

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 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 \$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.

OMAKASE COURSE MEALS

chef's choice – 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 Toku 得 for two 120

A great way to sample items from both our sushi bar and kitchen. This six course meal for two includes miso soup, two appetizers from the sushi bar, an assortment of sushi, two kitchen creations, and 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. This seven course meal for two includes five 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.*

TO START

菜 Sunomono	4
cucumber and seaweed with rice vinegar	
菜 Kaiso Salad	5
seasoned seaweed salad	
菜 Tsukemono	11
house made traditional pickled vegetables	
菜 Organic Edamame	6
soybean pods sprinkled with shiitake finishing salt	
菜 Garlic Edamame	7
edamame with special garlic sauce	
菜 Ohitashi	8
spinach with a light ginger sauce and bonito (vegetarian upon request)	
菜 Seasonal Gomaae	8
vegetable with sweet sesame miso sauce	
Organic Miso Soup	5
with house-made traditional dashi and organic tofu	

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.

SASHIMI

生 Sashimi Sampler of the Day	21
three of today's seasonal sashimi offerings	
生 Sashimi Salad	25
mixed greens topped with chef's choice sashimi, served with our house plum miso vinaigrette	
生 Poké of the Day	18
our interpretation of traditional Hawaiian salad of sashimi, seaweed, sweet onions, garlic, and sesame oil	
生 Spicy Tako Poké	18
house cooked tender octopus poké with spicy chili oil	
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 karashi ponzu	

SUSHI & SASHIMI ASSORTMENTS

生 Fresh Nigiri of the Day	32
chef's choice of seven pieces of nigiri with an ume shiso roll	
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 Bara Zushi	25
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	24
assortment of three chef's choice hand rolls	
菜 Vegetable Assortment	28
two chef's choice vegetarian rolls and four vegetarian nigiri	

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.

**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	9
生 NW Albacore Seared with Garlic Sauce	9
生 Skipjack Tuna Seared with Garlic Sauce	9
生 Salmon (ask your server for today's varieties)	M
生 Seared Salmon with Yuzu Miso and Lemon	M
生 Saba Shiso	7
生 Seared Sanma with Spicy Red Miso	9
生 Seared Black Cod with Tsume	9
生 Scallop with Lemon and Sea Salt	9
生 Gulf White Shrimp	7
生 Amaebi (with fried head)	9
Namagi™ our own recipe, replacing unagi with house marinated catfish if you like unagi, you will love namagi!	9
Tamago organic, free-range eggs from happy chickens seasoned with traditional fish stock	8
生 Ikura house cured salmon roe - add raw quail eggs for \$1	9
生 Tobiko flying fish roe - add raw quail eggs for \$1	8

VEGETABLE NIGIRI

two pieces per order

菜 Asparagus	6
菜 Shiitake	5
菜 Bamboo Shoots	5
菜 Inari いなり house marinated goodness	5

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.

SUPER JAPANESE

it's not scary – it's Japanese!

生	Chef's Choice Kobachi 小鉢	M
	today's special small plate – a seasonal starter	
生	Tombo Yamakake トンボ やまかけ	18
	Hawaiian albacore topped with grated mountain potato	
生	Katsuo Natto 鰹 なつとう	18
	skipjack tuna and fermented soybeans with miso sauce	
生	Ika Mentaiko with Uzura 烏賊 明太子	14
	squid with quail egg and fermented cod eggs	
生	Oshizushi of the Day 押し寿司	18
	traditional pressed sushi	
	Onigiri おにぎり	M
	Ochazuke お茶漬	M
生	Tako Su 蛸 酢	11
	house made sunomono with octopus	

IZAKAYA – SEAFOOD 魚

	Saké Poached Oysters	16
	Hajime's new recipe! poached with saké and soy	
	Panko Fried Oysters	16
	fried to perfection and house made tartar sauce	
	Clams Sakamushi	20
	steamed with butter and saké	
	Kama (fish collar)	M
	the most flavorful section of the fish, grilled (ask for selection)	
	Black Cod Kasuzuke	M
	grilled with traditional saké lees and miso marinade	
	Grilled Saba with Dill	18
	Mariah's favorite!	
	Salmon Misoni	21
	salmon cooked in miso salmon stock	

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.

IZAKAYA – MEAT 肉

Utsunomiya Bo Gyoza 宇都宮 餃子	11
jumbo house made all natural pork pot stickers	
Chicken Yakitori	12
skewered organic, non-GMO chicken with house made teriyaki sauce	
Crispy Ginger Chicken からあげ	12
marinated and fried organic, non-GMO chicken	
Chicken Yaki Udon	23
organic, non-GMO chicken with stir fried udon noodles	
Hajime's Chashu Pork	12
all natural pork marinated in black beans and saké	

IZAKAYA – VEGETABLE 野菜

菜 Agedashi Dofu	11
fried organic tofu served with light sauce and bonito (vegetarian upon request)	
菜 Ohitashi	8
spinach with a light ginger sauce and bonito (vegetarian upon request)	
菜 Seasonal Gomaae	8
vegetable with sweet sesame miso sauce	

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.

SOUPS

Sapporo Miso Ramen	23
order it. it's good. it takes a while longer.	
Nabeyaki Udon	28
a hearty blend of land and sea that takes a while longer chicken, egg, clams, and tempura vegetables	
Kitsune Udon	12
菜 Vegetable Tofu Soup	12
Miso Soup with Clams	13

CURRY

hearty dishes served over rice

Chicken Curry	19
grilled organic, non-GMO chicken	
Shrimp Katsu Curry	21
panko fried gulf white shrimp	

TEMPURA

Shrimp and Vegetables	22
菜 Vegetable Assortment	13

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.

BENTO 弁当

served with rice

菜 Vegetable Bento	27
chef's choice vegetable kitchen items plus a vegetable sushi roll	
生 Mashiko Bento	35
chef's choice kitchen items plus a sushi roll	

TRADITIONAL JAPANESE FLAVORED ROLLS

生 Ikura Oroshi	13
cucumber shiso roll topped with ikura and grated daikon radish	
生 Dancing Queen	13
saba, shiso, yamaimo, and ume	
生 Pike Mackroll	16
sanma, burdock root, shiso, cucumber, and red miso	
Futomaki ふとまき	20
traditional flavors of Old Japan in an oversized roll	
菜 Umeshiso 梅しそ (six pieces)	7
shiso, cucumber, and ume	
菜 Natto なっとう (six pieces)	7
fermented soy beans	
菜 Kappamaki かつたまき (six pieces)	6
cucumber with sesame seeds	
菜 Kanpyo かんぴょう (six pieces)	7
sweet marinated gourd	
菜 Gobo with Shiso ごぼうとしそ (six pieces)	7

~ all rolls are eight pieces unless otherwise noted ~

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.

AMERICAN STANDARDS

4725 California Roll	14
Dungeness crab, shrimp, cucumber, avocado, citrus mayonnaise, and tobiko	
Caterpillar いもむし	16
tempura namagi and cucumber topped with avocado	
Spider Roll (four pieces)	20
fried soft shell crab, crab, shrimp, cucumber, and mayonnaise	
生 Rainbow Roll	21
4725 California Roll topped with three kinds of fish	

MASHIKO FAVORITES

生 Temptation Island	16
albacore, tempura onions, scallions, and garlic sauce	
生 Limonade	19
tuna, salmon, tempura green beans, shiso, lemon, lime, karashi ponzu, and shiso oil	
生 Shiro Suke	19
tempura asparagus topped with white king salmon, yuzu miso, and kaiware	
生 White Center	18
salmon, cucumber, and avocado topped with tempura white fish, tobiko, and wasabi mayonnaise	
生 Lazy Hawaiian (five pieces)	18
avocado and cucumber roll topped with poké of the day	
Salmon Katsu Curry	16
katsu fried salmon, lettuce, cucumber, spicy mayo, tonkatsu sauce, and curry powder	
Southern	17
tempura namagi, tempura sweet potato, avocado, and tusme	
Pepé (four pieces)	20
whole fried spot prawns, crab, lettuce, cucumber, and mayonnaise	
Snowflake	20
tempura namagi, avocado, and shrimp - coconut fried	

~ all rolls are eight pieces unless otherwise noted ~

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.

SPICY ROLLS

生 Red Violin	13
tuna, avocado, cilantro, and spicy garlic sauce	
生 Ronin	16
fried shishito pepper with avocado, albacore, garlic sauce, spicy sauce, scallion, and fried onion	
生 Speed Racer	17
tempura shishito and avocado topped with skipjack tuna, red miso, fried onion, and bonito flakes	
生 Bowler Roller	17
tempura green beans topped with red onion, scallions, salmon, and spicy mayonnaise	
生 Dark Crystal	19
4725 California Roll topped with tempura black cod, spicy red miso, and our house spice blend	
生 Fatty Temptation	19
tempura onions topped with Albacore toro, scallions, garlic sauce, and house made chili oil	

VEGETARIAN ROLLS

菜 Yasai 野菜	12
shiitake, avocado, carrots, and kaiware	
菜 Deep Forest	12
asparagus with avocado, and gobo	
菜 Young Grasshopper	12
asparagus, kaiso, and avocado	
菜 Hayashi	13
tempura shishito, avocado, bamboo shoots, and spicy sauce	
菜 Aka Tsuchi	13
pickled beets with avocado, kaiware, and red miso	

~ all rolls are eight pieces unless otherwise noted ~

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.

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 spiciness 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	

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.