

KAIZEN®

FINE ASIAN FUSION | SUSHI | BAR

DISHES & DRINKS

| | FOREWORD | |

The term "Kaizen" (改善) originates from Japanese culture and is composed of the Japanese words "Kai" (改) for "change" and "Zen" (善) for "for the better".

Our concept aims at "continuous improvement" of our work processes and quality standards.

Kaizen is a state of mind.

I dedicate the name of the restaurant to two women who have always supported me. You have helped me to achieve Kaizen - both personally and professionally.

Heartfelt thanks to

Lieni & Thao

Despite the most careful checking of all products used, allergenic reactions may occur. Our staff will be happy to answer any questions you may have.

Allergens:

Wheat, rye, barley, oats, spelt, crustaceans, eggs, fish, peanuts, soybeans, milk, almonds, hazelnuts, walnuts, frozen nuts, brazil nuts, pistachios, macadamia or queensland nuts, celery, mustard, sesame seeds, sulphur dioxide and sulphites, lupins, molluscs.

WARM STARTERS



• 1




• 8



• 11

1. **Edamame**^a 6.50
steamed green soybeans with sea salt 
2. **Gyoza**^a (5 pcs) 6.90
fried dumplings with chicken and vegetable filling
3. **Thao's Moneybags**^a (5 pcs) 6.90
small deep-fried pastry bags with spicy prawn filling
4. **Ebiniku**^a 7.10
prawns in butter-garlic sauce with lemon
5. **Karaage**^a 6.50
deep fried chicken pieces with garlic-ginger breading, truffle mayo and lemon
- 6a. **Salmon Tataki**^a 12.50
lightly grilled tuna with sesame and balsamic soy sauce
- 6b. **Tuna Tataki**^a 13.50
lightly grilled tuna with sesame and balsamic soy sauce
7. **Yume**^a 6.90
tuna served in a pastry shell with chilli garlic sauce

8. **Hakao**^a (5 pcs) 6.90
steamed chinese dumplings with
prawn filling

10. **Agedashi Tofu**^a 5.90 
deep fried silken tofu with soy spice
sauce and spring onions

12. **Haru Haru**^a (6 pcs) 5.50
vegetarian spring rolls with
tsuki sauce

9. **Ika Mika**^a (8 pcs) 6.90
deep fried squid in batter with
truffle mayo and lemon

11. **Takoyaki**^a (3 pcs) 6.50
baked dough balls with
octopus filling



•6



•2

YAKITORI SKEWERS (2 skewers)



16. Yasai Skewers^a 5.90
skewers with various
vegetables in teriyaki sauce



17. Tori Skewers^a 6.90
skewers with chicken breast
and spring onions in teriyaki
sauce



18. Kamo Skewers^a 8.50
skewers with duck breast and
spring onions in teriyaki sauce

SOUPS



35. Misoshiru^a 6.10
Soup made from soybean
paste
and fish stock with
Silken tofu, bean sprouts
and seaweed



36. Tom Yum^a 7.50
Coconut milk soup with
prawns, vegetables and
coriander



37. Udon^a 7.50
Fish broth with Japanese
wheat noodles, cured
chicken, silken tofu, bean
sprouts and spring onions



38. Tempura-Udon^a 9.50
fish broth with Japanese
wheat noodles, silken
tofu, bean sprouts, spring
onions and mixed tempura

| COLD STARTERS

21. Sakura^a 8.90

prawns in fine mango strips with red pepper, peanuts, refined with fresh herbs and spicy vietnamese seasoning



22. Wakame^a 6.90 

green seaweed salad refined with sesame seeds



23. Umi^a 9.90

Tender tuna carpaccio with ginger soy sauce




24. Sora^a 8.90

Tender salmon carpaccio with ginger soy sauce



| SALADS



25. Avocado Sarada ^a 10.90 

fresh avocado on fresh
seasonal leaf salad
with house dressing



26. Sake Sarada ^a 12.90

grilled salmon fillet on seasonal
leaf salad with house dressing,
refined with an unagi sauce and
sesame seeds



27. Panko Tori Sarada ^a 11.90

crispy chicken breast on fresh
seasonal leaf salad with house
dressing, finished with a truffle mayo
sauce and sesame seeds

| POKE BOWLS



31. Sake Bowl ^a 13.90

hawaiian salad with raw salmon cubes, avocado, tobikko, edamame, mango, peppers and sushi rice in a light mango soy sauce refined with chili strings



32. Maguro Bowl ^a 14.90

hawaiian salad with raw tuna cubes, avocado, tobikko, edamame, mango, peppers and sushi rice in a light mango soy sauce refined with chili strings




33. Unagi Bowl ^a 15.90

flambéed freshwater eel and avocado on sushi rice with unagi and tsuki sauce

TEMPURA



• 43

- 41. Shojinage^a 13.50** 
various vegetables
in tempura batter
- 42. Moriawase Tempura^a 15.50**
shrimp, fish and vegetables
tempura
- 43. Ebi-Tempura^a (6 pcs) 17.50**
shrimp tempura with jasmine rice

FRIED NOODLES^(vegetarian)



- 61. Yakisoba^a 10.90**
fried japanese egg noodles with eggs,
various vegetables and spring onions
(optional with fried rice)



- 62. Yakiudon^a 10.90**
fried udon noodles with various
vegetables, eggs and spring onions

Optional wählbar mit:

- + chicken filet^a 4.00
- + shrimps^a 6.00

- + crispy chicken^a 5.00
- + crispy duck^a 6.00

| BENTO-BOX



45. Bentobox - Duck^a 21.90

food box with compartments filled with crispy duck and green vegetables in teriyaki sauce, 2 nigiris, avocado hosomakis (6 pcs), mixed salad, assorted tempura, wakame and jasmine rice.



46. Bentobox - Sake^a 23.50

Food box with compartments filled with grilled salmon fillet with various vegetables in teriyaki sauce, a yasai and tori skewer each, mixed tempura, 2 nigiris, mixed hosomakis (6 pcs) and jasmine rice.



47. Bentobox - Kyoto^a 17.90

food box with compartments filled with grilled redfish fillet and various vegetables in a spicy coconut sauce, a naomi roll, 2 nigiris, mixed salad and jasmine rice

MAIN DISHES (served with jasmine rice)



- 51. Saketeri**^a 17.50
salmon fillet with snow peas and pak choi served in teriyaki sauce



- 52. Akadaikokos**^a 17.50
redfish fillet with snow peas and broccoli served in spicy coconut sauce



- 53. Toriteri**^a 15.90
chicken breast with roasted green asparagus and leek in teriyaki sauce



- 54. Kamomiso**^a 17.90
babarie duck breast with roasted green asparagus and snow peas in a fruity mango-miso sauce



- 55. Sake Curry**^a 17.50
salmon in a fine batter coating with fried courgette, broccoli, carrots, aubergines, mushrooms and onions in a spicy thai curry sauce



- 56. Ibodai**^a 17.50
butterfish fillet with fried courgette and mushrooms in spicy coconut sauce



- 57. Taikare**^a 14.90
fried chicken fillet with fried courgette, broccoli, carrots, aubergines, mushrooms and onions in spicy thai curry sauce



- 58. Kazuya**^a 16.50
crispy duck with fried courgette, mushrooms, sugar peas in a fruity mango-miso sauce

EXTRAS

- | | | |
|-----|--|------|
| 71. | Jasmine Rice ^a | 2.50 |
| 72. | Sushi Rice ^a | 3.50 |
| 73. | Soybean Sprout Salad ^a | 3.00 |
| 74. | Ginger and Wasabi ^a | 2.00 |
| 75. | Extra Sauce ^a
Teriyaki Sweet Chilli Peanut Sate Chili
 Tsuki Unagi Truffle Mayo Soy Sauce
salt reduced or gluten free | 2.00 |

DESSERT

- | | | | |
|-----|--|-----|---|
| 81. | Banana Lover ^a 6.50
baked banana with honey, a
scoop of vanilla ice cream and
whipped cream | 82. | Dorayaki Platte ^a 6.90
Japanese pancake with sweet
adzuki paste, fresh fruits and a
scoop of vanilla ice cream with
whipped cream |
| 83. | Mochi Ice Mix ^a (2 Stck.) 5.50
japanese mochi rice cakes with
ice cream filling and cream
<i>- also baked on request - +1.0</i> | 84. | Ice Ice Baby ^a 6.90
3 scoops of ice cream (matcha, yuzu
and goma) with fresh fruits and
cream |
| | | 85. | Eiskugel ^a 3.50
Matcha (japanese green tea) Yuzu
(chinese citrus fruit) Goma (Black
sesame) |



HOMEMADE DRINKS

Limetten Calpico lime, Calpis, Mint, Soda	6.90
Raspberry Dream ¹ raspberries, calpis, mint, soda	6.90
Blue Star blueberries, calpis, mint, soda	6.90
Passion Lover ¹ passion fruit, ginger, mint, passion fruit nectar, soda	6.90
Ginger Cooler ¹ lime, ginger, mint, cucumber, brown sugar, ginger ale	6.90
Lieni's Berry Bomb ¹ berry mix, mint, cranberry nectar, soda	6.90
Kaizen Island ¹ passion fruit, lime, rhubarb juice, soda	6.90
Thai Ice Tea ² freshly brewed black tea with lime or milk	6.50
Fresh Detox freshly squeezed cucumber juice, lychee juice, mint, Sprite, soda	6.90

DRINKS

SODAS & LEMONADES

Table water carafe (sparkling/ still) **0,5l** **1,0l**
with fresh ingredients selectable with: 4.00 6.00
lime, lemon, orange, mint, ginger, lemongrass

Rhönsprudel Bottle (sparkling/still) **0,25l** **0,75l**
3.50 7.50

Soft drinks **0,2l** **0,4l**
Coca Cola ^{1,2,7} 3.20 4.20
Coca Cola Zero ^{1,2,4,7} 3.20 4.20
Fanta ⁵ 3.20 4.20
Sprite ¹ 3.20 4.20
Mezzo Mix ^{1,2} 3.20 4.20

Schweppes Bitter Lemon ^{3,5} 3.20 4.20
Schweppes Ginger Ale ¹ 3.20 4.20
Schweppes Tonic Water ³ 3.20 4.20

Ice Tea **Glas 0,3l**
Arizona Green Tea ⁵ 4.50

JUICE & SPRITZERS

0,2l **0,4l**
apple juice naturally cloudy 3.20 4.20
litchi juice 3.20 4.20
mango juice 3.20 4.20

passion fruit nectar 3.20 4.20
cranberry nectar 3.20 4.20
rhubarb nectar 3.20 4.20

juice spritzers 3.00 4.00

WARM DRINKS

green Sencha Tea ² jasmine 3.70
tea ² 3.70
fresh ginger tea 4.20
fresh peppermint tea 4.20

coffee ² 3.50
espresso ² 2.90
double espresso ² 3.60
cappuccino ² 3.70
latte macchiato ² 4.20

ALCOHOLIC DRINKS

APERITIF

aperol spritz ^{1,3,6}		7.50
hugo ⁶		7.50
lillet wildberry ⁶		.50
plum wine ⁶ (kalt)	0,1l	3.50
prosecco ⁶	0,1l	4.50

COCKTAILS & LONGDRINKS

moscow mule ⁶		8.90
cuba libre ^{1,2,7}		8.90
gin tonic ³		8.90
wodka cranberry/ maracuja		8.90
jacky cola ^{1,2,7}		8.90
caipirinha		8.90
mojito		8.90
japanese highball (suntory shiskey + ginger ale ¹ /soda)		9.90

SPIRITUOSES

Absolut Wodka	2cl	3.00
Jägermeister	2cl	3.00
Havana Rum	2cl	3.00
Ziegler Obst Brand (from apples and pears)	2cl	4.50
Grappa Madruzzo	4cl	4.50
Averna	4cl	4.50
Ramazotti	4cl	4.50
Baileys ^{1,2}	4cl	5.00

WHISKEYS (also on ice on request)

		4cl
Jack Daniel's Whisky		6.00
Japanischer Whisky Black Nikka		6.00
Japanischer Whisky Suntory Original		7.00
Japanischer Whisky The Fujisan		8.00

BEERS

	0,3l	0,5l
Bitburger (vom Fass)	4.50	5.70
Bitburger Alkoholfrei	4.20	
Erdinger wheat beer (on drought)	4.70	5.90
Erdinger wheat beer alcohol-free		5.20
Radler/cola beer ^{1, 2, 7}	4.50	5.70
Cola-Weizen ^{1, 2, 7}	4.70	5.90
japanese beers (Asahi Kirin Sapporo)	4.50	

WINES

JAPANESE SAKE RICE WINE *STANDARD/WARM*

HAKUSHIKA Junmai⁶ /Nishinomiya **0,1l**
4.50

JAPANESE SAKE RICE WINE *PREMIUM/KALT*

KARATANBA Honjozo / Kobe, Hyogo **0,1l** **0,3l**
Strong otoko sake (male sake) from Kobe, a traditional sake cultivation centre. Carefully brewed by Tanba-Toji (sake brewmaster). 6.50 15.50

HAKKAISAN Seishu / Niigata 8.50 21.50
A dry sake from Niigata, the deepest snow region in Japan. Brewed from pure spring water and up to 60% polished rice. Sweet sake with a noble and pure taste.

TAMANOHIKARI Daiginjo / Kyoto 9.50 26.50
Tamanohikari Brewery from Kyoto, a former sake purveyor to the Shōgun family. Junmai Daiginjo is sake of the highest quality.

WINES

Prosecco & Champagne **0,1l** **0,75l**
SCAVI & RAY⁶ 4.20 24.90
MOËT CHANDON IMPÉRIAL /Champagne Brut⁶ 105.00
MOËT CHANDON ICE⁶ 120.00

Open bottle wines **0,2l** **0,4l**
apple cider (pure⁶ | sour⁶ | sweet^{4,6}) 3.20 4.20
white wine spritzer⁶ 5.50

		glas	bottle
White wine (dry)		0,2l	0,75l
BOTT Riesling ⁶	/Mainz-Kostheim	5.90	19.50
BOTT Grauburgunder ⁶	/Mainz-Kostheim	6.20	20.50
GRES Chadonnay ⁶	/Appenheim	6.50	21.50

Rotwein (dry)			
PLENO Tempranillo ⁶	/Navarra	5.90	19.50
W. DIEFENHARD Merlot ⁶	/Hochheim	6.20	20.50
BOTT Spätburgunder ⁶	/Mainz-Kostheim	6.50	21.50

Rosé			
BOTT Rosé ⁶ (dry)	/Mainz-Kostheim	5.90	19.50

Did you enjoy the food?

You were satisfied with our service? Then

leave us a review on Google or TripAdvisor!

KAIZEN[®]
FINE ASIAN FUSION | SUSHI | BAR

www.kaizen-sushi.de

Despite the most careful checking of all products used, allergenic reactions may occur. Our staff will be happy to answer any questions you may have.

Allergens:

Wheat, rye, barley, oats, spelt, crustaceans, eggs, fish, peanuts, soybeans, milk, almonds, hazelnuts, walnuts, frozen nuts, brazil nuts, pistachios, macadamia or queensland nuts, celery, mustard, sesame seeds, sulphur dioxide and sulphites, lupins, molluscs.

KAIZEN[®]
FINE ASIAN FUSION | SUSHI | BAR

www.kaizen-sushi.de