

ZEN was created and founded by local native Ethan Huynh at the age of 24. With his eye on the American Dream, he built his Krewe and in turn designed the restaurant you love today.

We understand hard work, dedication, and our loyal patrons are the driving force behind ZEN's continued growth and prosperity. After 6 years of delivering a unique taste you can only get here at ZEN, we are pleased to call Houma our home.

We believe in hiring and promoting from within our local community. Proudly growing from a select handful of Krewe members to the nearly 40 we employ today, ZEN's Krewe is your brothers, your sisters, your friends, and your family.

We're Local, Proud, and our food ROCKS!

From OUR family to yours,

Welcome to

ZEN

FACEBOOK /ZenSushi-of-Houma

TWITTER @Zen_Sushi_Houma

INSTAGRAM @zensushi_of_houma

www.ZENHOUMA.com



Ethan Huynh - Founder

T O U R O F Z E N



bird nest



zenmame



harumaki



snow crab salad



alaskan mix



ceviche salad



sexy tuna



BLT



rock-N-roll



sunshine



kamikaze



OMG



cucumber wrap



krispy kreme



jaguar



zen fried rice



shrimp hibachi



udon noodles

IMPORTANT WARNING: Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have a medical condition.



Sushi of Houma

STARTERS

bird nest \$11.15
"baked" avocado halves . snow crab . spicy mayo . eel sauce . seeds

alaskan mix \$10.70
"baked" fresh atlantic salmon . snow crab . eel sauce . seeds

beef asparagus maki \$8.70
tenderized sirloin . asparagus . teriyaki . seeds . chives

original edamame \$5.45
soy bean pods . sea salt

zenmame \$6.70
"garlic butter" . sweet & sour . ragin cajun" soy bean pods

harumaki \$9.15
"eggroll" snow crab . cream . boiled shrimp . avocado . plum

gyoza \$6.15
"dumpling" potstickers . pork . seeds . chives . sweet chili

shrimp vegetable tempura \$7.15
tempura shrimp . tempura vegetables . seeds . chives

SOUPS & SALADS

house soup \$2.70
beef & chicken broth . mushrooms . fried onion . chives

miso soup \$3.70
miso broth . mushrooms . tofu . seaweed . chives

house salad \$3.70
fresh greens . cucumbers . cherry tomato . potato sticks . choice dressing

snow crab salad \$10.70
snow crab . cucumbers . avocado . masago . spicy mayo . snow

seaweed salad \$6.15
marine seaweed . masago . chili oil

squid salad \$6.70
marinated squid . masago . chili oil

ceviche salad \$12.15
assorted fish . cucumber . cherry tomato . red onion . mango . ponzu

seared tuna salad \$10.70
fresh greens . seared tuna . cucumber . fried onion . masago . vinaigrette

BENTO BOX all day \$12.15

house soup or salad . fried or white rice . sautéed vegetables . 2 sides

SIDES include with BENTO BOX

california . crunchy . craw-daddy . spicy roll . tekkimaki . edamame . sashimi . sushi . seaweed salad . squid salad . shrimp vegetable tempura . gyoza

ZEN-CERTIFIED ROLLS zen staple creations

FULLY COOKED it's a texture thing

blt \$13.15
(rice) panko bacon . snow crab . spring mix . cherry tomato . avocado . red onions

rock-n-roll \$12.15
(seaweed) tempura shrimp . cucumber . masago . snow crab . avocado . crunchy

sunshine \$13.70
(calamari) snow crab . jalapeño . cream . avocado . panko calamari

saints \$11.15
(seaweed) crawfish . cucumber . boiled shrimp . avocado

cucumber wrap \$11.15
(cucumber) boiled shrimp . snow crab . avocado

omg \$14.45
(seaweed) tempura shrimp . cream . jalapeño . sautéed steak . seeds . chives

kamikaze \$12.70
(soy) coconut shrimp . cucumber . cream . snow crab . strawberry . kiwi

krispy kreme \$14.15
(soy) boiled shrimp . cream . avocado . snow crab . panko snapper

po-boy \$14.45
(soy) our version of the classic shrimp po-boy
substitute soft shell crab \$15.15

OPEN MINDED you've come this far

sexy tuna \$13.15
(seaweed) tempura shrimp . cucumber . cream . tuna . snow crab . avocado . crunchy

sexy salmon \$13.15
(soy) tempura shrimp . fuji apple . asparagus . cream . snow crab . salmon . crunchy

buddha \$12.70
(seaweed) tempura shrimp . snow crab . spicy tuna . avocado . seeds

jaguar \$12.70
(seaweed) tempura shrimp . snow crab . cream . spicy tuna . jalapeño . masago

EAT IT RAW blue water

naked \$14.45
(rice) tuna . salmon . escolar . snow crab . avocado . asparagus . crunchy

tokyo city \$14.15
(seaweed) yellowtail . salmon . cucumber . avocado . fried onion . seared tuna . chives

dragon \$13.15
(seaweed) tuna or rainbow . snow crab . cucumber . masago . seeds . chives

9-1-1 \$12.15
(seaweed) spicy tuna . cucumber . avocado . seeds . chili oil

TRADITIONAL ROLLS

california \$6.15
(seaweed) crab stick . cucumber . avocado . masago . seeds

crawdaddy \$6.70
(seaweed) crawfish . avocado . seeds

crunchy \$6.70
(seaweed) snow crab . avocado . crunchy

houma \$8.70
(soy) boiled shrimp . snow crab . asparagus . avocado

shrimp tempura \$7.70
(soy) tempura shrimp . cucumber . avocado . masago

snow crab \$6.70
(seaweed) snow crab . avocado . rice dressing

spicy roll \$7.15
(seaweed) tuna avocado . salmon avocado . dynamite avocado . seeds

spider \$8.70
(seaweed) panko soft shell crab . masago . cucumber . avocado . seeds

tekkimaki \$6.70
(seaweed) tuna avocado . salmon avocado . yellowtail . avocado . chives

tempura \$8.70
(soy) tempura shrimp . snow crab . avocado

charges for modifications will apply

ZEN SPECIALTIES

zen fried rice taste the love
zen noodles thin noodles
udon noodles fat noodles

CHICKEN \$10.70
BEEF OR SHRIMP \$11.15
COMBO OR SEAFOOD \$12.70

sashimi sampler \$21.15 sushi sampler \$23.15
#1 grade yellowfin tuna . fresh atlantic salmon . white tuna escolar . yellowtail (with soup or salad)

tataki \$13.15
"tuna or beef" . cucumber . red onion . ponzu . masago . seeds . chives

HIBACHI ENTREES

lunch entrees
house soup or salad . fried or white rice . sautéed vegetable . protein

dinner entrees
house soup & salad . fried or white rice . zen noodles . sautéed vegetable . protein

	LUNCH	DINNER	ADDITION	KIDS
	110g	170g	110g	110g
CHICKEN	\$10.15	\$17.15	\$7.15	\$7.45
STEAK	\$11.15	\$20.15	\$9.15	\$8.45
FILET	\$16.15	\$25.14	\$11.15	
SHRIMP	\$11.15	\$20.15	\$9.15	\$8.45
SALMON	\$11.15	\$19.15	\$9.15	
SCALLOP	\$12.15	\$21.15	\$9.15	
NUGGETS				\$7.15

substitute Miso for \$1 . Teriyaki style for \$1

SWEET CREATIONS

fruity pebble \$13.15
(soy) mango . cream . coconut shrimp . snow crab . avocado . strawberry . coconut . snow sauce . sriracha . graham crumble

sweetheart \$11.15
(soy) coconut shrimp . mango . cream . strawberry . blueberry . plum sauce . coconut . graham crumble

fried ice-cream \$6.70
vanilla ice-cream tempura deep fried

ice-cream \$5.15
vanilla, green tea, mango, coconut, or red bean

