

Appetizers

Sunomono A small portion of pickled cucumber salad with bay shrimp. 4.95

Edamame Steamed soy beans in shell. 3.95

Tuna Sashimi Slices of raw, super-premium tuna with pickled ginger and wasabi. 12.95

Sashimi Appetizer Two pieces each of raw tuna, salmon & yellowtail w/ ginger & Wasabi. 11.95

Tempura Taster 1 shrimp & 3 vegetables deep-fried with dipping sauce. 4.95

Tempura Full Order Shrimp (2) and assorted vegetables deep-fried using traditional, delicate tempura batter w/dipping sauce. 7 pcs. 7.95
-Add add'l. tempura shrimp at \$2.50 each.

Veggie Tempura Assort. vegetable tempura with dipping sauce. 7 pcs. 6.95

Spring Rolls Choose either shrimp and veggie or all veggie rolls deep-fried w/Thai dipping sauce 5.95

Indonesian Sate Babi N.Y. steak, char-broiled on 2 skewers w/spicy peanut sauce. 8.95

Yakitori Japanese-style teriyaki chicken. Char-broiled on two wooden skewers. 6.95

Teriyaki Salmon Skewers Japanese-style teriyaki salmon. Char-broiled on 2 wooded skewers. 7.95

Thai Monkey Balls Don't ask. Just enjoy them. Two to an order served w/Thai dipping sauce. 5.95

Salads, Noodles, Rice & Veg.

KenZen Sesame Miso Salad Asst. organic greens w/tomatoes, avocado, sesame miso dressing. 6.95

Wakame Seaweed Salad Precious wakame seaweed w/sesame soy marinade. Very rich. 7.95

KenZen Grilled Caesar Salad Half a Romaine lettuce, grilled with hearts of palm, pine nuts and caesar dressing. 9.95

Seared Ahi Tuna Salad Tuna coated with black sesame seeds and lightly grilled - layered over organic greens & romaine w/ponzu-soy dressing. 12.95

Miso Soup Our already famous miso soup takes hours to prepare. Made daily w/kombu seaweed, daikon radish, carrots, shitake mushrooms & tofu.
Cup: 2.75 **Bowl:** 5.95

Sugar Cane Skewered Shrimp Salad Grilled over lava rock and served with organic green salad with Thai coconut dressing. 12.95

Soba Noodles Buckwheat noodles in broth. 5.95

Cold Soba Noodles Cold buckwheat noodles with dipping sauce. 6.95

Udon Noodles Japan's famous, hand-made, thick noodles. Served in miso soup. 6.95

Stir-fry Vegetables Specify no spice, mild, medium, hot or really hot! 7.95
- add beef, chicken, shrimp or tofu for \$2.95 each.

Stir-fry Noodles w/a variety of Vegetables 8.95
Specify no spice, mild, medium, hot or really hot!
- add beef, chicken, shrimp or tofu for \$2.95 each.

Stir-fried Rice w/a variety of Vegetables 8.95
Specify no spice, mild, medium, hot or really hot!
- add beef, chicken, shrimp or tofu for \$2.95 each.

Bowls of Rice

White rice 1.95 **Brown Rice** 2.50 **Sushi Rice** 2.50

International & Exotic Foods

This menu changes daily, but the following are usually available.

Snow Peas & Shitake Mushroom Sauté 5.95

Tandoori Shrimp & Lentils 12.95

Cedar-planked Salmon w/ grilled vegetable 19.95

Char-broiled N.Y. Steak with KenZen potatoes & grilled vegetables. 24.95

So. East Asian Shrimp Scampi Sautéed in butter, garlic, lemon grass and coconut milk. 19.95

Gourmet Fish Tacos 9.95
and many more on our daily specials list.

Desserts

Green Tea Ice Cream

Key Lime Pie

Green Tea Cheese Cake,

Crème Brûlée

Havana Banana

In the Japanese Language, **KenZen 健全** means, "*healthy and wholesome.*"

We use organic salad greens and the finest in produce and meats. Our fish is the finest available and is sourced from around the world and delivered to our door within 24 hours.

KenZen

Sushi Bar & Exotic Cuisine



At KenZen, we offer the finest sushi and Japanese cuisine, utilizing only the highest quality, sea foods, meats and vegetables, specially shipped to us and prepared by our Japanese-trained sushi chefs.

Our daily specials list features Global Cuisine from countries such as Indonesia, Thailand, China, Tibet, Polynesia, Hawaii, Australia, Malaysia and more!

We also offer char-broiled Prime beef Filet Mignon and N.Y. Steaks, lobster and a variety of International and vegetarian dishes.

Sushi Menu

All items are subject to availability. Prices are subject to change without notice based upon market conditions and shipping costs. Chef may make a substitution to an assortment or sushi roll if an item is unavailable.

Assortments

All assortments come with pickled ginger and wasabi.

Sushi Sampler Cucumber Roll, plus tuna, salmon & hamachi nigiri.	12.95
Bountiful Ship CA roll, cucumber roll and tuna roll with nine pieces assorted nigiri sushi.	36.00
Heaven Ship All in Bountiful Ship plus a Rainbow roll and assorted sashimi.	70.00
Enlightenment Now! All in Heaven Ship plus Dragon roll and Lobster nigiri.	110.00

Sushi Rolls

Usually 6 pieces per order (V) = vegetarian

Cucumber Roll (kappamaki) (V)	3.50
Tuna Roll (tekkamaki)	5.95
Mackenzie Roll pickled ginger & cuke(V)	4.50
Asparagus Roll asparagus and cuke (V)	4.95
Garden Roll Chef's choice of veggies (V)	4.95
Calif Roll Crab, cuke & avocado	5.95
Premium CA Roll Premium crab, cuke & avo	7.50
Northern CA Roll salmon, cuke & avo	5.95
Veg CA Roll shitake mush, cuke & avo (V)	4.95
Spicy Tuna Roll spicy tuna, cuke, spicy sauce	6.95
Rainbow Roll several layered fish outside & avocado inside	11.95
Dragon Roll barbecue eel outside, avocado inside, secret sauce on top	11.95
Caterpillar Roll avocado outside, barbecue eel inside, special sauce)	11.95
Crunchy Roll two tempura shrimp & avocado inside, crunchy bits outside.	8.95
Spider Roll tempura soft shell crab, avocado	

inside, tobiko outside	12.95
Salmon Skin Roll cooked salmon skin, avocado, cucumber	4.95
Ken's Roll no rice or nori - shrimp, yellowtail, tuna, avo & salmon-cuke wrap w/ponzu	14.95
Philadelphia Roll salmon and cream cheese	6.95
New York Roll smoked salmon & cream cheese	6.95
Vegetable Tempura Roll tempura vegetable, cucumber and avocado (V)	5.95
Cancun Roll crab, chilies, lime, green onion and cilantro	9.95
Pirate's Roll hamachi, uni, anago, avo, & special spicy sauces	14.95
Emperor's Roll Lobster, hamachi & avocado with special sauce	16.95
Volcano Roll spicy tuna, cucumber and spicy sauce - only for chili heads	9.95
Mt. Shasta Roll spice salmon, scallop salad, shitake mushroom, sprouts, pine nuts and tobiko with soy paper wrap.	24.95
Playboy Roll tempura shrimp & cuke inside; tuna avocado and chilies on top.	12.95
Ninja Roll tempura unagi & avo inside, assorted fish on top w/black tobiko.	12.95
Hawaiian Sunset spice tako octopus inside, Spicy tuna & tobiko on top.	11.95
Maui Wowie tuna, avocado and mango roll.	9.95
<i>Many more to choose from!</i>	

Nigiri Sushi

Two pieces on formed balls of sushi rice

Premium No. 1 Tuna (maguro)	5.95
Barbecue Fresh Water Eel (unagi)	5.95
Yellowtail (hamachi)	5.95
Shrimp (ebi) - cooked	5.50
Salmon (sake)	5.95
Tuna Belly (toro)	12.95
Octopus (tako)	6.95
Smoked Salmon	6.95

Mackerel	5.50
Snapper (tai)	6.95
Sea urchin roe (uni)	M.P.
Salmon Roe (ikura)	11.95
Scallops (raw or char-broiled)	7.95
Sweet shrimp (amaebi w/fried heads)	M.P.
Seared Tuna	6.50
Lobster	12.95
Inari (seasoned tofu pouches) (V)	3.95
A variety of vegetables can also be made into vegetarian nigiri and sushi rolls!	

Sashimi

The Ultimate for sushi lovers!

Served without rice, approx 3 - 4 oz serving. usually 4 - 5 pieces.

Premium No. 1 Tuna (maguro)	12.95
Octopus (tako)	10.95
Yellowtail (hamachi)	10.95
Tuna belly (toro)	M.P.
Salmon (sake)	8.95
Snapper (tai)	11.95
Mackerel (saba)	8.95
Spanish Mackerel (Aji)	M.P.
Fresh water Eel (unagi)	10.95
Halibut (hirame)	11.95
Ankimo (Monk fish liver)	13.95
Albacore (shiro maguro)	10.95

And many more!

We also prepare **Futomaki, Temaki, Chirashi Sushi, Vegetarian Chirashi Sushi, Custom rolls,** and **Chef's Choice Special** (Leave it to your sushi chef to create something special for you.) We have additional sushi items daily and many more specialty rolls.

"I've eaten sushi on three continents and lived for ten years in Tokyo and this is the best fish I have ever had."

KenZen

Sushi Bar & Exotic Cuisine

"World-class" Sushi Bar and International Restaurant in Mount Shasta, California, serving cuisine from cultures around the globe

Take Out Menu

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(530) 926-2345
(4 doors from City Hall)

Reservations Accepted
See our website for more info:
www.kenzensushi.com