

# TAKEOUT MENU



SUGARFISH follows Chef Nozawa's philosophy of a chef's selected menu that he calls *Trust Me*.

**To provide the best takeout sushi, we do not sauce the fish. We package the sauces for you and provide a card to let you know what sauce goes with each fish.**

**Enjoy!**

*There may be small daily variations to the Trust Me's and the Nozawa*

*All items are subject to availability.*

## Specials

when available

Halibut Sashimi	\$6.50
Lobster Cut Roll	\$11.50



## To-Go TRUST ME

Organic Edamame  
Tuna Sashimi (Big Eye)  
Albacore Sushi (2-pc)  
Salmon Sushi (2-pc)  
Yellowtail Sushi (2-pc)  
Nozawa Shrimp Sushi (2-pc)  
Toro Cut Roll (4-pc)  
Blue Crab Cut Roll (4-pc)

\$28.50



## To-Go LITE

Organic Edamame  
Albacore Sushi (1-pc)  
Salmon Sushi (1-pc)  
Yellowtail Sushi (1-pc)  
Nozawa Shrimp Sushi (1-pc)  
Toro Cut Roll (4-pc)  
Blue Crab Cut Roll (4-pc)

\$16.00

## THE Nozawa

Organic Edamame  
Tuna Sashimi (Big Eye)  
Albacore Sushi (2-pc)  
Salmon Sushi (2-pc)  
Yellowtail Sushi (2-pc)  
Halibut Sushi (2-pc)  
Large Scallop Sushi (2-pc)  
Toro Cut Roll (4-pc)  
Blue Crab Cut Roll (4-pc)

\$36.00

## Party Trust Me

Serves approximately 10-15  
*Requires 5 days notice*

15 orders of edamame  
60 pieces of sushi  
10 cut rolls (8 pieces each)

\$195.00

## Party Lite

Serves approximately 5-7  
*Requires 5 days notice*

7 orders of edamame  
28 pieces of sushi  
5 cut rolls (8 pieces each)

\$95.00

*Trust Me's are our most popular menu items, but a la carte orders are also welcome.*

### Starters

Organic Edamame \$2.50

### Sashimi

Tuna Sashimi Big Eye \$7.50

### Sushi (2 pieces)

Salmon \$4.50

Nozawa Shrimp \$4.50

Tuna Big Eye \$4.75

Unagi \$4.75

Snapper \$5.25

Albacore \$5.00

Yellowtail \$5.75

Large Scallop \$5.75

Halibut \$5.75

Halibut Fin engawa \$5.75

Sweet Shrimp \$6.75

### Cut Rolls (8 pieces)

Cucumber \$6.00

Toro \$7.50

Salmon \$7.50

Bay Scallop \$7.50

Yellowtail \$7.50

Blue Crab \$7.75

Choose two (4-pc each) \$7.75

### Soda, Water, Tea

Bottled Water \$2.50

Iced Green Tea \$2.00

Coke, Diet Coke

& Sprite \$2.00

*Please let us know if you have any food allergies.*

**Hours of Operation:**  
Mon-Sat 11:30 am-10:00 pm  
Sun 12:00 pm -9:00 pm

www.SUGARFISHsushi.com

**Brentwood** 11640 W. San Vicente Blvd Los Angeles, CA 90049  
**Los Angeles** 600 W 7th St Los Angeles, CA 90017  
**Marina del Rey** 4722 1/4 Admiralty Way, Marina del Rey, CA 90292  
**Santa Monica** 1345 2<sup>nd</sup> Street, Santa Monica, CA 90401

310 820-4477  
213 627-3000  
310 306-6300  
310 393-3338





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](http://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](http://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](http://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.

