

Welcome to Zen, Our interpretation of some classic Japanese dishes, in a relaxed area overlooking the Laamu atoll, Guest on full and half board please enjoy one Appetizer, Entrée and Dessert

寿司

Sushi

握り寿司 Three pieces per portion

NIGIRI 🍣

Hand Pressed Sushi shaped with sushi rice and wrapped in seaweed that Chef Hermes presses into a small bite size pieces

Tuna 🌿	Yellowtail	Eel	Reef fish 🌿
8.00	8.00	12.00	8.00
Squid 🌿	Prawn	Octopus 🌿	
10.00	12.00	12.00	

炙り寿司 Three pieces per portion

ABURI (Broiled) 🍣

Aburi sushi consists of nigiri sushi with a fish topping that is partly served grilled and partly raw

Tuna 🌿	Eel	Squid 🌿	Reef fish 🌿
10.00	14.00	10.00	10.00

巻物

MAKIMONO (Roll)

Specialty rolled sushi

THE DRAGON 🌿	25.00
Prawn, eel, avocado and tempura crisps	
RAINBOW ROLL	25.00
Crab, shrimp, tuna, salmon, avocado	
CALIFORNIA ROLL	20.00
Crab, cucumber avocado and tobikko	
SPIDER ROLL 🌿	20.00
Soft shell crab tempura with spicy aioli	
SPICY TUNA ROLL 🌿 🌿	20.00
Tuna, spring onion and tempura crisps	
ZEN ROLL	20.00
Cream cheese, asparagus, tempura prawn, gouda	
GREEN VEGGIE ROLL 🌿	18.00
Grilled mixed green vegetables	

手巻き寿司 Two pieces per portion

TEMAKI ZUSHI (Hand roll)

Cone shape hand roll

CRISPY CALIFORNIA TEMAKI	22.00
Crab, avocado, cucumber, tobikko and tempura crisps	
PRAWN TEMPURA TEMAKI	20.00
Prawn and Avocado	

刺身

Sashimi Three pieces per portion

Sashimi 🍣

Sashimi is a delicacy consisting of raw seafood sliced into thin pieces (Or leave it to us to put it together a mix of our freshest sashimi Three types USD 30)

Tuna 🌿	Squid 🌿	Reef fish	Yellowtail
10.00	10.00	8.00	14.00

Scallop 🌿

14.00

齒石

Tartar

TUNA TARTAR CONE 🍣 Two pieces per portion 20.00
Spicy raw tuna in sesame miso cones with tobiko

DIVER SCALLOP 20.00
Simply prepared with dashi caviar, miso ponzu and furikake

寿司ボート

Sushi Boat

Sharing boats of Sushi & Sashimi Designed for 2 people

MAAMENDHOO BOAT 40.00
Sashimi - Tuna & Reef Fish
Maki - Cucumber, California & Spicy Tuna
Nigiri - Yellow tail

HITHADHOO BOAT 50.00
Sashimi - Tuna, Squid & Yellow tail
Maki - California & Rainbow (Tuna, Reef fish, Crab & Avocado)
Nigiri - Shrimp

GAADHOO BOAT 60.00
Sashimi - Tuna, Reef Fish, Yellow tail & Scallop
Maki - Spider and Zen roll
Sushi - Shrimp & Tobikko

天ぷら

Tempura

シーフード

SEAFOOD

Three pieces per portion

Prawn	Squid 🌿	Reef fish 🌿	Soft shell crab
10.00	10.00	8.00	18.00

野菜

VEGETABLES 🍣

Three pieces per portion

Eggplant 🌿	Mushroom 🌿	Bell pepper 🌿	Zucchini 🌿
8.00	8.00	8.00	8.00
Pumpkin 🌿	Sweet potato 🌿	Asparagus 🌿	Daikon 🌿
8.00	8.00	8.00	8.00
Baby corn 🌿	Broccolini 🌿		
8.00	8.00		

ZEN CREAM CHEESE TEMPURA 12.00

SHRIMP TEMPURA `TACO` 20.00
Spicy mayo, corn taco and Japanese slaw

サラダ

Salads 🍣

DRUNKEN ICEBERG "WEDGE" 🍣 🌿 15.00
Tomato, avocado, crisp furikake, Japanese dressing





CLASSIC ORGANIC LEAVES 🌿 🍣 🌿 15.00
Carrot and ginger dressing

ZEN SEAWEED SALAD 🌿 🍣 20.00
Toasted sesame dressing



前菜

Hot Starter Dishes


MISO SOUP 	16.00
Miso soup with Wakame, spring onion and tofu	
ZEN BROTH 	22.00
Prawn, reef fish and mixed vegetables in dashi broth	
ASARI MISO SOUP 	25.00
Clams, scallions, Udon noodles	
GYOZA 	30.00
Chicken and prawn dumpling with black vinegar and chili sauce	

メインコース

Hot Dishes

YAKI UDON 
*Your selection from below served stir-fry style with shredded vegetables
With your choice of main event*


Salmon	Beef	Chicken	Tofu
45.00	40.00	36.00	34.00

MUSHI ZAKANA 
Poached Sea bream fillet of the day with Nitsuke sauce and miso butter sauce
Served with steamed vegetables and rice

SEARED MULWARRA BEEF FILET 40.00
Rare seared Beef filet with soy, Sesame & pink Peppercorn sauce

デザート

Dessert

MOCHI 
Chocolate, red bean and green tea ice cream tasting 20.00

FURUTSU  
Selection of seasonal fruits with melon sorbet mochi 20.00

MATCHA GREEN TEA ROLL 
Almond green tea roll and poached pear, lychee sorbet 20.00

KOKONYUTTO SAGO PUDDING   
Sago and mango coconut pudding, green tea truffles, mango coulis 20.00

