

Kaizen food menu

Kaizen's current à la carte menu

Soups

Chicken Sweetcorn Soup €9.50

Diced chicken cooked in a creamy sweetcorn blend.

Allergens: Eggs, Soya

Chicken Noodle Soup €9.50

A rich chicken soup with sliced chicken and noodles.

Allergens: Gluten, Eggs, Soya

Szechuan Style Hot & Sour Soup €9.50

A tantalising Szechuan favourite with chicken, prawns and vegetables.

Allergens: Gluten, Crustaceans, Eggs, Soya, Sesame Seed, Sulphur Dioxide

Wonton Soup €9.50

Hand-wrapped pork and prawn dumplings with slices of tender chicken.

Allergens: Gluten, Crustaceans, Eggs, Soya, Celery

Appetizers

Crispy Mango Prawns €11.00

King prawns served in a crispy rice nest.

Allergens: Gluten, Crustaceans, Eggs, Milk, Sulphur Dioxide

Kaizen Bao €8.00

Silver Hill aromatic duck with carrots, cucumber, leeks and hoisin sauce.

Allergens: Gluten, Crustaceans, Sulphur Dioxide

Crispy Vegetable Spring Rolls €9.00

Taro, carrot, water chestnuts, vermicelli, black fungus and dried onions.

Allergens: Gluten, Sesame Seed

Skewered Chicken Satay €9.00

Freshly grilled chicken satay with peanut sauce.

Allergens: Eggs, Peanut, Soya, Milk, Nuts, Sulphur Dioxide

Peking Crispy Aromatic Duck €18.00

Silver Hill duck with pancakes, cucumber, leeks and hoisin sauce. Quarter portion.

Allergens: Gluten, Crustaceans, Sulphur Dioxide

Peking Crispy Aromatic Duck (Half) €36.00

Silver Hill duck with pancakes, cucumber, leeks and hoisin sauce.

Allergens: Gluten, Crustaceans, Sulphur Dioxide

Pork Yuk Sung €10.00

Minced pork, carrots, water chestnuts and spring onions on crisp lettuce wraps.

Allergens: Gluten, Crustaceans, Soya, Sesame Seed

Prawn Yuk Sung	€12.00
Minced prawns, carrots, water chestnuts and spring onions on crisp lettuce wraps.	
Allergens: Gluten, Crustaceans, Sesame Seed	

More Appetizers

Salt & Chilli Shredded Chicken	€9.00
Deep-fried shredded chicken with salt, chillies and dry garlic grains.	
Allergens: Eggs	

Salt & Chilli King Prawns	€11.00
King prawns with salt, chillies and dry garlic grains.	
Allergens: Crustaceans, Eggs	

Salt & Chilli Soft Shell Crab	€12.50
Soft shell crab with salt, chillies, garlic, spring onions, fresh chilli and curry leaves.	
Allergens: Gluten, Crustaceans, Sulphur Dioxide	

Chef's Specials

Roast Duck in Cantonese Style	€23.00
Tender roast duck served with soya sauce.	
Allergens: Gluten, Crustaceans, Soya, Sulphur Dioxide	

Honey Roast Iberico Pork Char Siu	€26.00
Pork char siu glazed with a sweet honey sauce.	
Allergens: Gluten, Crustaceans, Soya, Sulphur Dioxide	

Macau Style Roast Pork Belly	€23.00
Crispy pork belly roasted Macau style.	
Allergens: Gluten, Crustaceans, Soya, Sulphur Dioxide	

Salt & Chilli Seabass	€25.00
Crispy sea bass with fragrant salt and chillies.	
Allergens: Fish, Eggs	

Sauteed Beef Cubes with Mixed Mushrooms in Teriyaki Sauce	€28.00
Tender beef with asparagus, garlic and mixed mushrooms.	
Allergens: Gluten, Soya, Sulphur Dioxide	

Crispy Aromatic Leg of Lamb	€24.00
Spring lamb with chickpeas, spring onions and curry leaves.	
Allergens: Gluten, Soya, Nuts, Sulphur Dioxide	

Thai Chilli Chicken	€23.00
Chicken with a sweet and spicy kick.	
Allergens: Gluten, Soya, Nuts, Sulphur Dioxide	

Mango Duck	€24.00
Crispy duck with sweet and tangy mango.	
Allergens: Gluten, Crustaceans, Soya, Sulphur Dioxide	

Pan-Fried Rack of Spring Lamb	€28.00
Spring lamb with a savoury crushed black pepper sauce.	
Allergens: Gluten, Soya, Sulphur Dioxide	

Dry-Fried Four Seasons Beans	€22.00
Minced pork and green beans with premium XO sauce.	
Allergens: Gluten, Crustaceans, Soya	

Pak Choi	€15.00
Stir-fried pak choi with dry garlic grains.	

Seafood Dishes

Ginger and Scallion Steamed Seabass	€25.00
Fresh sea bass fillets steamed with ginger and scallions. Allergens: Gluten , Crustaceans , Fish , Soya	
Sweet & Sour Fish	€25.00
Fresh fish served with sweet and tangy sauce. Allergens: Crustaceans , Fish , Sesame Seed	
Steamed Scallop	€28.00
With fragrant garlic or rich black bean sauce. Allergens: Crustaceans , Soya , Molluscs	
XO Stir-Fried Seafood	€28.00
A medley of seafood stir-fried with XO sauce. Allergens: Gluten , Crustaceans , Fish , Soya , Sesame Seed , Molluscs	
Lobster	Seasonal price
Ginger and scallions, garlic vermicelli, salt and chilli, cheese or superior broth.	
Wild Black Sole (Steamed/Pan-Fried)	Price on request
Choice of steamed or pan-fried sole. Allergens: Gluten , Fish , Soya	
Turbot (Steamed/Stewed)	Price on request
Choice of steamed or stewed turbot. Allergens: Gluten , Fish , Soya	
Salt and Chilli Squid	€26.00
Crispy squid with fragrant salt and chilli. Allergens: Gluten , Fish , Eggs , Molluscs	
Garlic and Vermicelli Steamed King Prawn	€25.00
Steamed king prawns with garlic and vermicelli. Allergens: Gluten , Crustaceans , Fish , Eggs , Soya , Molluscs	

Noodle Dishes

Chicken Chow Mein (Dry or Wet)	€23.00
Skinny egg noodles with chicken breast. Allergens: Gluten , Soya , Sesame Seed	
Beef Chow Mein (Dry or Wet)	€23.00
Skinny egg noodles with lean fillet beef. Allergens: Gluten , Soya , Sesame Seed	
King Prawn Chow Mein (Dry or Wet)	€25.00
Skinny egg noodles with king prawns. Allergens: Gluten , Crustaceans , Soya , Sesame Seed	
Roast Duck Chow Mein (Dry or Wet)	€25.00
Skinny egg noodles with Cantonese roast duck. Allergens: Gluten , Crustaceans , Fish , Soya , Nuts , Celery , Sesame Seed	

Kaizen Special Chow Mein (Dry or Wet)	€25.00
--	---------------

Skinny egg noodles with king prawns, pork, beef and chicken.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Soya](#), [Sesame Seed](#)

Mixed Seafood Chow Mein (Dry or Wet)	€25.00
---	---------------

Skinny egg noodles with king prawns, scallops and squid.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Soya](#), [Sesame Seed](#)

Mixed Vegetables Chow Mein (Dry or Wet)	€20.00
--	---------------

Skinny egg noodles with mixed vegetables.

Allergens: [Gluten](#), [Soya](#)

Singapore Chow Mein (Dry)	€25.00
----------------------------------	---------------

Skinny egg noodles with prawns, chicken, pork and curry sauce.

Allergens: [Gluten](#), [Crustaceans](#), [Soya](#), [Sesame Seed](#)

Fried Rice Dishes

Beef Fried Rice	€23.00
------------------------	---------------

Fillet beef with jasmine rice.

Allergens: [Gluten](#), [Eggs](#), [Soya](#)

Shredded Chicken Fried Rice	€20.00
------------------------------------	---------------

Chicken, jasmine rice and eggs.

Allergens: [Gluten](#), [Soya](#), [Sesame Seed](#)

Char Siu Fried Rice	€23.00
----------------------------	---------------

Roast pork and jasmine rice with eggs.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Eggs](#), [Soya](#), [Nuts](#), [Celery](#), [Sesame Seed](#)

XO Seafood Fried Rice	€25.00
------------------------------	---------------

Premium XO sauce with scallop, prawn and squid.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Eggs](#), [Soya](#), [Molluscs](#)

Seafood Fried Rice	€25.00
---------------------------	---------------

Scallop, prawn and squid with jasmine rice.

Allergens: [Gluten](#), [Fish](#), [Eggs](#), [Soya](#), [Molluscs](#)

King Prawn Fried Rice	€25.00
------------------------------	---------------

King prawns with jasmine rice.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Eggs](#), [Soya](#), [Molluscs](#)

Yeung Chow Fried Rice	€20.00
------------------------------	---------------

Prawn, chicken breast and pork with jasmine rice.

Allergens: [Gluten](#), [Crustaceans](#), [Eggs](#), [Soya](#)

Singapore Fried Rice	€25.00
-----------------------------	---------------

Jasmine rice with prawns, chicken, pork and curry paste.

Allergens: [Gluten](#), [Crustaceans](#), [Eggs](#), [Soya](#)

Vegetables Fried Rice	€20.00
------------------------------	---------------

Jasmine rice with mixed vegetables.

Allergens: [Gluten](#), [Eggs](#), [Soya](#)

Kaizen Special Fried Rice	€25.00
----------------------------------	---------------

Prawn, beef, chicken and pork with jasmine rice.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Eggs](#), [Soya](#), [Molluscs](#)

Roast Duck Fried Rice	€24.00
------------------------------	---------------

Roast crispy duck with jasmine rice.

Allergens: [Gluten](#), [Crustaceans](#), [Fish](#), [Eggs](#), [Soya](#), [Nuts](#), [Celery](#), [Sesame Seed](#)

Mix Selections

Kaizen Special	€25.00
Chicken	€22.00
Beef	€25.00
Prawn	€25.00
Vegetable	€20.00
Tofu	€20.00
Duck	€24.00

Sauces

Curry Sauce

Curry with potatoes, zucchini and onions.

Allergens: Gluten, Soya, Celery, Sulphur Dioxide

Szechuan Sauce

Red and green peppers, onions, carrots and baby corn.

Allergens: Soya, Celery, Sesame Seed, Sulphur Dioxide, Molluscs

Kung Pao Sauce

Red and green peppers, onions and garlic.

Allergens: Gluten, Soya, Nuts, Sesame Seed, Sulphur Dioxide, Molluscs

Sweet & Sour Sauce

Pineapple, crisp red and green peppers.

Satay Sauce

Creamy sauce with peppers, onions, carrots and peanut.

Allergens: Peanut, Soya, Milk, Celery, Sesame Seed, Sulphur Dioxide

Chinese Premium XO Sauce

Mangetout, peppers, onions, baby corn, zucchini and mushrooms.

Allergens: Crustaceans, Soya, Sesame Seed

Black Bean Sauce

Peppers, onions and mushrooms.

Allergens: Gluten, Soya, Celery, Sulphur Dioxide

Ginger & Scallion Sauce

Fresh ginger, onions and spring onions.

Allergens: Gluten, Crustaceans, Fish, Soya

Side Order

Prawn Crackers	€3.30
Allergens: Gluten, Crustaceans	
Boiled Rice	€3.00
Egg Fried Rice	€4.50
Allergens: Eggs, Soya	
Chips	€4.00
Sauces	€4.00

Stir-Fried Broccoli	€10.00
Mixed Vegetables	€10.00
Stir-Fried Chow Mein (Bowl)	€5.50
Allergens: Gluten, Eggs, Soya, Sesame Seed	
Yeung Chow Fried Rice (Bowl)	€9.50
Allergens: Crustaceans, Eggs, Soya	

Set Menus

Lunch Set Menu

12:00pm-5:00pm

€25.00 per person

2 courses

Starters

Chicken Noodle Soup (1, 4, 6)
 Chicken Sweetcorn Soup (4, 6)
 Salt & Chilli Shredded Chicken (4)
 Skewered Chicken Satay (4, 5, 6, 7, 8, 12)
 Spring Roll (1, 11)

Main Courses

Choose from chicken, beef, prawns or vegetables. Served with your choice of sauce:

Black Bean Sauce (1, 6, 9, 12)
 Szechuan Sauce (6, 9, 11, 12, 14)
 Kung Pao Sauce (1, 6, 8, 11, 12, 14)
 Sweet & Sour Sauce (1, 6, 9, 12)
 Curry Sauce (1, 6, 9, 12)

Sides

Fried Rice / Boiled Rice / Chips

10% service charge will be added to bills.

Chef Tasting 5 Course Deluxe Menu

Monday to Friday

If you would like to select this menu, we require a minimum of one day's advance notice.

€80.00 per person

Minimum 2 persons

Appetizer

Salt & Chilli Prawn Dumpling in Typhoon Shelter (1, 2, 6, 9)

Soup

Homemade fresh Lobster Dumpling in Lobster Broth (1, 2, 6)

Third Course

Kaizen Bao (1, 2, 12)

Silver Hill Aromatic Duck served with carrots, cucumber, leeks and hoisin sauce.

Main Course

Sautéed Beef Cubes with Garlic and Mixed Mushrooms (1, 6, 12)

Tender beef stir-fried with asparagus, garlic and mixed mushrooms in our flavourful mushroom savoury sauce.

With

Lobster Fried Rice (2, 4)

Dessert

Dessert of the day, with chef's recommendation

Red or White Wine (glass)

House Wine (12)

10% service charge will be added to bills.

Please tell a member of staff about any allergy or dietary requirement before ordering. Prices and availability are subject to restaurant confirmation.