

sushi

nigiri (2 stück – 2 pieces)

sake	- lachs salmon	cent
hamachi	- gelbschwanzmakrelen greater amberjack	600
tuna	- gelbflossenthunfisch yellow fin tuna	600
barramundi	- riesenbarsch king bass	600

maki (6 stück – 6 pieces)

kappa	- gurke sesam cucumber sesame	500
sake	- lachs salmon	600
ebi avocado	- garnele gekocht boiled prawn	600

ura maki inside out (6 stück – 6 pieces)

california	- surimi avocado tobikko	780
tuna	- gelbflossenthunfisch gurke sesam yellow fin tuna cucumber sesame	780
sake	- lachs avocado tobikko salmon	780

sashimi (4 stück – 4 pieces)

sake	- lachs salmon	900
tuna	- gelbflossenthunfisch yellow fin tuna	900

ZEN style (2 stück – 2 pieces)

blaukrabbe knusprig blue crab	
lauwarm luke warm	950

ZEN platte für zwei – ZEN plate for two

6 maki 4 nigiri 2 Zen special 8 sashimi gemischt	3200
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Every dish a new destinAsian

tatar

thunfisch tatar | tuna tatar

wasabi tobikko
wasabi tobikko

cent

1400

rinderfilet tatar | fillet of beef tatar

koriander | sesamöl | yuzu saft
coriander | sesame oil | yuzu juice

1500

suppen | soups

misosuppe [japan]

tofu | seetang | frühlingzwiebeln
tofu | tang | spring leek

450



tom kha gai [thai]

pouardenbrust | kokos | zitronengras | tomate
austernpilz | kaffirblätter - scharf
*breast of poulard | cocos | lemon grass | tomato
oyster mushroom | kaffir leaves - hot*

700

tom yam gung [thai]

riesengarnelen | limonenblätter | galgant | champignons
sellerie | basilikum - scharf | sauer
*king prawns | lime leaves | galangal | mushrooms
celery | basil - hot | sour*

800

pho bo [vietnam]

reisnudeln | rinderfilet | sternanis | thai basilikum | koriander
rice noodles | fillet of beef | star anis | thai basil | coriander

950



signature dish - empfehlung

Every dish a new destinAsian

warme vorspeisen | warm appetizers

edamame [japan]sojabohnen grün | meersalz
green soy beans / sea salt

cent

650

enten satay | duck satay [thai]erdnuss sauce
peanut sauce

1000

tom lan bot [vietnam]shrimps | tempura | wakame algensalat
koriander | jalapeno ponzu | süß sauer sauce
shrimps / tempura / wakame tang salad
coriander / jalapeno ponzu / sweet sour sauce

1200

garnelen | prawnsdaikon rettich | avocado - mango - chutney
daikon radish / avocado mango chutney

1450

salate | salads

curry geflügelsalat | curry chicken saladmaispoularde | thai bohnen | shitake pilze | cashew nüsse | kokos milch
corn poulard / thai beans / shitake mushrooms / cashew / coconut milk

850

glasnudelsalat | fine chinese noodle saladshrimps | mu er pilze | gartengurken | chili
shrimps / mu er mushrooms / cucumber / chili

1150

soba rindfleischsalat | soba – beef salad [asien]soba nudeln | rote zwiebel | gurke | ingwer | limette | koriander
soba noodles / red onions / cucumber / ginger / lime / coriander

1200

**tho goi**thunfisch mariniert | blattkräuter | matsuhisa sauce
marinated tuna / herbs / matsuhisa sauce

1450



signature dish - empfehlung

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ZEN Restaurant
The Westin Grand München Arabellapark
Arabellastraße 6
D-81925 MünchenT: +49 (0)89 9264 8110
F: +49 (0)89 9264 8109
E: zen.restaurant@westin.com
W: westin.com/muenchentäglich
06.30 – 10.30 Uhr
12.00 – 14.30 Uhr
18.30 – 23.00 Uhr



ZEN

THE BEST OF PAN-ASIAN CUISINE

crossover



lachs pochiert | poached salmon

wasabi crème reis perlen | thai gemüse
wasabi crème rice | thai vegetables

cent

1850



kabeljau saikyo miso | codfish saikyo miso [japan]

grüner tee nudeln | tempura zucchini Blüten | yuzu miso sauce
green tea noodles | zucchini flowers coated with tempura

1950

seeteufel gegrillt | grilled angler fish

reis nudeln | spinat | sesam | fenchel | zitronengras
rice noodles | spinach | sesame | fennel | lemon grass

2350

hummer | lobster

tobikko reis | thai spargel
tobikko rice | thai asparagus

2800

pouardenbrust | breast of poulard

mee nudeln | sesam | papaya | honig - koriander sauce
mee noodles | sesame | papaya | honey coriander sauce

1600

entenbrust | breast of duck

tempura mais | pak choi | mikado gemüse | macadamianuss sauce
tempura corn | pak choi | vegetables | macadamia nut sauce

2100



rinderfilet bul go gi | beef fillet bul go gi [korea]

schlangenbohnen | yamwurzeln | lauchstroh - scharf
beans | yam roots | leek - hot

2500

lammkaree | lamb karee

süßkartoffel | aubergine | miso
sweet potato | eggplant | miso

2600



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hot wok

chien rau

gemüse wok
vegetable wok

ga xao chua ngot

hähnchenfleisch | gemüse | süß sauer sauce
chicken | vegetables | sweet sour sauce

nasi goreng [china]

reis gebraten | curry | shrimps – leicht scharf
fried rice | curry | shrimps – medium hot

bo lui [thai]

reisnudeln | rinderspieß | zitronengras | austern sauce
rice noodles | beef skewer | lemon grass | oyster sauce



vit quay [china]

kanton ente | sojasprossen | hoisin sauce
canton duck | soy sprouts | hoisin sauce

cent

800

1580

1700

1800

2100

curry

hähnchenfleisch curry | chicken curry

grüner tee nudeln | curry gelb | karotten | zitronengras
paprika | limonenblätter | kokosmilch sauce pikant
green tea noodles | yellow curry | carrots | lemon grass
sweet pepper | lime leaves | spicy coconut milk sauce

1580

geng phet gai [thai]

reis | hähnchenbrust | thai curry grün | thai basilikum
gemüse | kokosmilch – sehr scharf
rice | breast of chicken | green thai curry | thai basil | vegetables
coconut milk – very hot

1580

kurma [indien]

rosinenreis gelb | rindfleisch | paprika | koriander | kreuzkümmel
ingwer | kardamom | kokosmilch - scharf
yellow rice with raisins | beef | sweet pepper | coriander | cumin seed
ginger | cardamom | coconut milk - hot

1750

lammcurry | lamb curry [indien]

mandelreis | joghurt | aubergine | minze - scharf
almond rice | yoghurt | eggplant | mint - hot

1750



geng deng gung [thai]

reis | riesengarnelen | thai curry rot | thai basilikum
gemüse | kokosmilch – sehr scharf
rice | king prawns | red thai curry | thai basil
vegetable | coconut milk – very hot

2300



signature dish - empfehlung

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ZEN

THE BEST OF PAN-ASIAN CUISINE

dessert



ZEN

pandan tapioker pudding [thai]

kokosschaum
cocos foam

cent

800

milchreistürmchen | rice pudding [indien]

mangokompott
mango compote

850



ZEN

zitronengras crème brûlée | lemon grass crème brûlée

litschi mariniert | schokolade
marinated lychee | chocolate

850

exotische früchte | exotic fruits

ananas sorbet
pineapple sorbet

850

eis kalt | ice cold

kokosnuss | ananas | litschi
coconut | pine apple | lychee

900

ZEN variation

(zwei personen)
(two person)

1750



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kleines küchenlexikon | kitchens dictionary

wakame		seetang	-	<i>tang</i>
tosa – zu		japanischer essig	-	<i>japanese vinegar</i>
mitsuba		japanisches küchenkraut	-	<i>japanese herbs</i>
tobikko		flugfisch kaviar	-	<i>caviar</i>
miso		sojabohnen paste	-	<i>paste of soy bean</i>
yuzo		japanische limone	-	<i>japanese lime</i>
pak choi		kohlgemüse	-	<i>stew vegetable</i>
ponzu		sojasauce mit zitronengeschmack		<i>soy sauce with lemon flavour</i>
daikon		riesenrettich aus asien	-	<i>king radish from asia</i>
tempura		teigmantel	-	<i>pastry crust</i>
ebi		garnele	-	<i>prawn</i>
matsuhisa sauce		ingwer soja sesamöl	-	<i>ginger soy sesame oil</i>
wasabi		japanischer meerrettich	-	<i>japanese horseradish</i>

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