

# 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.

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.

## **CURIOUS ABOUT SAKÉ?**

Owner/Chef Hajime Sato and Chef Mariah Kmitta are both Certified Saké Advisors. They would be happy to suggest pairings as well as answer questions you may have about saké.

## **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 details.

## **HUNGRY FOR INFORMATION?**

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

## OMAKASE COURSE MEALS

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

- 生 Umi 海 for two 66  
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 Nami 波 for two 76  
Our newest omakase offering. This fish lover's delight for two includes kobachi, an assortment of sashimi, ten pieces of nigiri, one grilled fish, rice, and one dessert to share.
- 生 Toku 得 for two 76  
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 Honkaku 本格 Market  
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 three hours of traditional and exotic Japanese fare. Reservations are required. *Novices need not apply.*

## TO START

- 菜 Sunomono 3  
cucumber and seaweed with rice vinegar
- 菜 Chuka Seaweed Salad 4  
seasoned seaweed salad
- 菜 Tsukemono 5  
traditional pickled vegetables
- 菜 Edamame 4  
soybeans in pods with sea salt
- 菜 Garlic Edamame 5  
edamame with special garlic sauce
- 菜 Ohitashi 6  
spinach with a light ginger sauce and bonito (vegetarian upon request)
- 菜 Green Bean Gomaae 5  
blanched green beans with sweet sesame miso sauce
- Organic Miso Soup 4  
with house-made traditional dashi and organic tofu

## SALAD

- 菜 House Salad 7  
mixed greens served with our house plum miso vinaigrette
- 生 Sashimi Salad 17  
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	13
three of today's seasonal sashimi offerings	
Saké Poached Oysters	9
Hajime's new recipe! poached with saké and soy	
生 Poké of the Day	14
our interpretation of traditional Hawaiian salad of sashimi, seaweed, sweet onions, garlic, and sesame oil	
生 Spicy Tako Poké	14
house cooked tender octopus poké with spicy chili oil	
生 Tuna on a Snow Shoe	9
two tempura shiso leaves with tuna on top	
生 Scallop with Crab and Prosciutto	11
two pieces of complete happiness	
生 Albacore Tataki Sashimi	14
with sunomono, garlic, white onion, kaiware, and ponzu	
生 Spicy Tombo Tuna Sashimi	14
with sunomono, chili oil, pineapple, and ponzu	

## SUSHI / SASHIMI ASSORTMENTS

生 Fresh Nigiri of the Day	22
chef's choice of seven pieces of nigiri with an ume shiso roll	
生 Mashiko Sashimi Assortment	32
chef's choice of assorted sashimi	
生 Sergey Sashimi	Market
the ultimate sashimi assortment for exotic sashimi lovers served with real wasabi	
生 Chirashi	31
chef's choice of assorted sashimi over sushi rice	
生 Bara Chirashi	16
fisherman's style bowl – assorted sashimi tossed with sushi rice	
生 Mashiko Sushi 101	23
Temptation Island Roll, Red Violin Roll, salmon nigiri, and scallop nigiri	
生 Two Chef's Choice Rolls	19
one traditional and one American style roll	
生 Temaki Assortment	15
assortment of three chef's hand rolls	
菜 Vegetable Assortment	16
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	8
生 Seared Tuna with Garlic Sauce, Chili Oil, and Scallions	9
生 Tombo Tuna with Sesame Oil and Scallion	7
生 NW Albacore Seared with Garlic Sauce	7
生 Skipjack Tuna Seared with Spicy Red Miso	7
生 Salmon (ask your server for today's varieties)	6
生 Seared Salmon with Yuzu Miso and Lemon	7
生 Saba Shiso	6
生 Seared Pike Mackerel with Red Miso	6
生 Seared Black Cod with Tsume	8
生 Scallop with Lemon and Sea Salt	7
生 Seared Scallop with Spicy Mayonnaise and Tobiko	8
生 Amaebi (with fried head)	7
生 Ikura (house cured salmon roe)	7
生 Tobiko (flying fish roe)	6
Crab with Spicy Mayonnaise	8
Namagi if you like unagi, you will love namagi!	6
Tamago (egg seasoned with traditional fish stock)	5
生 Add Raw Quail Eggs (pair)	1

### 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	7
生 Ikura Oroshi Umeshisho Roll topped with ikura and grated daikon radish	9
生 Dancing Queen saba, shiso, yamaimo, and ume	9
Inakamaki 田舎まき namagi, tamago, kanpyo, ebi, and yuzu miso	10
Futomaki ふとまき traditional flavors of Old Japan in an oversized roll	12
生 Tekkamaki 鉄火巻き simple tuna roll	8
生 Sanma Shiso Pike Mackerel and shiso with yuzu miso	7

## VEGETARIAN ROLLS

with seaweed on the outside

菜 Umeshiso 梅しそ (four pieces) shiso, cucumber, and ume	4
菜 Natto なっとう (four pieces) fermented soy beans	4
菜 Kappamaki かつぱまき (four pieces) cucumber with sesame seeds	4
菜 Kanpyo かんぴょう (four pieces) sweet marinated gourd	4
菜 Gobo with Shiso ごぼうとしそ (six pieces)	4
菜 Oshinko おしんこ (six pieces) pickled daikon radish	4
菜 Yasai 野菜 shiitake, avocado, carrots, and kaiware	7
菜 Avocado and Cucumber	6
菜 Mido Maki bamboo shoots, avocado, kanpyo, and radish sprouts	8
菜 Deep Forest grilled green beans with avocado, pickled carrots, and Cajun spices	8

~ all rolls are eight pieces unless otherwise noted ~

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## AMERICAN STYLE ROLLS

with seaweed on the outside

生 White Center	11
tempura white fish, salmon, cucumbers, avocado, kaiware, tobiko, and wasabi mayonnaise	
生 Mitsuye Roll	10
black cod, benishoga, scallion, and curry powder	
生 Creamy Scallop	9
tobiko, scallion, cucumber, garlic mayonnaise, and kaiware	
生 Lazy Hawaiian (five pieces)	14
avocado and cucumber roll topped with poké of the day	
生 Speed Racer	10
skipjack tuna, avocado, cilantro, red miso, and oshinko	
Salmon Katsu Curry	10
katsu fried salmon, lettuce, cucumber, spicy mayo, and curry powder	

## AMERICAN STYLE ROLLS

with rice on the outside

4725 California Roll	10
real crab, shrimp, cucumber, avocado, citrus mayonnaise, and tobiko	
生 Temptation Island	10
albacore, tempura onions, scallions, and garlic sauce	
生 Lemonade	12
tuna, tempura green beans, shiso, and lemon	
生 Limeade	11
salmon, tempura green beans, shiso, and lime	
生 Aka Cod	12
seared black cod, tempura onion, spicy miso, and aonori	
Caterpillar いもむし	11
namagi and cucumber topped with avocado	
生 Rainbow Roll	15
crab, shrimp, cucumber, and avocado topped with assorted fish	
Southern	10
tempura namagi, tempura sweet potato, and avocado	
Spider Roll (four pieces)	15
fried soft shell crab, crab, cucumber with garlic mayonnaise	
Pepé (four pieces)	14
whole fried spot prawns, crab, lettuce, cucumber, and garlic mayonnaise	

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## SPICY ROLLS

生 Red Violin	9
tuna, avocado, cilantro, and spicy garlic sauce	
生 Dynamite Explosion	11
tempura onion topped with spicy tobiko sauce, shellfish medley, parmesan cheese, and Cajun spices	
生 Ultraman	11
seared tuna, tempura onion, cucumber, scallions, and spicy mayonnaise	
生 Atomic Tuna	12
fried jalapeño, cucumber, spicy sauce, and spicy mayonnaise topped with red tuna	
生 Ronin	12
fried jalapeño, cucumber, albacore, garlic sauce, spicy sauce, and fried onion	
生 The Fifth Element	16
Rainbow Roll topped with spicy mayonnaise and wasabi mayonnaise	
Crystal Shrimp	13
shrimp, crab, avocado, and cucumber topped with tempura bay shrimp and spicy mayonnaise	
生 Bowler Roller	11
salmon, tempura green beans, scallions, spicy mayonnaise, and spicy sauce	
生 Dragon	14
tempura namagi and cucumber topped with avocado, and dynamite sauce	

## FRIED ROLLS

Fried California Roll	11
real crab, shrimp, cucumber, avocado, spicy mayonnaise, and tobiko	
Salmon Creek	11
smoked salmon, fried jalapeño, cream cheese, and wasabi mayonnaise	
Snowflake	14
namagi, avocado, and tempura bay shrimp - coconut fried	
Cheesy Alligator	11
namagi, cream cheese, and avocado – tempura fried	
生 Tiger Eye (four pieces – no rice)	14
tombo tuna, tempura green beans, shiso, and tobiko – flash fried	
生 Charlie's Angel (four pieces – no rice)	14
salmon, tempura green beans, shiso, and tobiko – flash fried	

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## SUPER JAPANESE

it's not scary – it's Japanese!

生 Chef's Choice Kobachi 小鉢 today's special small plate – a seasonal starter	Market
生 Maguro Yamakake 鮪 やまかけ	12
生 Maguro Natto 鮪 なっとう	12
生 Saba Oshizushi 鯖 押し寿司	12
Onigiri おにぎり	Market
Ochazuke お茶漬け	Market
生 Tako Ohitashi Miso 蛸味噌	8
Natto Jiru なっとう 汁 miso soup with natto	5

## SMALL SUSHI BOWLS

Black Cod with spicy mayonnaise and Parmesan cheese – toasted	12
生 Dynamite shellfish medley over sushi rice with parmesan cheese – toasted	10

## IZAKAYA – SEAFOOD 魚

Panko Fried Oysters fried to perfection and topped with wasabi mayonnaise	12
Japanese Fried Calamari served with spicy mayonnaise	7
Mussels with Dynamite three mussels toasted in shell with Cajun spices	9
Clams Sakamushi steamed with butter and saké	13
Kama (fish collar) the most flavorful section of the fish, grilled (ask for selection)	Market
Ling Cod Kasuzuke traditional saké lees and miso marinade – grilled	16
Grilled Saba with Dill Mariah's favorite!	13
Salmon with Shiitake Mushroom Sauce	Market

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## IZAKAYA – MEAT 肉

Utsunomiya Gyoza 宇都宮 餃子	9
jumbo house made all natural pork pot stickers	
Chicken Yakitori	8
skewered all natural Washington chicken with your choice of house teriyaki sauce or ume shiso	
Crispy Ginger Chicken からあげ	8
marinated and fried all natural Washington chicken with spicy mayonnaise	
Tonkatsu	9
panko fried all natural pork with tonkatsu sauce	
Chicken Umeshiso Yaki Udon	13
all natural Washington chicken with stir fried udon noodles and umeshiso	
Black Bean Steamed Pork	8

## IZAKAYA – VEGETABLE 野菜

菜 Yaki Nasu	7
Japanese eggplant served with black sesame sauce	
菜 Agedashi Dofu	7
fried organic tofu served with light sauce and bonito (vegetarian upon request)	
菜 Vegetable Gyoza	7
菜 Ohitashi	6
spinach with a light ginger sauce and bonito (vegetarian upon request)	
菜 Green Bean Gomaae	5
blanched green beans with sweet sesame miso sauce	

## TEMPURA

Seafood and Vegetable	19
Seafood and Vegetable (half order)	11
菜 Vegetable Assortment	9

## BENTO 弁当

served with rice

菜 Vegetable Bento	17
chef's choice vegetable tempura, vegetarian items, and a sushi roll	
生 Mashiko Bento	23
chef's choice of fish and meat items, assorted tempura, and a sushi roll	

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## SOUPS

Sapporo Miso Ramen order it. it's good.	16
Nabeyaki Udon a hearty blend of land and sea chicken, egg, clams, and tempura vegetables	23
Kitsune Udon	9
Vegetable Gyoza Soup kind of like wonton soup, but not	9
Miso Soup with Clams	9

## CURRY

hearty dishes served over rice

Chicken Curry grilled all natural Washington chicken	13
Katsu Curry panko fried all natural pork	15

## SIDES

Rice	1
Extra Ginger, Wasabi, or Side of Sauce	1
Real Wasabi	3
Mamenori (instead of nori)	1

## DESSERTS

tempting treats worth saving room for

Black Sesame Crème Brûlée our unique take on the classic creamy dessert	6
Coco-A-Go-Go a Bakery Nouveau brownie coated in panko and coconut, then deep fried and topped with green tea ice cream	8
Green Tea Ice Cream	5
Coconut Sorbet a gluten-free and dairy-free treat from Full Tilt Ice Cream	6
Mochi Ice Cream (two pieces) mochi filled with ice cream - mango, strawberry, or green tea flavored	5

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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 konbu 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.