



The Nozawa Style of Sushi

Nozawa's sushi is based on his 50 years of dedication and commitment to excellence. Below are some of the ideas his philosophy is built upon.

Great sushi highlights the quality of the ingredients instead of "fancy" sauces and rolls.

Great sushi needs great rice— **rice that is warm and loosely packed** to create a *melt-in-your-mouth* sensation beneath the cool fish.

Seaweed needs to be of the highest quality: **hand rolls should be eaten right away** to enjoy the seaweed at its very best.

Each plate is served as soon as it is prepared to give our guests the freshest food possible, **so please enjoy your sushi as soon as it arrives.**

Each dish is to be enjoyed with the balance of ingredients based on Nozawa's recipes. **Dishes with sauce should not be dipped in soy (except the Sweet Shrimp).**

Please understand Nozawa-san does not honor requests for extra sauces, salt, or additional rice.

A 16% service charge will be added to your bill.

State law requires tax on the service charge. No additional gratuity is expected.



TRUST ME

Organic Edamame
Tuna Sashimi
Albacore Sushi (2-pc)
Salmon Sushi (2-pc)
Yellowtail Sushi (2-pc)
Halibut Sushi (2-pc)
Toro Hand Roll
Blue Crab Hand Roll

\$29.50



TRUST ME / LITE

Organic Edamame
Tuna Sashimi
Albacore Sushi (1-pc)
Salmon Sushi (1-pc)
Yellowtail Sushi (1-pc)
Nozawa Shrimp Sushi (1-pc)
Toro Hand Roll

\$19.75

THE Nozawa

Organic Edamame
Tuna Sashimi
Albacore Sushi (2-pc)
Salmon Sushi (2-pc)
Snapper Sushi (2-pc)
Yellowtail Sushi (2-pc)
Halibut Sushi (2-pc)
Toro Hand Roll
Blue Crab Hand Roll
"Daily Special" (2-pc)

\$39.00

Almost everyone orders one of the three Trust Me's; you are welcome to order a la carte.

Starters

Organic Edamame \$2.50

Sashimi

Oyster Sashimi \$5.75
Halibut Fin Sashimi \$6.50
Halibut Sashimi \$6.50
Tuna Sashimi \$7.50

Sushi (2 pieces per order)

Bay Scallops \$4.50
Nozawa-style Shrimp \$4.50
Salmon \$4.75
Tuna \$4.75
Unagi \$4.75
Albacore \$5.00
Snapper \$5.25
Yellowtail \$5.75
Large Scallop \$5.75
Halibut \$5.75
Halibut Fin ^{engawa} \$5.75
Salmon Eggs \$6.50
Sweet Shrimp \$6.75
Uni \$9.75

Rolls

	Hand	/	Cut 8-pc
Cucumber	\$4.25	/	\$6.00
Toro "Fatty Tuna"	\$4.75	/	\$7.50
Salmon	\$4.75	/	\$7.50
Bay Scallop	\$4.75	/	\$7.50
Yellowtail	\$4.75	/	\$7.50
Blue Crab	\$5.00	/	\$7.50
Lobster	\$7.75	/	\$11.50
Split cut roll (4-pc each, no lobster)	\$7.75		

Beverages

Hot Green Tea \$2.00
Iced Green Tea \$2.00
Sustainable Bottled Water \$2.50
Coke, Diet Coke, Sprite \$2.00

Beer & Sake

Sapporo (Light or Premium) \$5.00
Yebisu \$8.00
Nozawa - Super Dry Sake, 6 oz. \$9.00
Nigori - Unfiltered Sake, 12.7 oz. \$10.00
Ryo - Dry Sake, 6 oz. \$16.00
Hakkaisan - Premium Dry Sake, 10 oz. \$35.00

White Wine

	Glass	/	Bottle
Kunde (sauvignon blanc)	\$7.00	/	\$25.00
Stag's Leap (chardonnay)	\$9.00	/	\$36.00
Jordan (chardonnay)	\$13.00	/	\$52.00

To Go

(Please ask your server for details)

To-Go Trust Me's:

Trust Me	\$28.50
Trust Me Lite	\$16.00
Nozawa	\$36.00
Party Trust Me	\$195.00
Party Lite	\$95.00

Catering Available

All items are subject to availability.

Let us know about any food allergies.

Our rice is not gluten free.

See reverse for more info about our food.



We are passionate about the quality of the food we serve. In fact, we see it as our top priority. We hope your palate will agree.

Other key priorities related to our food are:

- The safety of our food for our guests
- The healthfulness of the food we serve
- The sustainability of our fish and shellfish so that great sushi can be enjoyed for a very long time.

Each of these issues is quite complex, and around them swirls much debate, disagreement, conflicting claims, and confusion. Striking a balance between all three issues, while serving food that will delight our guests' palates and honor tradition is, at best, complicated.

While we neither claim to have all the answers nor to have struck the perfect balance of these competing concerns, we are committed to learning as much as we can about each issue, sharing our findings with our guests, and making decisions that best address these sometimes competing priorities.

For a more thorough discussion of these issues, please visit sugarfishsushi.com/foodthoughts.html. We have included some highlights of that information to the right.

Thoughts On Our Food.

Sushi and Food Safety

There are several important issues related to sushi and food safety – food-borne illnesses, food allergies, environmental contaminants, and the Japanese nuclear disaster, for example – but our focus here is on methylmercury. (More detailed information can be found at sugarfishsushi.com/foodthoughts.html. Please note that it's always best to consult your physician to find out what dietary choices are right for you.)

While it is widely accepted that the Omega-3 fatty acids in fish help develop the central nervous system and have other health benefits, it is also believed that excessive exposure to **mercury** can damage the development of the nervous system in unborn and small children. There is great debate on both what is excessive and what the effects of mercury are. In 2004, the FDA and EPA issued a joint advisory stating that 12 ounces of low-mercury fish is the maximum amount pregnant women, nursing mothers, and small children should consume per week. While tuna was not specifically addressed in the report, the advisory for mercury-sensitive populations was to limit the consumption of albacore to no more than 6 ounces per week.



In 2010 and again in 2011, we tested each species of our fish and shellfish that were believed to contain methylmercury. In both tests, our fish showed very low levels, in fact much lower than the government's published averages. Specifically, our halibut, salmon, and yellowtail, all species considered to be low in mercury, tested below the machine's ability to detect it, or below 0.05 parts per million (ppm). Our tuna and albacore most recently tested at 0.09 and 0.08 ppm, respectively, several times below the FDA published averages for their species, and more than ten times below the FDA's acceptable limit of 1.0 ppm.

Even with the low levels detected, we believe sensitive populations (pregnant and nursing women and small children) should never exceed the government's fish consumption guidelines of twelve ounces a week, with no more than six ounces of these from albacore. We also believe that pregnant women should avoid raw and undercooked foods because of the potential for food-borne illnesses. We believe that consuming even these guideline amounts may lead to "elevated" mercury levels in some people. There is debate about the relevance and health impact of elevated mercury scores; there is only agreement that medical care should be sought when mercury score results reach toxic levels.

Sushi and Health

Beyond the widely-accepted health benefits of the **Omega-3** fatty acids in fish, eating sushi as part of a balanced diet with a level of calories appropriate for maintaining healthy body weight can also be beneficial.

We test our entire Trust Me menus for overall nutritional content, and are pleased that our Trust Me menus represent a balance of protein, fat, and carbohydrate that is relatively low in calories. For instance, a Trust Me Lite for lunch

has about 350 total calories and The Nozawa at dinner has about 850 calories. In comparison, a chicken taco salad from a well-known national Mexican chain contains 850 calories or more.

To put that into perspective, according to dinewise.com, a 35-year-old, 5'5", moderately active woman who weighs 120 pounds should consume 1,942 calories a day. A 35-year-old, 5'10", moderately active man who weighs 180 pounds should consume 2,850 calories a day.



Sushi and Sustainability

This is one of the toughest issues. How do we serve great sushi that can satisfy our requirements for food safety, healthfulness, and, exceptional quality without excessively burdening our oceans?

Not surprisingly, this issue is rife with great debate and disagreement. Our hope is that a combination of more stringent commercial fishing regulations and new methods of ecologically-friendly ocean- and land-based fish farming will reduce the strain of the growing demand for fish and shellfish, thus allowing for a sustainable future where we can continue this great tradition of enjoying sushi and eating fish that is believed to be a healthful source of protein and good fats.

To that end, you will see us experiment with new, more sustainable menu items that may replace existing items. As always, we welcome your feedback.

