

Mashiko Japanese Restaurant & Sushi Bar

COMMITTED TO PROMOTING SUSTAINABLE SEAFOOD

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

How do we define what is sustainable when it comes to seafood? Some key factors to consider are [traceability](#), [fish populations](#), [fishing methods](#), and [farming practices](#).

- [Traceability](#) refers to the ability to find out where your seafood came from. This includes knowing specifically where, as well as how, it was caught.
- Some [fish populations](#) are in steep decline. We must allow these species time to repopulate so that we can enjoy them responsibly for generations to come.
- The most sustainable [fishing methods](#) do not cause damage to the oceans or allow for much bycatch (unintended creatures caught during fishing).
- Responsible [farming practices](#) include providing quality feed, being antibiotic-free, and taking great care not to disturb the surrounding environment.

We have solid relationships with several top seafood sustainability experts. We appreciate the support we have received from both customers and industry insiders. Our education has been intense, and it will be ongoing.

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,

佐藤 創

Chef Hajime Sato



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 entire selling price 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.

OMAKASE COURSE MEALS

chef's choice – even better when paired with recommended sakés

生 Toku 得 for two 50.00

A great way to sample items from both our sushi bar and kitchen. This six course meal for two includes two appetizers from the sushi bar, an assortment of sushi, two kitchen creations, and one dessert to share.

生 Umi 海 for two 60.00

Let our sushi chefs take your taste buds on a unique adventure. This taste extravaganza for two includes miso soup, two sashimi appetizers, eight assorted pieces of nigiri, two rolls, and one dessert to share.

生 Honkaku 本格 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. Be prepared for approximately two hours of traditional and exotic Japanese fare. Reservations are recommended. *Novices need not apply.*

生 Kaiseki 会席 M

Have you tried Honkaku 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

菜 Sunomono	2.50
cucumber and seaweed with rice vinegar	
菜 Chuka Salad	4.50
seasoned seaweed salad	
菜 Tsukemono	4.50
traditional pickled vegetables	
菜 Edamame	4.00
soybeans in pods with sea salt	
菜 Garlic Edamame	5.00
edamame with special garlic sauce	
菜 Ohitashi	5.00
spinach with a light ginger sauce and bonito (vegetarian upon request)	
菜 Green Bean Gomaae	4.00
blanched green beans with sweet sesame miso sauce	
Miso Soup	2.50
miso with traditional dashi	

SALAD

菜 House Salad	6.50
mixed greens served with our house plum miso vinaigrette	
生 Sashimi Salad	13.50
mixed greens topped with chef's choice sashimi, served with our house plum miso vinaigrette	

生 indicates items containing raw fish

Consuming raw or undercooked foods may be dangerous to your health.

菜 indicates vegetarian items

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

SASHIMI

生 Sashimi Sampler of the Day	10.00
three of today's seasonal sashimi offerings	
Poached Oysters	6.00
Hajime's new recipe! poached with saké and soy	
生 Poké of the Day	11.00
our interpretation of traditional Hawaiian salad of sashimi, seaweed, sweet onions, garlic, and sesame oil	
生 White Fish with Ponzu and Shiso Oil	M
生 Tuna on a Snow Shoe	7.50
two tempura shiso leaves with tuna on top	
生 Scallop with Crab and Prosciutto	9.50
two pieces of complete happiness	
生 Albacore Tataki Sashimi	11.00
with sunomono, garlic, white onion, kaiware, and ponzu	
生 Spicy Tombo Tuna Sashimi	11.00
with sunomono, chili oil, kaiware, and ponzu	
生 Mashiko Tuna Salad	13.00
panko fried tombo tuna, wasabi, and spicy mayo on mixed greens	
生 Tako Salad	6.50
house cooked octopus with daikon radish and tarako mayonnaise	

SUSHI / SASHIMI ASSORTMENTS

生 Fresh Nigiri of the Day	19.00
chef's choice of seven pieces of nigiri with a cucumber roll	
生 Mashiko Sashimi Assortment	28.00
chef's choice of assorted sashimi	
生 Sergey Sashimi	M
the ultimate sashimi assortment for exotic sashimi lovers served with real wasabi	
生 Chirashi	27.00
chef's choice of assorted sashimi over sushi rice	
生 Bara Chirashi	12.50
fisherman's style bowl – assorted sashimi tossed with sushi rice	
生 Mashiko Sushi 101	20.00
Temptation Island Roll, Red Violin Roll, salmon nigiri, and scallop nigiri	
生 Two Chef's Choice Rolls	15.50
one traditional and one American style roll	
生 Temaki Assortment	9.50
assortment of three chef's hand rolls	
菜 Vegetable Assortment	12.50
two chef's choice vegetarian rolls and three vegetarian nigiri	

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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

生 Red Tuna	7.00
生 Seared Tuna with Garlic Sauce, Chili Oil, and Scallions	8.00
生 Tombo Tuna with Sesame Oil and Scallion	6.50
生 NW Albacore Seared with Garlic Sauce	6.00
生 Skipjack Tuna Seared with Garlic Sauce	6.50
生 Salmon (ask your server for today's varieties)	6.00
生 Seared Salmon with Daikon, Ponzu, and Kaiware	7.00
生 Saba Shiso	6.00
生 Sanma (Pacific Saury)	6.00
生 Seared Black Cod with Tarako Mayonnaise	7.00
生 Scallop with Lemon and Tobiko	6.50
生 Seared Scallop with Spicy Mayonnaise and Tobiko	7.00
生 Amaebi (with fried head)	6.50
生 Ikura (house cured salmon roe)	6.50
生 Tobiko (flying fish roe)	6.00
生 Geoduck	M
Crab with Spicy Mayonnaise	6.50
Namagi if you like unagi, you will love namagi!	6.00
Tamago (egg)	5.00
生 Add Quail Eggs (pair)	1.00

VEGETABLE NIGIRI

two pieces per order

菜 Grilled Green Beans	4
菜 Grilled Shiitake	4
菜 Inari いなり	4

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TRADITIONAL JAPANESE FLAVORED ROLLS

with seaweed on the outside

生 White Fish Umeshiso	6.50
生 Ikura Oroshi Umeshisho Roll topped with ikura and grated daikon radish	8.50
生 Dancing Queen saba, shiso, yamaimo, and ume	8.00
Futomaki ふとまき traditional flavors of Old Japan in an oversized roll	11.00
生 Tekkamaki 鉄火巻き simple tuna roll	7.00
生 Sanma Shiso Pacific saury and shiso	6.50

VEGETARIAN ROLLS

with seaweed on the outside

菜 Umeshiso 梅しそ (four pieces) shiso, cucumber, and ume	4.00
菜 Natto なっとう (four pieces) fermented soy beans	4.00
菜 Kappamaki かつぱまき (four pieces) cucumber with sesame seeds	3.50
菜 Kanpyo かんぴょう (four pieces) sweet marinated gourd	4.00
菜 Gobo with Shiso ごぼうとしそ (four pieces)	4.00
菜 Oshinko おしんこ (four pieces) pickled daikon radish	4.50
菜 Yasai 野菜 shiitake, avocado, carrots, and kaiware	7.00
菜 Avocado and Cucumber	5.00
菜 Purple People Eater shibazuke, fukujinzuke, shiso, kaiware, and cucumber	7.00
菜 Deep Forest grilled green beans with avocado, tomato, and Cajun spices	7.50

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

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AMERICAN STYLE ROLLS

with seaweed on the outside

生	White Center (four pieces) tempura white fish, salmon, cucumbers, avocado, kaiware, tobiko, and wasabi mayonnaise	8.00
	Edgar (four pieces) namagi, tamago, shrimp, cucumber, and avocado	7.50
生	Creamy Scallop tobiko, scallion, garlic mayonnaise, and kaiware	7.50
生	Lazy Hawaiian (five pieces) avocado and cucumber roll topped with poké of the day	10.00
生	Speed Racer skipjack tuna, cucumber, chili oil, wasabi mayo, shiso, and bonito flakes	8.50

AMERICAN STYLE ROLLS

with rice on the outside

	4725 California Roll real crab, cucumber, avocado, citrus garlic mayonnaise, and tobiko	9.00
生	Temptation Island albacore, tempura onions, scallions, and garlic sauce	9.00
	Pepé (four pieces) whole fried amaebi, crab, lettuce, cucumber, and garlic mayonnaise	12.50
生	Lemonade tuna, tempura green beans, shiso, and lemon	9.50
生	Limeade salmon, tempura green beans, shiso, and lime	9.50
生	Gintama seared black cod, tempura onion, Cajun spices, and tarako mayonnaise	9.50
	Caterpillar いもむし namagi and cucumber topped with avocado	11.00
生	Rainbow Roll crab, cucumber, and avocado topped with assorted fish	13.00
	Southern tempura namagi, tempura sweet potato, and avocado	10.00
	Spider Roll (four pieces) fried soft shell crab, crab, cucumber with garlic mayonnaise	13.00

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SPICY ROLLS

生 Red Violin	8.00
tuna, avocado, cilantro, and spicy garlic sauce	
生 Dynamite	7.50
shellfish medley, spicy mayonnaise, kaiware, and tobiko	
生 Ultraman	9.50
seared tuna, tempura onion, cucumber, scallions, and spicy mayonnaise	
生 Atomic Tuna	10.00
fried jalapeño, cucumber, spicy sauce, and spicy mayonnaise topped with tuna	
生 Atomic Salmon	10.00
fried jalapeño, cucumber, spicy sauce, and spicy mayonnaise topped with salmon	
生 Atomic Albacore	10.00
fried jalapeño, cucumber, spicy sauce, and spicy mayonnaise topped with albacore	
生 The Fifth Element	14.00
Rainbow Roll topped with spicy mayonnaise and wasabi mayonnaise	
Crystal Shrimp	11.50
crab, avocado, and cucumber topped with tempura bay shrimp and spicy mayonnaise	
生 Bowler Roller	10.00
salmon, tempura green beans, scallions, spicy mayonnaise, and spicy sauce	
生 Dragon	12.50
tempura namagi and cucumber topped with avocado, and dynamite sauce	

FRIED ROLLS

Fried California Roll	10.00
real crab, cucumber, avocado, citrus garlic mayonnaise, and tobiko	
Salmon Creek	10.00
smoked salmon, fried jalapeño, cream cheese, and wasabi mayonnaise	
Snowflake	12.50
namagi, avocado, and tempura bay shrimp - coconut fried	
Cheesy Alligator	10.50
namagi, cream cheese, and avocado – tempura fried	
生 Tiger Eye (four pieces – no rice)	12.50
tombo tuna, tempura green beans, shiso, and tobiko – flash fried	
生 Charlie's Angel (four pieces – no rice)	12.50
salmon, tempura green beans, shiso, and tobiko – flash fried	

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SUPER JAPANESE

it's not scary – it's Japanese!

生 Ikura, Yamaimo, and Quail Egg いくら	8.50
Grilled Ika Ichiyaboshi いか 一夜干し	7.50
生 Maguro Yamakake 鮪 やまかけ	11.00
生 Maguro Natto 鮪 なっとう	11.00
生 Saba Oshizushi 鯖 押し寿司	9.50
Chawan Mushi of the Day	M
Onigiri おにぎり	M
Ochazuke お茶漬け	M

SMALL SUSHI BOWLS

Black Cod with tarako mayonnaise and Parmesan cheese – toasted	9.00
生 Dynamite shellfish medley over sushi rice with parmesan cheese – toasted	7.50
生 Creamy Scallop served over sushi rice with parmesan cheese – toasted	7.50
生 Spicy Tuna with cucumber, spicy sauce, and spicy mayonnaise	8.00
生 Sanma Kabayaki Pacific Saury with sweet sauce, toasted	7.50

IZAKAYA – SEAFOOD 魚

Mussels with Dynamite three mussels toasted in shell with Cajun spices	8.50
Clams Sakamushi steamed with butter and saké	11.50
Geoduck Butter Yaki sautéed to perfection	M
Kama (fish cheek)* the most flavorful section of the fish, grilled (ask for selection)	M
Black Cod Kasuzuke* traditional saké lees and miso marinade – grilled	11.50
Grilled Saba with Dill* Mariah's favorite!	11.50

*served with rice

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IZAKAYA – MEAT 肉

Utsunomiya Gyoza 宇都宮 餃子	7.50
jumbo house made chicken pot stickers	
Chicken Yakitori	7.50
skewered all natural Washington chicken with your choice of house teriyaki sauce or ume shiso	
Crispy Ginger Chicken からあげ	7.50
marinated and fried all natural Washington chicken with spicy mayonnaise	
Chicken Katsu	8.50
panko fried all natural Washington chicken with tonkatsu sauce	
Chicken Umeshiso Yaki Udon	12.50
all natural Washington chicken with stir fried udon noodles and umeshiso	
Natural Pork Sukiyaki	13.50
give us a little more time, and we'll give you true happiness pork ribs simmered with daikon and carrots	

IZAKAYA – VEGETABLE 野菜

菜 Yaki Nasu	6.50
Japanese eggplant served with black sesame sauce	
菜 Agedashi Dofu	7.00
fried organic tofu served with light sauce and bonito (vegetarian upon request)	
菜 Vegetable Gyoza	6.50
菜 Ohitashi	5.00
spinach with a light ginger sauce and bonito (vegetarian upon request)	

TEMPURA

Seafood and Vegetable	18.00
Seafood and Vegetable (half order)	10.00
菜 Vegetable Assortment	8.00

BENTO 弁当

served with rice

菜 Vegetable Bento	10.00
chef's choice vegetable tempura, vegetarian items, and a sushi roll	
生 Mashiko Bento	15.00
chef's choice of fish and meat items, assorted tempura, and a sushi roll	

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SOUPS

Vegetable Gyoza Soup kind of like wonton soup, but not	8.00
Vegetable Tofu Udon Soup	10.50
Nabeyaki Udon Soup a hearty blend of land and sea chicken, egg, clams, and tempura vegetables	18.50
Chicken Udon Soup	12.00
Miso Soup with Clams	8.50

DONBURI

Chicken Yakitori Curry grilled and skewered all natural Washington chicken	12.50
Chicken Katsu Curry panko fried all natural Washington chicken	12.50
Oyako Don all natural Washington chicken simmered with egg	9.00
Chicken Katsu Don all natural Washington chicken katsu simmered with egg	10.00
Fried Tofu Curry fried organic tofu	11.00

SIDES

Rice	1.00
Extra Ginger or Wasabi	1.00
Real Wasabi	3.00
Side Sauce	1.00
Mamenori (instead of nori)	1.00

DESSERTS

tempting treats worth saving room for

Jasmine Crème Brûlée our unique take on the classic creamy dessert	6.00
Coco-A-Go-Go a Bakery Nouveau brownie coated in panko and coconut, then deep fried, and topped with green tea ice cream	7.00
Ginger Ice Cream a refreshingly sweet treat made for us by the Husky Deli	4.00
Green Tea Ice Cream	4.00
Mochi Ice Cream (two pieces) mochi filled with ice cream - mango, strawberry, or green tea flavored	4.00

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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.

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.

Panko – Japanese coarse bread crumbs.

Ponzu – Citrus soy sauce.

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

Shiso – A very flavorful Japanese herb.

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.

Sushi Rice – 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.

Wasabi, Imitation – Reconstituted mixture of Chinese mustard powder and horseradish.

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