



À La Carte Menu

I N T R O D U C T I O N

Our Journey began in 2004 when Eatzen has relentlessly aspired towards sharing and unveiling our chinese heritage through tantalising people's palettes. Sourcing the finest ingredients imported from across the World, to utilising the best local foods in Ireland. This has been our prerogative in accentuating our crafts and traditions to who we feel are most important. You!

In order for each and every one of our guests to understand our culinary provenance – our cause is to inspire and impress all guests with our Asian recipes, while cultivating new and

exciting dishes as we continue upon our incredible journey.

So, while we intend to continuously perfect our culinary diversities.

We at Eatzen hope you will immerse yourselves, relax and enjoy the experience ahead for many years to come.

Allergen Notice

We ask our guests with allergies or intolerances to make a member of the team aware, before placing an order for food or beverages.

For any of our guests with severe allergies or intolerances, we will indefinitely cater and attend with the utmost care and consideration.

However, please be aware that although all due care will be taken to accommodate allergies and intolerances.

Eatzen is unable to guarantee that some condiments or ingredients used may still cause reactions and so we are unable to ensure total allergen free.

S O U P S

SPINACH SOUP

*A rich vegetable soup stock simmered with fresh baby spinach, carrots and finished with egg whites. **GF VG***
€6.00

CORN & CHICKEN SOUP **GF**

Diced chicken cooked in a creamy sweetcorn blend.
€5.00

WONTON & CHICKEN SOUP **GF**

A timely simmered broth with hand wrapped dumplings filled with minced pork and prawns accompanied with slices of tender chicken. €6.00

HOT & SOUR SOUP **GF**

A tantalising szechuan favourite with chicken, prawns & tofu.
€7.00

Kindly note **NO SERVICE CHARGES** are applicable to your bill.

Only covers of 6 pax or more will have a discretionary service charge of 10% added to your bill

and all tips and gratuities are distributed to staff.

A P P E T I S E R S

VEGETABLE SPRING ROLL **VG**

Daily prepared with vermicelli, carrots & taro fillings.

€6.00

VEGETARIAN CHICKEN IN SATAY SAUCE **VG**

(Soy made meat alternative) Lightly battered chicken alternative stir fried with spanish onions, bell peppers, pineapple & baby corns in a light savoury satay sauce.

€6.00

ZEN TRINITY

Platter of barbeque ribs, vegetable spring rolls & satay skewers (chicken).

€10.00

BARBEQUE RIBS

Individually marinated in a sweet and savoury sauce, finished with a light roast.

€8.00

NOODLE WRAPPED PRAWNS

Jumbo size prawns cocooned in an extremely fine noodle crust, deep fried until golden and served with a sweet chilli sauce.

€10.00

SESAME PRAWN BAGUETTE

Plump prawn mince layered on top of crusty baguette slices seasoned with sesame seeds.

€9.00

YUK SUNG PORK, CHICKEN OR XO PRAWN **GF**

Mildly spiced mince presented on a crisp lettuce wrap.

XO Prawn - A fragrant condiment consisting of dried seafood.

PORK , CHICKEN €8.00 ; PRAWN €9.00

SATAY SKEWERS CHICKEN OR BEEF

Generously skewed and freshly grilled, served with a delectable peanut satay sauce.

CHICKEN €8.00 ; BEEF €9.00

SALT & CHILLI CHICKEN, PRAWN, SOFT SHELL CRAB OR SQUID **GF**

Chosen selection; deep fried and heavily dusted with salt & chillies then tossed with dry garlic grains.

Crab claw (prawn mince individually moulded onto crabclaws)

CHICKEN €7.00 ; PRAWN €9.00 ; SOFT SHELL CRAB €13.00 ; SQUID €10.00

SEAMAYO CHICKEN OR PRAWNS

Delicately deep fried pieces, coated with an inhouse made refreshing mayo dressing sprinkled with sesame seeds.

CHICKEN €7.00 ; PRAWNS €9.00

AROMATIC DUCK PORTIONS; 1/4 OR 1/2

(Served with steamed pancake wraps, finely sliced cucumbers, leeks & hoisin sauce)

Duck marinated with an aromatic in house blend of spices & herbs, completed with a flash fry for a crispy finish.

1/4 DUCK €15.00 ; 1/2 DUCK €30.00

P O U L T R Y

MANGO DUCK **GF**

Succulent sliced roast duck breast paired with fresh mangoes in a piquant citrus sauce.

€19.00 TRADITIONAL CHINESE ROAST DUCK **GF**

Meticulously prepared duck breast sliced and served in a unique sweet soy sauce.

€19.00 THAI CHILLI DUCK **GF**

Roasted duck breast sliced, served with stir fried vegetables in a subtle sweet thai chilli sauce.

€19.00 LEMON GRASS DUCK **GF**

Roasted duck breast sliced & paired with an aromatic oyster sauce & lemon grass shavings.

€19.00

DÒUBÀN CHICKEN **GF**

Wok seared chicken slices stir fried with bell peppers, spanish onions, chilli peppers & babycorns in a rich bean sauce.

€17.00 CHICKEN AND PEPPER IN BLACK BEAN SAUCE

Pan seared chicken slices stir fried in a rich savoury bean sauce with peppers.

€17.00 SWEET & SOUR CHICKEN **GF**

Lightly battered chicken, deep fried & doused in a sweet & tangy sauce.

€17.00 CHICKEN IN SATAY SAUCE

Tender chicken slices stir fried with spanish onions, bell peppers, pineapple & baby corns in a light savoury satay sauce.

€17.00 MELON CHICKEN **GF**

Cubes of shallow fried chicken stir fried with galia melon & cashew nuts.

€17.00 CHILLI CHICKEN

Chicken slice stir fried with bell peppers, carrots & celery in a subtle sweet chilli sauce served in a rice noodle nest.

€17.00 LEMON & PLUM CHICKEN **GF**

Battered chicken breast, lightly fried, sliced and served in a zesty lemon sauce.

€17.00 CHICKEN NESTS

Strips of chicken stir fried with bell peppers, carrots & celery cradled in a rice noodle nest .

€17.00 MANGO CHICKEN **GF**

Wok seared chicken slices paired with fresh mangoes in a piquant citrus sauce.

€17.00 LÀ ZI JÌ **GF**

A szechuan influenced recipe of; wok seared chicken slices, stir fried with dried chillies, shallots, water chestnuts & mushrooms in a rich spicy bean sauce.

€17.00

S E A F O O D

BUBBLES & BASS

Fine cut of chilean sea bass - carefully pan seared, finished with a sweet honey glaze coating.

Served with a zesty, light champagne sauce.

€32.00

GINGER & SPRING ONION SOLE

Delicate cut of sole - pan fried with an authentic chinese ginger & spring onion recipe.

€34.00

STEAMED SEA BASS OR SOLE **GF**

Traditionally steamed whole (choice of fish) with julienne ginger & spring onion, bathed in a light soy sauce.

SEA BASS €29.00 ; SOLE €34.00

SALT AND CHILLI SEA BASS OR SOLE **GF**

Deep fried and heavily dusted with spicy salt & chillies finished with dry garlic grains.

SEA BASS €30.00 ; SOLE €34.00

STIR FRIED SEA BASS OR SOLE

Choice of:

*Ginger & spring onion **GF** (authentic chinese ginger & spring onion recipe)*

Asparagus and black pepper sauce (blanched spring shoots in a flavoursome black pepper sauce)

*Courgettes & homemade XO chilli sauce **GF** (blanched courgettes in a fragrant seafood relish)*

SEA BASS €30.00 ; SOLE €35.00

DÒUBÀN KING PRAWNS **GF**

Wok seared king prawns stir fried with bell peppers, spanish onions, chilli peppers & babycorns in a rich bean sauce.

€20.00

BLACK PEPPERED PRAWNS

Succulent king prawns, stir fried with red & yellow bell peppers and asparagus in a mild black peppered sauce.

€20.00

GARLIC STEAMED PRAWN **GF**

Individually crafted king prawns, accompanied with both fresh and dried garlic flakes, steamed to perfection and finished with a light soy sauce.

€20.00

KING PRAWNS IN SATAY SAUCE

Wok seared king prawns stir fried with spanish onions, bell peppers, pineapple & baby corns in a light savoury satay sauce.

€20.00

SWEET & SOUR KING PRAWNS **GF**

Lightly battered king prawns deep fried & doused in a sweet & tangy sauce.

€20.00

JUMBO LAKSA PRAWNS **GF**

Deep fried jumbo sized prawns, tossed with a golden coating of infused aromatic herbs, chilli & butter.

€24.00

MACADAMIAN PRAWNS **GF**

Wok seared king prawns stir fried with bell peppers, celery & crunchy macadamia nuts.

€20.00

R E D M E A T S

BEEF FILLETS IN SATAY SAUCE

Beef fillet slices stir fried with spanish onions, bell peppers, pineapple & baby corns in a light savoury satay sauce. €20.00

BEEF FILLET WITH GARLIC OIL

Beef fillet grilled, drizzled with a melted garlic and herb infused butter.

€22.00

CHILI BEEF **GF**

Fine slices of wok seared tender beef, with bell peppers, carrots & celery in a subtle sweet chilli sauce. €20.00

MANGO BEEF **GF**

Pan seared strip loin steak paired with fresh strips of sweet mangoes in a piquant citrus sauce.

€20.00

BEEF IN BLACK BEAN SAUCE

Beef fillet slices cooked in a classic umami black bean sauce.

€20.00

TERIYAKI BEEF

Wok seared slices of beef fillet, cooked in a sweet mirin & soy sauce.

€20.00

PEKING BEEF FILLET

Beef fillet slices wok seared, stir fried with onions in a sweet, tangy sauce.

€20.00

SZECHUAN BEEF FILLETS

Beef fillets stir fried with chilli, ginger and spicy herbs.

€20.00

FRAGRANT GRILLED LAMB RACK

Succulent lamb rack marinated in garden herbs accompanied with a refreshing mint sauce.

€24.00

C U R R Y

CHOOSE YOUR CURRY STYLE

GREEN CURRY

(Subtle & Light)

RENDANG CURRY

(Rich & Satisfying)

Choice of:

CHICKEN FILLET	€17.00
BEEF FILLET	€20.00
KING PRAWN	€20.00
VEGETABLE	€12.00

(Vegetable curry consists; potato wedges, courgettes, long red chillies and spanish onions)

S I D E D I S H

CHIPS		€3.00
STEAMED RICE		€3.00
FRIED RICE		€4.00
FRIED NOODLES		€5.00
EGG WHITE FRIED RICE	<i>A healthy light option prepared with egg white.</i>	€6.00
SPECIAL FRIED RICE		€6.00
STIR FRIED MIXED VEGETABLES		€6.00
STIR FRIED ASPARAGUS		€6.00
STIR FRIED CHINESE VEGETABLES	<i>Pak choi and gai lan, also know as chinese broccoli.</i>	€9.00

V E G E T A R I A N D I S H E S

(Meat substitute made with soybean)

VEGETARIAN BEEF IN BLACK PEPPER SAUCE **VG**

Grounded black pepper corns, lightly toasted and stir fried with a beef alternative, onions & garlic. €10.00

VEGETARIAN RENDANG CHICKEN **VG**

Rich and aromatic curry cooked with a healthier alternative to chicken.

€10.00

STIR FRIED TOFU **VG**

Fresh tofu with an array mix vegetables stir fried with oyster sauce.

€9.00

VEGETARIAN SWEET & SOUR CHICKEN **VG**

Lightly battered chicken alternative, deep fried & doused in a sweet & tangy sauce.

€10.00

N O O D L E D I S H E S

(All noodle dishes can be requested either dry or with a savoury sauce, except for Singapore Vermicelli)

MIXED VEGETABLES NOODLES

Delicious stir fried mixed vegetables recipes with egg noodles.

€13.00

CHICKEN NOODLES

A customer favourite, stir fried egg noodles with breast of chicken and mixed vegetables.

€15.00

SINGAPORE VERMICELLI

Dry stir fried rice vermicelli with duck, chicken, prawns, onions, chillies and red pepper seasoned with curry spices.

SMALL €8.00 ; LARGE €17.00

BEEF NOODLES

Lean beef fillets stir fried with mixed vegetables and soft egg noodles, served well in either dry or savoury sauce. €18.00

PRAWN NOODLES

Wok stir fried with quality king prawn combines with mixed vegetables and egg noodles.

€18.00

EATZEN SPECIAL NOODLES

A classic dish, stir fried egg noodles with duck, chicken, prawns, beef and seasonal mixed vegetables.

€18.00

S U P P L I E R S

We are proud to share our suppliers from the list below.

Kindly note, we only utilise beef produce which is reared, farmed and sourced within Ireland.

亞洲行
Asia Market



O'DONOVAN
FARM FOODS LTD

