green onion.*
- 2N. Spicy Umami Miso Ramen \$15.00  
*Spicy miso pork broth with seasoned egg, pork chashu, fried onion, broccoli, sesame oil, green onion, and thin noodles.*
- 3N. Tokyo Style Fried Rice \$14.00  
*The seductively savory combination of soy sauce, sake, butter, garlic fried with rice, pork chashu, shrimp, egg, red onion, carrot, and green onion.*
- 4N. Yakisoba \$14.00  
*Fried noodles. Carrots, cabbage, red onion, and Japanese signature yakisoba sauce. Your choice of protein.*

*Penko-fried battered octopus ball over egg tartar. Topped with bonito flakes, green onion, eel sauce, and seafood sauce.*

- 17A. Tuna Tower \$14.00  
*Creamy snow crab, and avocado in between (2) layers of spicy tuna and fresh tuna, finished with eel sauce, ponzu sauce, and green onion with masago on top.*

## Salads

- 1S. Acadiana Cajun Salad \$11.00  
*Acadia style mixed crawfish, creamy snow crab, avocado and crunch over lettuce with spicy cajun mayo sauce*
- 2S. Nail it Jumbo \$11.00  
*Avocado, cilantro, chopped garlic, and red onion mixed with Japanese lime-lemon sauce, olive oil, and perfectly cooked jumbo shrimp on top.*
- 3S. Salmon Skin Salad \$9.00  
*Krispy baked salmon skin chip mixed with red onion, lettuce, avocado, cucumber, jalapeno, cherry tomato and lemon yuzu ponzu sauce.*
- 4S. Seafood Cucumber Salad \$12.00  
*Tuna, yellowtail, salmon, and crabstick combined with cucumber, buttery avocado, smelt roe, green onion, and finished with ponzu sauce.*
- 5S. Seaweed Salad \$7.00
- 6S. Seared Pepper Tuna Salad \$14.00  
*Slightly seared ahi tuna with Japanese (5) spices, and snow crab, avocado, asparagus, and ponzu sauce.*
- 7S. Snow Crab Avocado Salad \$9.00  
*Creamy snowcrab with avocado, asparagus, and sesame seeds.*
- 8S. Squid Salad \$8.00
- 9S. Tuna Garden Ceviche Salad \$13.00  
*Dices of tuna marinated in lemon and lime juice with cucumber, red onion, cherry tomato, Jalapeno, ponzu, and sriracha chili sauce.*

## Zen's Bowls

- 1B. Chashu Poke Bowl \$14.00  
*Grilled pork belly, lettuce, green apple, edamame, cucumber, avocado, carrot, and jalapeno over jasmine rice with garlic hoisin sauce.*
- 2B. Chirasha Bowl \$15.00  
*Mix of sashimi salmon, tuna, yellowtail, ebi shrimp, and tamago over sushi rice with masago and furikake.*
- 3B. Cajun Poke Bowl \$15.00  
*Snow crab, crawfish, crunchy, sweet corn, cherry tomato, cucumber, avocado, purple pickled onion, seaweed salad with spicy mayo.*
- 4B. Erica Bowl \$10.00  
*Tuna, creamy snowcrab, avocado, and crunchy over sushi rice with eel sauce drizzle.*
- 5B. Hawaii Poke Bowl \$13.00  
*A bed of steamed Japanese short-grain rice with grilled chicken, mango, pickled red onion, cucumber, avocado, carrot, cherry tomato, seaweed salad, finished with Hawaii sauce, and crispy onion crunch.*
- 6B. King Eel Bowl \$14.00  
*Unagi. BBQ sea eel over sushi rice with furikake, eel sauce, and sesame seeds.*
- 7B. Rainbow Seafood Poke \$15.00

- 4R. Crunchy Roll \$7.00  
*Snow crab and crunchy*
- 5R. Dragon Roll \$12.00  
*Snow crab, cucumber, and avocado. Topped with baked BBQ eel, avocado, eel sauce, and masago.*
- 6R. Dynamite Roll \$8.00  
*Tuna, salmon, and yellowtail mixed with wasabi mayo.*
- 7R. Fresh Salmon Roll \$8.00  
*Salmon, avocado, masago, and green onion.*
- 8R. Louisiana Roll \$7.00  
*Spicy crawfish and avocado.*
- 9R. Metairie Roll \$8.00  
*Tuna, snow crab, avocado, and eel sauce.*
- 10R. Philadelphia Roll \$7.00  
*Smoked salmon, cream cheese, and avocado.*
- 11R. Rainbow Roll \$12.00  
*Snow crab, cucumber, and avocado. Topped with salmon, tuna, yellowtail, and masago.*
- 12R. Rock & Roll \$9.00  
*Shrimp tempura, snow crab, avocado, asparagus, masago, and eel sauce.*
- 13R. Salmon Skin Roll \$7.00  
*Crispy fried salmon skin with cucumber, avocado, and eel sauce.*
- 14R. Shrimp Tempura Roll \$8.00  
*Tempura shrimp, avocado, cucumber, masago, and eel sauce on top.*
- 15R. Snow Crab Roll \$7.00  
*Creamy snow crab, avocado, and asparagus*
- 16R. Spicy Tuna Roll \$7.00  
*Chopped tuna mixed with sesame oil, sriracha, and Japanese (5) spices*
- 17R. Spider Roll \$10.00  
*Soft-shell crab tempura, snow crab, avocado, cucumber, eel sauce, and masago.*
- 18R. Tuna Roll \$7.00  
*Tuna roll with seaweed outside.*
- 19R. Vegetable Roll \$6.00  
*cucumber, fresh carrot, avocado, asparagus and green onions*
- 20R. Yellowtail Roll \$8.00  
*Yellowtail, avocado, masago, and green onion.*

## Zen's Signature Sushi Rolls

- 1SR. All About Salmon Roll \$13.00  
*Panko fried salmon, avocado, snow crab, topped with salmon and creamy white sauce.*
- 2SR. All Nations Roll \$12.00  
*Tuna, salmon, yellowtail, snow crab, avocado, asparagus, and creamy white sauce.*
- 3SR. Angel's Kiss Roll \$15.00  
*Soy. Soft-shell crab, snow crab, spicy tuna, and avocado. Topped with salmon, eel sauce, and pickled red onion.*
- 4SR. Black & Gold Roll \$14.00  
*Crispy soft shell crab, spicy tuna, and avocado. Topped with spicy salmon, eel sauce, creamy white sauce, black tobiko, and yuzu tobiko.*
- 5SR. Call Me Rookie Roll \$11.00  
*Soy. Tempura shrimp, snow crab, avocado, asparagus, smelt roe, eel sauce, and creamy seafood sauce.*
- 6SR. Chocolate City Roll \$14.00  
*Spicy tuna, crunch, and asparagus. Topped with pepper tuna, avocado, green onions, eel sauce, chili sauce, and ponzu sauce.*

- 5N. Yakimeshi \$14.00  
*Fried rice. Japanese short-grain rice, egg, soy sauce, carrot, red onion, and green onion. Your choice of protein.*
- 6N. Zen Tonkotsu Ramen \$15.00  
*Overnight cooked pork broth with green onion, mushroom, nori dried seaweed, olive oil, fried onion, seasoned egg, pork chashu, and thin noodles.*

## Sides

- 1SD. Side of Hibachi Fried Rice \$5.00
- 2SD. Side of Hibachi Noodles \$5.00
- 3SD. Side of Hibachi Vegetables \$7.00
- 4SD. Side of House Salad \$5.00
- 5SD. Side of Miso Soup \$4.00
- 6SD. Side of Steamed Rice \$3.00

## Sweet Treats

- 1D. Mochi \$5.00  
*Traditional Japanese sweet rice cake wrapper filled with ice cream.*
- 2D. PB & J Roll \$8.00  
*Peanut butter rolled in rice and soy pepper, panko-crust, deep-fried, and set in honey-infused grape jelly.*
- 3D. Tempura Cheesecake \$8.00
- 4D. Tempura Ice Cream \$8.00
- 5D. Vanilla Ice Cream \$5.00

## Bowl

Lemon-ginger sauce and snowcrab salad, avocado, cucumber, carrot, edamame, cherry tomato, and seaweed salad over Japanese short-grain white rice. Your choice of fish.

## Signature Sashimis

- 1SS. Awesome Octopus \$15.00  
*Slices of elegant octopus sashimi with mango, cucumber, cherry tomato, cilantro, and masago mixed with spicy ponzu sauce. Topped with fried tempura jalapeno.*
- 2SS. Devil Cajun Tuna \$17.00  
*Tuna marinated soy sauce and olive oil with egg tartar, Cajun spices, green onion, and black tobiko.*
- 3SS. Journey to Alaska \$15.00  
*Pristine slices of salmon on top of spicy garlic-ponzu sauce, green onion, and yuzu tabiko.*
- 4SS. Koko Kare Escolar \$15.00  
*Slices of buttery escolar served in Japanese Koko kara sauce with crunchy fried red onion and slices of cherry tomato.*
- 5SS. Next Level Hamachi \$16.00  
*Perfect cut yellowtail. Served with thinly sliced jalapeno, cilantro, and spicy ponzu sauce.*
- 6SS. Simply Tuna Tataki \$17.00  
*Slightly seared tuna tartar on top of pickled red onion with spicy ponzu, masago, and green onion.*
- 7SS. Sea Bream & Kale Chips \$17.00  
*Cuts of red snapper with lime juice, olive oil, and cherry tomato slices. Topped with crispy baked salted kale chips.*
- 8SS. Simple & Spicy Salmon \$15.00  
*Cucumber and jalape os wrapped in salmon with ginger ponzu sauce and lemon zest.*
- 9SS. Victory of Tuna \$18.00  
*Tuna sashimi with sweet yuzu sauce and a mixed variety of strawberry, green apple, kiwi, and goat cheese on top.*

- 7SR. Crazy Burrito Roll \$12.00  
*soy Fresh salmon, Tempura shrimp, lettuce, avocado, cucumber, asparagus, snow crab, furikake and creamy spicy mayo rolled with soy paper then wrapped and cut in burrito style*
- 8SR. Creole Cajun Roll \$12.00  
*Fried. Snow crab, crawfish, tempura-fried avocado, eel sauce, and spicy mayo*
- 9SR. Dancing with the Dragon Roll \$14.00  
*Snow crab and tempura eel. Topped with spicy tuna, avocado, asparagus, and eel sauce*
- 10SR. Die for This Roll \$13.00  
*Tuna, snow crab, and avocado. Topped with seared salmon, garlic-jalapenos ponzu sauce, and crunchy.*
- 11SR. Fantasy Crunchy Roll \$11.00  
*Snow crab, avocado, and tempura onion crunch. Topped with snow crab, crunchy red onions, eel sauce, and spicy mayo.*
- 12SR. Filet Mignon Roll \$16.00  
*Crab stick, cucumber, and avocado. Topped with seared sake filet mignon and garlic creamy sauce.*
- 13SR. Flaming Salmon Roll \$13.00  
*Jalapeno salmon, yellowtail, and asparagus. Topped with salmon and jalapeno.*
- 14SR. Good Girls Gone Wild Roll \$13.00  
*Snow crab and crunchy. Topped with tuna, escolar, avocado, green onions, eel sauce, ponzu sauce, and chili sauce.*
- 15SR. Hawaii Roll \$14.00  
*Coconut shrimp, cream cheese, and tuna. Topped with mango, avocado, and pineapple puree .*
- 16SR. I Am Soy Into You Roll \$12.00  
*Soy. Spicy salmon, tempura shrimp, cream cheese, avocado, asparagus, smelt roe, eel sauce, and creamy seafood sauce.*
- 17SR. I Love the Way You Roll \$15.00  
*Tuna, avocado and cucumbers topped with snow crab, fresh salmon, tomato and jalapeno*
- 18SR. Keto Lover Roll \$15.00  
*Soy. No Rice Boiled egg, cream cheese, avocado, cucumber, and asparagus. Topped with salmon then finished with, mixed strawberry, kiwi, green apple, honey-yogurt, and cashew nuts*
- 19SR. Lobster Deluxe Roll \$18.00  
*soy Tempura Alaska pollock lobster meat with avocado, cucumber, asparagus, lettuce, snow crab with eel sauce and seafood sauce*
- 20SR. LSU Roll \$14.00  
*Tempura shrimp and cream cheese rolled with snow crab, tuna, and avocado on the outside then drizzled with eel sauce.*
- 21SR. Maguro Wrap \$15.00  
*no rice Snow crab, avocado wrapped in fresh tuna with pickled red onion, green onion, masago, sesame seed and refreshing yuzu ponzu sauce*
- 22SR. Margarita Roll \$14.00  
*Soy. Salmon, asparagus, and snow crab. Topped with fresh yellowtail, thin slices of lime, sea salt, and sriracha.*
- 23SR. Midnight Roll \$13.00  
*Spicy tuna and tempura eel;*

- topped with salmon, avocado, smelt roe, wasabi tobiko, crunchy and eel sauce*
- 24SR. My Soy Mate Roll \$16.00  
*soy tuna, avocado and cucumbers topped with snow crab, fresh salmon, tomato and jalapenos, torches & sprinkled with smoked sea salt, yuzu ponzu sauce & purple pickled onions*
- 25SR. Paradise Roll \$14.00  
*Shrimp tempura, cucumber, asparagus, cream cheese topped with snow crab, avocado, baked bbq eel and eel sauce, sesame seed*
- 26SR. Passion for Tuna Roll \$15.00  
*Coconut shrimp, spicy tuna, and mango. Topped with seared pepper tuna, avocado, green onions, eel sauce, ponzu sauce, and chili sauce.*
- 27SR. Princess Rule Roll \$14.00  
*Salmon, snow crab, and avocado. Topped with spicy tuna and snow crab mixed, crunchy, smelt roe, and creamy seafood sauce.*
- 28SR. Purple Tiger Roll \$14.00  
*Coconut shrimp, cream cheese and avocado inside and topped with fresh salmon, tuna, yellow tail, bbq eel, green onion, smelt roe, eel sauce, spicy mayo, seafood sauce and finish up with tempura crunchy*
- 29SR. Rainbow Naruto \$12.00  
*Tuna, salmon, red snapper, avocado, and asparagus wrapped in cucumber*
- 30SR. Salmon Zest Roll \$13.00  
*Soy. Snow crab, avocado, and asparagus topped with fresh salmon and lemon zest. Served with ponzu sauce*
- 31SR. Seaside Rice Paper Roll \$10.00  
*Crispy tempura eel, snow crab, avocado, and cucumber with eel sauce.*
- 32SR. Snow Crab Naruto \$9.00  
*Snow crab, avocado, asparagus wrapped in cucumber with spicy mayo sauce.*
- 33SR. Spice it Up Roll \$13.00  
*Snow crab, asparagus, and crunchy. Topped with spicy tuna, spicy salmon, and fried tempura jalapenos,*
- 34SR. Summer Breeze Roll \$12.00  
*No Rice Tuna, salmon, crab stick, carrot, lettuce, asparagus, cucumber, avocado, chili sauce, and hoisin sauce wrapped in rice paper.*
- 35SR. Sweet 16 Roll \$11.00  
*Fried. Crab stick, cream cheese, and avocado deep-fried. Topped with spicy tuna, snow crab mixed, crispy fried lotus, and eel sauce.*
- 36SR. This is How We Roll \$15.00  
*Soy. Tempura shrimp, snow crab, avocado, asparagus, and smelt roe. Topped with tuna, yellowtail, crunchy, eel sauce, and creamy seafood sauce.*
- 37SR. Touchdown Roll \$16.00  
*Spicy tuna, tempura shrimp, jalapeno inside wrapped with fresh tuna then topped with Spicy baked scallop and snow crab, eel sauce, spicy mayo, smelt roe and green onion*
- 38SR. Turf Over Surf Roll \$17.00  
*Snow crab, spicy tuna, and coconut shrimp. Topped with seared filet mignon, eel sauce, ponzu sauce, sriracha, green onions, masago, and sesame seeds.*
- 39SR. Ultimate Tempura Roll \$13.00  
*Soy. Red snapper, masago, asparagus, snow crab slightly*

*tempura fried with eel sauce, and  
creamy white sauce.*

40SR. Volcano Lava Roll      \$14.00

*Crab stick and cucumber on the  
inside wrapped with avocado.  
Topped with spicy baked salmon and  
snow crab, eel sauce, spicy mayo,  
smelt roe, and green onions, and  
crunchy.*