

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 \$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 70

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 90

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, and one dessert to share.

生 Toku 得 for two 80

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.

菜 Midori 緑 for two 60

Our special omakase offering with an emphasis on vegetable dishes. This eight course meal for two includes five small plates, eight pieces of nigiri, two rolls, 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 Kaiso Salad	4
seasoned seaweed salad	
菜 Tsukemono	7
traditional pickled vegetables	
菜 Organic 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	

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	17
three of today's seasonal sashimi offerings	
生 Sashimi Salad	17
mixed greens topped with chef's choice sashimi, served with our house plum miso vinaigrette	
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 Prosciutto Wrapped Scallops	11
with crab and shrimp - two pieces of complete happiness	
生 Spicy Albacore Tataki	14
with seaweed salad, 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	45
chef's choice of assorted sashimi	
生 Sergey Sashimi	Market
the ultimate sashimi assortment for exotic sashimi lovers served with real wasabi	
生 Chirashi	32
chef's choice of assorted sashimi over sushi rice	
生 Mashiko Sushi 101	23
Temptation Island roll, Red Violin roll, salmon nigiri, and ebi nigiri	
生 Two Chef's Choice Rolls	20
one traditional and one American style roll	
生 Temaki Assortment	16
assortment of three chef's choice hand rolls	
菜 Vegetable Assortment	18
two chef's choice vegetarian rolls and three vegetarian nigiri	

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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 Red Tuna	8
生 Seared Tuna with Garlic Sauce, Chili Oil, and Scallions	9
生 Hawaiian Albacore with Chili Oil and Scallions	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)	Market
生 Seared Salmon with Yuzu Miso and Lemon	Market
生 Saba Shiso	6
生 Seared Sanma with Tsume	6
生 Seared Black Cod with Tsume	8
生 Scallop with Lemon and Sea Salt	7
生 Ebi	6
生 Amaebi (with fried head)	7
Namagi if you like unagi, you will love namagi!	6
Tamago egg seasoned with traditional fish stock	5
生 Ikura house cured salmon roe - add raw quail eggs for \$1	7
生 Tobiko flying fish roe - add raw quail eggs for \$1	6

VEGETABLE NIGIRI

two pieces per order

菜 Grilled Green Beans	4
菜 Grilled Shiitake	4
菜 Bamboo Shoots	4
菜 Inari いなり house marinated goodness	4

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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 Katsuo Natto 鰹 なつとう	12
生 Ika Somen with Uzura 烏賊 そうめん	8
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 なつとう 汁 miso soup with natto	5

IZAKAYA – SEAFOOD 魚

Saké Poached Oysters Hajime's new recipe! poached with saké and soy	9
Panko Fried Oysters fried to perfection and house made tartar sauce	12
生 Tiger Eye (four pieces – no rice) tombo tuna, tempura green beans, shiso, and tobiko – flash fried	14
生 Charlie's Angel (four pieces – no rice) salmon, tempura green beans, shiso, and tobiko – flash fried	14
Clams Sakamushi steamed with butter and saké	13
Kama (fish collar) the most flavorful section of the fish, grilled (ask for selection)	Market
Black Cod Kasuzuke traditional saké lees and miso marinade – grilled	18
Grilled Saba with Dill Mariah's favorite!	13
Salmon with Yuzu Miso	16

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IZAKAYA – MEAT 肉

Utsunomiya Bo Gyoza 宇都宮 餃子 jumbo house made all natural pork pot stickers	9
Chicken Yakitori skewered all natural Washington chicken with house made teriyaki sauce	8
Crispy Ginger Chicken からあげ marinated and fried all natural Washington chicken	8
Tonkatsu panko fried all natural pork with tonkatsu sauce	9
Chicken Umeshiso Yaki Udon all natural Washington chicken with stir fried udon noodles and umeshiso	15
Hajime's Chashu Pork all natural pork marinated in black beans and saké	8

IZAKAYA – VEGETABLE 野菜

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

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SOUPS

Sapporo Miso Ramen	18
order it. it's good. it takes a while longer.	
Nabeyaki Udon	25
a hearty blend of land and sea that takes a while longer chicken, egg, clams, and tempura vegetables	
Kitsune Udon	10
Vegetable Gyoza Soup	10
kind of like wonton soup, but not	
Miso Soup with Clams	10

CURRY

hearty dishes served over rice

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

TEMPURA

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

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BENTO 弁当

served with rice

菜 Vegetable Bento	21
chef's choice vegetable tempura, vegetarian items, and a sushi roll	
生 Mashiko Bento	28
chef's choice of fish and meat items, assorted tempura, and a sushi roll	

TRADITIONAL JAPANESE FLAVORED ROLLS

生 Ikura Oroshi	10
Umeshiso roll topped with ikura and grated daikon radish	
生 Dancing Queen	10
saba, shiso, yamaimo, and ume	
生 Sanma Kabayaki	12
cucumber, kanpyo, and shiso topped with sanma seared with tsume	
Inakamaki 田舎まき	10
namagi, tamago, kanpyo, and ebi, and yuzu miso	
Futomaki ふとまき	15
traditional flavors of Old Japan in an oversized roll	
菜 Umeshiso 梅しそ (four pieces)	5
shiso, cucumber, and ume	
菜 Natto なっとう (four pieces)	5
fermented soy beans	
菜 Kappamaki かつぱまき (four pieces)	4
cucumber with sesame seeds	
菜 Kanpyo かんぴょう (four pieces)	5
sweet marinated gourd	
菜 Gobo with Shiso ごぼうとしそ (six pieces)	5

~ all rolls are eight pieces unless otherwise noted ~

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AMERICAN STANDARDS

4725 California Roll Dungeness crab, shrimp, cucumber, avocado, citrus mayonnaise, and tobiko	10
Fried California Roll Dungeness crab, shrimp, cucumber, avocado, citrus mayonnaise, and tobiko – deep fried	11
Caterpillar いもむし tempura namagi and cucumber topped with avocado	12
Spider Roll (four pieces) fried soft shell crab, crab, shrimp, cucumber, and mayonnaise	15

MASHIKO FAVORITES

生 The Fifth Element 4725 California roll topped with three kinds of fish, arugula, fried onion, and wasabi mayonnaise	17
生 Temptation Island albacore, tempura onions, scallions, and garlic sauce	12
生 Limonade tuna, salmon, tempura green beans, and shiso with lemon and lime	12
生 Shiro Suke tempura asparagus topped with white king salmon, wasabi mayonnaise, and kaiware	16
生 White Center tempura white fish, salmon, cucumbers, avocado, kaiware, tobiko, and wasabi mayonnaise	13
生 Mitsuye Roll tempura black cod, benishoga, scallion, kaiware, and curry powder	13
生 Lazy Hawaiian (five pieces) avocado and cucumber roll topped with poké of the day	14
Salmon Katsu Curry katsu fried salmon, lettuce, cucumber, spicy mayo, tonkatsu sauce, and curry powder	12
Southern tempura namagi, tempura sweet potato, avocado, tobiko, and spicy mayonnaise	12
Pepé (four pieces) whole fried spot prawns, crab, lettuce, cucumber, and mayonnaise	14
Snowflake namagi, avocado, and tempura bay shrimp - coconut fried	14

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SPICY ROLLS

生 Red Violin	10
tuna, avocado, cilantro, and spicy garlic sauce	
生 Atomic Tuna	13
fried jalapeño, cucumber, spicy sauce, and spicy mayonnaise topped with red tuna and arugula	
生 Ronin	13
fried jalapeño with avocado, albacore, garlic sauce, spicy sauce, scallion, and fried onion	
生 Speed Racer	13
tempura shishito with avocado, topped with skipjack tuna, red miso, fried onion, and arugula	
生 Bowler Roller	13
tempura green beans topped with red onion, scallions, salmon, spicy mayonnaise, and spicy sauce	
生 Dark Crystal	16
4725 California roll topped with tempura black cod, tsume, and spicy mayonnaise	
生 Fatty Temptation	16
tempura onions topped with Albacore toro, scallions, garlic sauce, and house made chili oil	

VEGETARIAN ROLLS

菜 Yasai 野菜	9
shiitake, avocado, carrots, and kaiware	
菜 Deep Forest	9
grilled asparagus with avocado, tomato, and Cajun spices	
菜 Young Grasshopper	9
grilled asparagus, kaiso, and avocado	
菜 Hayashi	10
tempura shishito, avocado, bamboo shoots, and spicy sauce	
菜 Tochigi	9
tempura sweet potato, kanpyo, and inari	

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SIDES

Rice	1
Extra Ginger, Wasabi, or Side of Sauce	1
Real Wasabi	3
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)	1

DESSERTS

tempting treats worth saving room for

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

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