

SPECIALS



TEA

€ 3,50

BANCHA

Japanese green tea

GENMAICHA

bancha with roasted and puffed rice

ROOIBOS ORIENTAL

rooibos with passion fruit, peach, forest strawberry and bergamot

DARJEELING

black tea

DESSERTS

BANANA BREAD € 2,50

CHEESECAKE € 2,00/4,00

ICECREAM € 3,00

yuzu-raspberry
black sesame
matcha
lime-ginger



COLD DRINKS

FIREFLY € 3,00

kiwi – lime – mint
pomegranate – elderflower
lemon – lime – ginger
peach – green tea

LEMONAID € 3,00

passion fruit
lime
blood orange

CHARITEA € 3,00

green tea - ginger
black tea
red tea

NOA € 3,00

elderflower - rhubarb
blueberry - birch
lingonberry - spruce

ASAHI € 3,00

SPA € 1,50
still/sparkling



SHINSEN

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JAPANESE INSPIRED CUISINE

ONIGIRI'S, BENTO BOXES & MORE

TUE-FRI 11:00-18:30

SAT 10:00-18:00

EAT-IN HOURS: 11:30-15:30

EAT IN +€ 1,00

DONKERSTEEG 3, 9000 GENT

09/398 41 62

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BENTO'S

RICE BOWLS

CHEF'S CHOICE

€ 15,50 **MISO GLAZED EGGPLANT** ^(V) € 10,50

eggplant glazed with a miso sauce, edamame, homemade pickled vegetables and carrot kinpira

€ 16,00 **KIJYAKI CHICKEN** ^(Ch) € 11,00

chicken thigh glazed with teriyaki sauce, miso eggplant, homemade pickled vegetables and sweet French beans

€ 18,00 **TERIYAKI SALMON** ^(F) € 13,50

salmon glazed with a garlic teriyaki sauce, simmered shiitake, carrot-asparagus kinpira and sweet French beans

REGULAR

€ 14,50 **JAPANESE MEATBALLS** ^(B&P) € 9,50

savoury meatballs with a tonkatsu sauce

€ 14,50 **CHICKEN STIR FRY** ^(Ch) € 9,50

stir fried chicken with red bell peppers and cashew nuts

€ 14,50 **FRIED RICE & EDAMAME** ^(V) € 9,50

stir fried rice with eggs, ginger, carrots, zucchini and broccoli stems

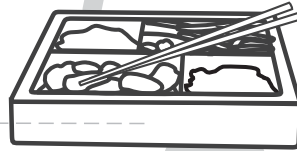
€ 14,50 **POACHED SALMON RICE MIX & EDAMAME** ^(F) € 9,50

poached salmon mixed with rice, black sesame, nori, soy sauce and sake

€ 14,50 **TOFU STIRFRY** ^(V) € 9,50

tofu, broccoli, bell peppers, oyster mushroom

Served with rice and a combination of seasonal vegetables



Bento



Rice bowl



Onigiri



Miso soup

JAPANESE INSPIRED CUISINE

ONIGIRI'S, BENTO BOXES & MORE

ONIGIRI'S

€ 4,00 **NASU KARASHI MISO** ^(F)
sautéed eggplant with red miso and Japanese mustard

NEGI MISO ^(F)
sautéed spring onion with white miso and soy sauce

CHICKEN TERIYAKI ^(Ch)
stir fried chicken and teriyaki sauce

GINGER BEEF ^(B)
stir fried beef with grated ginger and teriyaki sauce

SPICY PORK ^(P)
minced pork with a spicy kimchee sauce

GRILLED SALMON ^(F)
salmon, salted overnight, then grilled

SALMON MISTO ^(F)
a mix of rice, poached salmon, black sesame, nori and soy sauce

CHILI SHRIMP ^(Sh)
stir fried shrimp with a chili-soy-tomato sauce

MISO SOUP

€ 4,50 Ask for our soup of the week