

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.

Respectfully,

佐藤 創

Chef Hajime Sato



BECAUSE HAJIME SAYS SO

Mashiko is a non-discriminatory establishment.

We recommend reservations.

Chopsticks are not drumsticks.

Don't be afraid to try something new.

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

Cork Fee is \$20 (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.

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.

おまかせ OMAKASE

the ultimate Mashiko experience
chef's choice course meals
even better when paired with recommended sakés

生 Umi 海 for two 100

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 Sushi-ya 寿司屋 for two 110

Reminiscent of old school sushi bars in Japan, this traditional eight course meal for two includes sashimi, nigiri, traditional rolls, one dish from the kitchen, and one tamago to share.

生 Washoku 和食 for two 100

Celebrate traditional Japanese home-style cooking with flavors that are very familiar to those who have lived in Japan. Think comfort food and beyond. This unique seven course meal for two includes dishes from both our sushi bar and kitchen along with one dessert to share.

生 Nami 波 for two 140

Enjoy more of your favorite sustainable seafoods! This fish lover's delight for two includes kobachi, an assortment of sashimi, ten pieces of nigiri, one fish plate from the kitchen, rice, miso soup, and one dessert to share.

菜 Midori 緑 for two 90

For a change of pace, this special omakase offering has an emphasis on vegetable dishes and does not include seafood or meat. This seven course meal for two includes four small plates, eight 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 three hours of traditional and exotic Japanese fare. Reservations are required. **Novices need not apply.**

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)

We regret that we are unable to accommodate requests for specific dietary restrictions.

SUSHI & SASHIMI ASSORTMENTS

生 Fresh Nigiri of the Day	30
chef's choice of seven pieces of nigiri with a hosomaki	
生 Mashiko Sashimi Assortment	65
chef's choice of assorted sashimi	
生 Sergey Sashimi	M
the ultimate sashimi assortment for exotic sashimi lovers served with real wasabi	
生 Chirashi	45
chef's choice of assorted sashimi over sushi rice	
生 Ko Chirashi	30
a smaller portion (so you can save room for dessert)	
生 Bara Zushi	26
variety of seafood and tsukemono blended with sushi rice	
生 Two Chef's Choice Rolls	30
one traditional and one American style roll	
生 Temaki Assortment	21
assortment of three chef's choice hand rolls	

一品 SASHIMI IPPIN

生 Sashimi Sampler of the Day	21
three of today's seasonal sashimi offerings	
生 Poké of the Day	18
our interpretation of traditional Hawaiian salad of sashimi, seaweed, sweet onions, garlic, and sesame oil	
Saké Poached Oysters	15
Hajime's new recipe! poached with saké and soy	
生 Tuna on a Snow Shoe	11
two tempura shiso leaves with tuna on top	
生 Prosciutto Wrapped Scallops	15
with crab and shrimp - two pieces of complete happiness	
生 Spicy Albacore Tataki	18
with sunomono, chili oil, and ponzu	

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魚 SAKANA – SEAFOOD

Clams Sakamushi steamed with butter and saké	20
Kama (fish collar) the most flavorful section of the fish, grilled (ask for selection)	M
Black Cod Kasuzuke grilled with traditional saké lees and miso marinade	M
Grilled Saba with Dill Mariah's favorite!	18

肉 NIKU – MEAT

House Made Shumai シュウマイ our special recipe pork and shrimp dumpling	12
Chicken Yakitori skewered organic, non-GMO chicken with house made special sauce	12
Pork Belly Kakuni 角煮 braised pork belly served with boiled egg	15

揚げ物 AGEMONO

crispy fried goodness

Shrimp and Vegetable Tempura	21
菜 Tempura Vegetable Assortment	14
菜 Agedashi Dofu fried organic tofu served with light sauce and bonito (vegetarian upon request)	11
Panko Fried Oysters fried to perfection, served with wasabi dill	16
Crispy Ginger Chicken からあげ marinated and fried organic, non-GMO chicken	12

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弁当 BENTO

served with rice

菜 Vegetable Bento	25
chef's choice vegetable kitchen items plus a vegetable sushi roll	
生 Mashiko Bento	30
chef's choice kitchen items plus a sushi roll	

CURRY

hearty dishes served over rice

Salmon Katsu Curry	19
katsu fried salmon	
Shrimp Katsu Curry	19
panko fried gulf white shrimp	

SOUPS

Nabeyaki Udon	30
a hearty blend of land and sea that takes a while longer chicken, egg, clams, and tempura vegetables	
Pork Belly Ramen	23
braised pork belly in our house-made miso stock	
Chicken Curry Udon Soup	18

SUPER JAPANESE

it's not scary – it's Japanese!

生 Tombo Yamakake トンボ やまかけ	18
Hawaiian albacore topped with grated mountain potato	
生 Katsuo Natto 鰹 なっとう	18
skipjack tuna and house-fermented soybeans with miso sauce	
生 Oshizushi of the Day 押し寿司	M
traditional pressed sushi	
Onigiri おにぎり	M
Ochazuke お茶漬	M
Saba Misoni with Natto さば味噌煮	18
生 Chinmi of the Day 珍味	M

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

NIGIRI

two pieces per order – prepared as sashimi upon request

生 Hawaiian Albacore with Chili Oil and Scallions	8
生 NW Albacore Seared with Garlic Sauce	8
生 Skipjack Tuna Seared with Garlic Sauce	8
生 Wild Coho Salmon	7
生 Seared Wild Coho Salmon with Yuzu Miso	8
生 Saba Shiso	7
生 Seared Black Cod with Tsume	9
生 Scallop with Lemon and Sea Salt	9
生 Tako	8
Pacific Northwest octopus – unbelievably tender	
Gulf White Shrimp	7
Dungeness Crab with Wasabi Dill Mayonnaise	9
生 Amaebi (with fried head)	10
Namagi®	9
our own recipe, replacing unagi with house marinated catfish if you like unagi, you will love namagi!	
Tamago	7
organic, free-range eggs from happy chickens seasoned with traditional fish stock	
生 Ikura	9
house cured salmon roe - add raw quail eggs for \$1	
生 Tobiko	7
flying fish roe - add raw quail eggs for \$1	
菜 Shiitake	5
菜 Bamboo Shoots	5
菜 Inari いなり	5
house marinated goodness	
菜 Asparagus	5

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小鉢 KOBACHI

菜 Sunomono	3
cucumber and seaweed with rice vinegar	
菜 Kaiso Salad	5
seasoned seaweed salad	
菜 Tsukemono	12
house-made traditional pickled vegetables	
菜 Organic Edamame	6
soybean pods sprinkled with shiitake finishing salt	
菜 Ohitashi	7
spinach with a light ginger sauce and bonito (vegetarian upon request)	
Organic Miso Soup	5
with house-made traditional dashi and organic tofu	

TRADITIONAL JAPANESE FLAVORED ROLLS

生 Dancing Queen	13
saba, shiso, yamaimo, and ume	
Futomaki ふとまき	20
traditional flavors of Old Japan in an oversized roll	
生 Negima	9
albacore tuna with scallions	
菜 Umeshiso 梅しそ (six pieces)	7
shiso, cucumber, and ume	
菜 Natto なっとう (six pieces)	7
fermented soy beans	

VEGETARIAN ROLLS

菜 Deep Forest	12
asparagus with avocado, and gobo	
菜 Hayashi	14
tempura shishito, avocado, bamboo shoots, and spicy red miso	
菜 Aka Tsuchi	13
pickled beets with avocado, spicy red miso, and cilantro	

~ all rolls are eight pieces unless otherwise noted ~

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AMERICAN STANDARDS

Spider Roll (four pieces) fried soft shell crab, crab, shrimp, cucumber, and mayonnaise	20
生 Limonade tuna, salmon, tempura asparagus, shiso, lemon, lime, karashi ponzu, and shiso oil	18
生 Shiro Suke tempura asparagus topped with white king salmon, yuzu miso, and kaiware	18
生 White Center salmon, cucumber, and avocado topped with tempura white fish, tobiko, and wasabi mayonnaise	19
生 Lazy Hawaiian (five pieces) avocado and cucumber roll topped with poké of the day	19
Salmon Katsu katsu fried salmon, lettuce, cucumber, spicy mayo, tonkatsu sauce, and curry powder	17
Falcor tempura namagi topped with gulf shrimp, avocado, tsume and chili oil	18
Snowflake tempura namagi, avocado, and shrimp - coconut fried	20

SPICY ROLLS

生 Red Violin tuna, avocado, cilantro, and spicy red miso	14
生 Ronin fried shishito pepper with avocado, albacore, spicy red miso, garlic sauce, scallion, and fried onion	17
生 Speed Racer (five pieces) tempura shishito and cucumber topped with spicy skipjack poke and cilantro	19
生 Bowler Roller tempura shishito and avocado topped with onions, salmon, and spicy mayonnaise	17
生 Dark Crystal real crab, bay shrimp, avocado, cucumber, tempura black cod, and spicy red miso	19
生 Fatty Temptation albacore toro and tempura onions topped with scallions, garlic sauce, and house made chili oil	18

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SIDES

Rice	2
Extra Ginger, Wasabi, or Side of Sauce	2
Real Wasabi	4
try the real deal for a change of pace Oregon grown wasabi root ground into a smooth paste rich, full flavor without the sharp pungency of imitation wasabi	
Substitute Mamenori (instead of nori)	2

DESSERTS

tempting treats worth saving room for

Seasonal Crème Brûlée	8
our unique take on the classic creamy dessert ask your server about our current flavor	
Coco-A-Go-Go	11
a Bakery Nouveau brownie coated in panko and coconut, then deep fried and topped with green tea ice cream	
Green Tea Ice Cream	6
Coconut Sorbet	7
a gluten-free and dairy-free treat from Full Tilt Ice Cream	
Mochi Ice Cream (two pieces)	7
mochi filled with ice cream choose from mango, strawberry, or green tea flavored	

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