

Mashiko Japanese Restaurant & Sushi Bar

COMMITTED TO PROMOTING SUSTAINABLE SEAFOOD

~ *Healthy, Responsible, and Delicious!* ~

Since 1994, Mashiko has given me a way to share my thoughts on food and culture. This has paved the way for another passion – sustainability. I am proud to say that as of August 15, 2009, Mashiko is Seattle's first fully sustainable sushi bar.

Mashiko does not blindly follow any one organization's sustainability guidelines. Instead, I keep up with the latest information from many reputable sources. I have developed relationships with some of the top seafood sustainability experts in America and have received an incredible amount of support from the industry. My education has been intense, and it will be ongoing.

Sustainable seafood is defined by several factors, and I carefully investigate our distributors. We use seafood caught in a responsible manner with minimal bycatch. With farmed seafood, we choose from antibiotic-free farms that feed properly and do not harm surrounding waters. We will not use any seafood that has dangerously low populations due to overfishing.

I encourage you to keep the Sustainable Seafood Guide presented with your check. Please let your server know if you would like additional guides.

Respectfully,

Chef Hajime Sato

P.S. By the way, the meats that we use are all natural and locally sourced here in the Pacific Northwest.



BECAUSE HAJIME SAYS SO

Mashiko is a non-discriminatory establishment.

We take reservations.

Chopsticks are not drumsticks.

10% box fee added to all to go orders.

18% gratuity included for parties of 6 or more.

Don't be afraid to try something new.

Visa, Mastercard, and washing dishes are acceptable methods of payment.

Cork Fee is \$10 (it has to be a good bottle of wine).

We reserve the right to refuse service to anyone.

Music is chef's choice.

Prices are subject to change based on customer's attitude.

Soy sauce is not a beverage.

Tip well... live long.

Please respect others when using your cell phone.

After you eat, eat more!

Enjoy life.

ART WITH A PURPOSE

Much of the art on display is for sale. Of those pieces, the net proceeds will be donated to your choice of several worthy charities. Please see the informational cards next to each piece for more information.





HUNGRY FOR INFORMATION?

Owner/Chef Hajime Sato is more than happy to answer any questions about sushi, sake, sustainability, fish, aquariums, motorcycles, and beyond.

CHEF'S CHOICE COURSE MEALS

- | | | |
|--|---|----|
| | Course Meal for Two | 50 |
| | A great way to sample items from both our kitchen and our sushi bar. This five course meal for two includes one cold appetizer, an assortment of sushi, two entrees from the kitchen, and a dessert to share. | |
| | Sushi and Sashimi Course Meal for Two | 60 |
| | Let our sushi chefs take your taste buds on a unique adventure. This taste extravaganza includes two appetizers from the sushi bar, eight assorted pieces of nigiri (four orders), two rolls, and a dessert to share. | |
| | Omakase おまかせ | M |
| | Trust us – we're professionals. Our chefs will surprise you with course after delicious course from the sushi bar and the kitchen until you cannot eat another bite. Even better when paired with recommended sakes. | |
| | Kaiseki 会席 | M |
| | Have you tried Omakase at least five times? If so, you might be ready for this expert level dining experience. Ask Hajime very, very nicely and perhaps he will allow you to experience the event that is kaiseki. Must be scheduled at least two weeks in advance. | |

START

- | | | |
|---|---|---|
|  | Edamame
soybeans in pods with sea salt | 4 |
|  | Garlic Edamame
edamame with special garlic sauce | 5 |
|  | Sunomono
cucumber and seaweed with rice vinegar | 2 |
|  | Chuka Salad
seasoned seaweed salad | 4 |
| | Miso Soup
miso with traditional dashi | 2 |

SALAD

- | | | |
|---|---|----|
|  | House Salad
mixed greens with our house plum miso vinaigrette | 6 |
| | Mashiko Tuna Salad
panko fried tuna, wasabi, and spicy mayo on mixed greens | 13 |
| | Sashimi Salad
mixed greens with chef's choice sashimi on top | 15 |
| | Skipjack Salad
mixed greens, skipjack tuna, and wasabi mayonnaise topped with bonito flakes | 11 |
|  | Tofu Salad
mixed greens with tofu and miso vinaigrette | 8 |
| | Albacore Tataki Sashimi
sunomono and seared albacore topped with garlic ponzu sauce and onions | 11 |
| | Poki of the Day
our interpretation of traditional Hawaiian sashimi salad | 11 |

| indicates items containing raw fish
Consuming raw or undercooked foods may be dangerous to your health.

 indicates vegetarian items
(may include eggs, bonito flakes, or fish/meat stock)

SUSHI ASSORTMENTS

	Fresh Nigiri of the Day chef's choice of seven pieces of nigiri	18
	Chirashi chef's choice of assorted sashimi over sushi rice	25
	Bara Chirashi fisherman's style bowl – assorted sashimi tossed with sushi rice	12
	Mashiko Sushi 101 Temptation Island Roll, Red Violin Roll, salmon nigiri, and scallop nigiri	20
	Two Chef's Choice Rolls one traditional and one American style roll	15
	Vegetable Assortment two chef's choice vegetarian rolls and three vegetarian nigiri	12
	Temaki assortment of three chef's hand rolls	9

SASHIMI ASSORTMENTS

	Sashimi Sampler of the Day three of today's freshest sashimi offerings	9
	Sashimi Assortment chef's choice of assorted sashimi	27
	Sergey Sashimi the ultimate sashimi assortment for exotic sashimi lovers	M

SMALL SUSHI BOWLS

	Smoked Turbot and Blue Cheese smoked turbot and blue cheese over sushi rice – toasted	8
	Black Cod with tarako mayonnaise and Parmesan cheese – toasted	8
	Dynamite seafood medley over sushi rice with parmesan cheese – toasted	7
	Creamy Scallop served over sushi rice with parmesan cheese – toasted	7
	Spicy Tuna with cucumber, spicy sauce, and spicy mayonnaise	7

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SEASONAL NIGIRI

please see our Chef Recommendations menu
for today's unique offerings

NIGIRI

two pieces per order – prepared as sashimi upon request

I Red Tuna	6
I Seared Tuna with Spicy Mayo, Scallion, and Lemon	7
I Hawaiian Albacore	6
I NW Albacore with Garlic Sauce and Green Onion	6
I Skipjack Tuna	6
I Sockeye Salmon	6
I Seared Salmon with Wasabi Aioli and Lime	7
I Rainbow Trout	M
I Amberjack	6
I Curry Seared Amberjack	7
I Saba Shiso	5
I Smoked Turbot	6
I Seared Black Cod with Tarako Mayonnaise	7
I Scallop	6
I Seared Scallop with Spicy Mayonnaise and Tobiko	7
I Amaebi (with fried head)	6
I Ikura (salmon roe)	6
I Tobiko (flying fish roe)	6
I Geoduck	M
Crab with Spicy Mayonnaise	6
Ika Ichiyaboshi (salted squid)	6
Namagi	6
if you like unagi, you will love namagi!	
Tamago (egg)	4

VEGETABLE NIGIRI

two pieces per order

 Grilled Asparagus	4
 Grilled Shiitake	4
 Inari いなり	4

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TRADITIONAL JAPANESE FLAVORED ROLLS

with seaweed on the outside

	White Fish Umeshiso	6
	Ikura Oroshi Umeshisho Roll topped with ikura and grated daikon radish	8
	Dancing Queen saba, shiso, yamaimo, and ume	7
	Futomaki ふとまき traditional flavors of Old Japan in an oversized roll	10
	Crab and Tamago	8
	Tekkamaki 鉄火巻き simple tuna roll	6

VEGETARIAN ROLLS

	Yasai 野菜 shiitake, avocado, carrots, and kaiware	6
	Kappamaki かつまき cucumber with sesame seeds	3
	Avocado and Cucumber	5
	Kanpyo かんぴょう (six pieces) sweet marinated gourd	3
	Umeshiso 梅しそ (six pieces) shiso, cucumber, and ume	3
	Natto なっとう (six pieces) fermented soy beans	4
	Oshinko おしんこ (six pieces) pickled daikon radish	4
	Gobo with Shiso ごぼうとしそ (six pieces)	4
	Purple People Eater shibazuke, fukujinzuke, shiso, kaiware, and cucumber	6
	Deep Forest grilled asparagus and tomato with Cajun spices	7

~ all rolls are cut into eight pieces unless otherwise noted ~

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AMERICAN STYLE ROLLS

with seaweed on the outside

	Rainbow Roll	13
	crab, avocado, and cucumber topped with three types of fish	
	Goldeneye	8
	amberjack, scallions, tempura onions, and curry spice	
	White Center (four pieces)	8
	tempura white fish, salmon, cucumbers, avocado, kaiware, tobiko, and wasabi mayonnaise	
	Edgar (four pieces)	8
	namagi, tamago, shrimp, cucumber, and avocado	
	Creamy Scallop (four pieces)	5
	tobiko, scallion garlic mayonnaise, and kaiware	
	Idaho (four pieces)	7
	tempura potato, dill, lemon, trout, and tobiko	
	Pepe (four pieces)	12
	whole fried amaebi, crab, lettuce, cucumber, and garlic mayonnaise	
	Mr. Oyanagi 大柳さん	11
	tempura scallop, tobiko, shiso, cucumber, and garlic mayonnaise	
	Lazy Hawaiian (four pieces)	10
	avocado and cucumber roll topped with poki of the day	
	Copenhagen	9
	smoked turbot, cucumber, cream cheese, and dill	

AMERICAN STYLE ROLLS

with rice on the outside

	Temptation Island	9
	tempura onion topped with albacore, scallions, and garlic sauce	
	Lemonade	9
	tempura asparagus, shiso, and tuna with lemon	
	Limeade	9
	tempura asparagus, shiso, and salmon with lime	
	Caterpillar いもむし	10
	namagi and cucumber topped with avocado	
	Southern	9
	tempura sweet potato, avocado, and tempura namagi	
	Gintama	10
	tempura onion, black cod, Cajun spices, and tarako mayonnaise	
	Alaska Roll	7
	smoked salmon, cucumber, and cream cheese	

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SPICY ROLLS

I	Red Violin tuna, avocado, cilantro, and spicy garlic sauce	8
I	Dynamite (four pieces) seafood medley, spicy mayonnaise, tobiko, and kaiware	5
I	Ultraman tempura onion, cucumber, seared tuna, and spicy mayonnaise	9
I	Atomic Tuna spicy tuna topped with extra tuna, spicy sauce, and spicy mayonnaise	12
I	Atomic Salmon spicy salmon topped with extra salmon, spicy sauce, and spicy mayonnaise	12
I	The Fifth Element Rainbow Roll topped with spicy mayonnaise and wasabi mayonnaise	14
	Crystal Shrimp crab, avocado, and cucumber topped with tempura bay shrimp and spicy mayonnaise	12
I	Bowler Roller tempura asparagus, salmon, scallions, and spicy sauce	10
I	Dragon tempura namagi and cucumber topped with avocado, and dynamite sauce	12

FRIED ROLLS

	Snowflake namagi, avocado, and tempura bay shrimp - coconut fried	10
	Dancing Shrimp bay shrimp, avocado, cucumber, and garlic mayonnaise – tempura fried	8
	Cheesy Alligator namagi, cream cheese, and avocado – tempura fried	9
I	Tiger Eye (four pieces – no rice) tuna, tempura asparagus, shiso, and tobiko – flash fried	11
I	Charlie's Angel (four pieces – no rice) salmon, tempura asparagus, shiso, and tobiko – flash fried	11

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SUPER JAPANESE

I	Ikura, Yamaimo, and Quail Egg いくら	8
	Grilled Ika Ichiyaboshi いか 一夜干し	6
I	Maguro Yamakake 鮪 やまかけ	10
I	Maguro Natto 鮪 なつとう	10
I	Saba Oshizushi 鯖 押し寿司	8
	Onigiri おにぎり	M
	Ochazuke お茶漬	M

IZAKAYA – ORIGINAL SASHIMI

I	Tuna on a Snow Shoe two tempura shiso with tuna on top	7
I	Scallop with Crab and Proscuitto two pieces of complete happiness	9
I	Albacore Tataki Sashimi sunomono, garlic, white onion, kaiware, and ponzu	11
I	Poki of the Day our interpretation of traditional Hawaiian sashimi salad	11

IZAKAYA – SEAFOOD

	Mussels with Dynamite three mussels toasted in shell with Cajun spices	8
	Fried Fish Ribs with Curry Salt	3
	Clams Sakamushi steamed with butter and sake	11

GRILLED FISH AND BEYOND...

	Kama (fish cheek) the most flavorful section of the fish grilled (ask for selection)	M
	Black Cod Kasuzuke traditional sake lees and miso marinade – grilled	12
	Grilled Saba with Dill	8
	Salmon Misozuke salmon grilled with sweet miso marinade	11







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IZAKAYA – MEAT

Utsunomiya Gyoza 宇都宮 餃子	7
jumbo house made pork pot stickers	
Chicken Yakitori	7
skewered all natural Washington chicken with house yuzu teriyaki sauce	
Tonkatsu	8
panko fried pork	
Karaage からあげ	7
marinated and fried all natural Washington chicken	

IZAKAYA - VEGETABLE


 Yaki Nasu	6
grilled Japanese eggplant served with black sesame sauce	
 Agedashi Dofu	7
fried tofu served with light sauce and bonito (vegetarian upon request)	
 Vegetable Gyoza	6
 Ohitashi	5
spinach with a light ginger sauce and bonito (vegetarian upon request)	
 Green Bean with Sesame Sauce	4
 Kabocha Croquettes with Cheddar Cheese	7

SOUPS


Vegetable Tofu Udon Soup	9
Nabeyaki Udon Soup	19
a hearty blend of land and sea	
Chicken Sukiyaki	13
Chicken Udon Soup	10
Miso Soup with Clams	7

YAKI UDON

pan fried thick udon noodles with vegetables

Chicken Yaki Udon	10
 Vegetable Yaki Udon with Tofu	9
Miso Salmon Yaki Udon	18


BENTO

 Vegetable Bento	15
chef's choice vegetable tempura, vegetarian items, and a sushi roll	
I Mashiko Bento	25
chef's choice of fish and meat items, assorted tempura, and choice of sashimi or a roll	

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TEMPURA

Seafood and Vegetable	18
Seafood and Vegetable (half order)	10
 Vegetable Assortment	8

CURRY

Japanese style – mild and rich with home made stock
served over rice

Tonkatsu panko fried pork	12
Chicken Yakitori grilled and skewered all natural Washington chicken	12
Vegetable with Tofu	10

SIDES

Rice	1
Sushi Rice	1
Extra Ginger	1
Extra Wasabi	1
Real Wasabi	3
Side Sauce	1
Mamenori (instead of Nori)	1
I Add Quail Eggs (pair)	1

DESSERTS

tempting treats worth saving room for

Jasmine Crème Brûlée our unique take on the classic creamy dessert	6
Coco-A-Go-Go a Bakery Nouveau brownie coated in panko and coconut, deep fried, and topped with green tea ice cream	7
Ginger Ice Cream a refreshingly sweet treat made for us by the Husky Deli	4
Green Tea Ice Cream	4
Tempura Fried Green Tea Ice Cream green tea ice cream dipped in tempura batter and deep fried	6
Mochi Ice Cream (two pieces) mochi filled with ice cream - mango, strawberry, or green tea flavored	4

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DEFINITIONS

Curry – Japanese curry is mild and savory with a rich stock.

Gari – Pickled ginger root used to cleanse the palate.

Hajime's Garlic Sauce – A blend of garlic, onion, and top secret mystery ingredients. Created by Hajime, made famous by you!

Izakaya – Japanese style tapas. Many small plates shared by all at a table.

Japanese Mayo – The traditional recipe for mayonnaise, made from eggs and oil. Very similar to European mayonnaise.

Kaiware – Daikon radish sprouts.

Katsu – Anything made with panko breading. Panko is Japanese coarse bread crumbs.

Maki – Rolled sushi.

Miso – Fermented soybean paste used as a base for miso soup, marinades, and some of our sauces.

Nanbanzuke – This sauce is used in our nanban items. It is a sweet and sour soy sauce with sesame and spices.

Nigiri – Literally means "squeezed". A slice of fish or vegetable on a ball of sushi rice.

Nori – Dried sheets of seaweed.

Ponzu – Citrus soy sauce.

Real Wasabi – Fresh wasabi ground from the whole wasabi root.

Sashimi – Literally means "cut meat". The method of cutting and displaying items without sushi rice.

Shoyu – Soy sauce. Our shoyu is combined with low sodium konbu stock and made to compliment our seasoned sushi rice.

Sushi – Anything made with vinegar seasoned rice.

Tempura Sauce – Light soy based sauce with shiitake kombu stock and ginger.

Tonkatsu sauce – A Japanese barbeque type of sauce.

Tsume – A thick and rich sauce made from scratch from fish stock.

Udon – A thick Japanese flour based noodle.

Udon Soup – A light, clear fish-based broth.

Ume – Japanese pickled and salted plum.