



SUGARFISH NY LUNCH MENU

TRUST ME

- Organic Edamame
- Tuna Sashimi
- Albacore Sushi (2-pc)
- Salmon Sushi (2-pc)
- Toro Hand Roll
- Yellowtail* Sushi (1-pc)
- Sea Bass Sushi (1-pc)
- Crab Hand Roll

\$33.00

TRUST ME LITE

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

\$23.00

THE NOZAWA TRUST ME

- Organic Edamame
- Tuna Sashimi
- Albacore Sushi (2-pc)
- Salmon Sushi (2-pc)
- Toro Hand Roll
- Yellowtail* Sushi (2-pc)
- Sea Bass Sushi (1-pc)
- NZ Sea Bream* Sushi (1-pc)
- Crab Hand Roll
- "Daily Special" (2-pc)

\$45.00

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

Nozawa-style sushi is based on a commitment to these principles of quality and excellence:

Quality starts with the best fish every morning.

Simplicity and balance should be used to accent the flavor and texture of the fish.

Sushi should not be stringy, chewy, tough, or fishy.

Rice should be warm and loosely packed so it melts in the mouth.

About our guest experience:

Each plate is served as soon as it is prepared; please don't wait to eat.

Hand rolls should be eaten right away while the seaweed is crisp.

Dishes that are sauced, except sweet shrimp, should not be dipped in soy.

We politely decline requests for extra sauces, salt, or additional rice.

Sashimi + Edamame

Organic Edamame	\$3.00
Salmon Sashimi	\$9.25
Tuna Sashimi	\$10.00

Sushi (2 pieces per order)

Bay Scallops	\$6.00
Nozawa-style Shrimp	\$6.50
Tuna	\$6.75
Unagi	\$6.75
Albacore	\$7.00
Large Scallops	\$7.00
Salmon	\$7.00
NZ Sea Bream*	\$7.25
Sea Bass	\$7.25
Salmon Kombu	\$7.50
Yellowtail*	\$7.50

Eating raw or undercooked foods may increase the risk of food-borne illness. Also, please note that while infrequent, there could be pieces of shell or bone in our fish and shellfish.

With the exception of lobster, crab, anago, unagi and ankimo, all food items on this menu are served raw or undercooked, or contain or may contain raw or undercooked ingredients.

Don't Think. Just Eat.

\$63.00

Hand Rolls & Cut Rolls

	Hand	Cut 8-pc
Cucumber	\$5.25	\$9.50
Bay Scallops	\$5.75	\$11.25
Salmon	\$5.75	\$11.25
Crab	\$6.00	\$11.50
Toro "Fatty Tuna"	\$6.50	\$12.25
Yellowtail*	\$6.50	\$12.25
Lobster	\$9.50	\$18.25
Split Cut Roll (4-pc. each, no Lobster)		\$12.25
Split Cut Roll with Lobster		\$16.50

Please let us know about any food allergies.

While we take allergies seriously and have allergy procedures in place, different forms of allergens are present in our kitchen and cross contamination is always possible.

We love serving all of our guests, but if you have a **severe** allergy, we recommend not eating in our restaurant.

LIMITED AVAILABILITY ITEMS

Albacore Belly	\$7.50
Kampachi*	\$8.00
NZ Sea Bream* with Shiso	\$8.00
Oysters (Sashimi)	\$8.00
Salmon Eggs	\$8.25
Sweet Shrimp	\$9.25
Ankimo (Sashimi)	\$9.75
Anago	\$10.00
Uni	\$20.00
Toro	\$10 - \$16

We are a **NO TIPPING** restaurant

Hospitality is included in our menu prices.

* See **Sushi & Labeling** back of menu for info about our fish.



We are passionate about the quality of the food we serve. We see it as our top priority, and 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 conflicting priorities.

For a more thorough discussion of these issues, please visit sugarfishsushi.com/food

We have included some highlights of that information to the right.

Sushi and Health

We test our entire Trust Me menus for overall nutritional content, and are pleased that our Trust Me menus represent a healthy balance of protein, high on “good” fat (high in Omega 3s) and low on “saturated” fat, and carbohydrate that is relatively low in calories.

Nutritional tests were performed on all of the Trust Me menus we serve at SUGARFISH. Below is the detailed information for each individual Trust Me Menu.

To learn more about information, ranging from calorie counts and Omega-3 fatty acids to our views on environmental responsibility, please visit sugarfishsushi.com/food.

LUNCH	Trust Me	Trust Me Lite	Trust Me Nozawa
Total Cal	587	311	741
Total Protein (g.)	40.0	26.1	49.3
Total Fat (g.)	19.8	9.1	24.0
Total Carb (g.)	62.2	31.1	82.0
% Protein (g.)	27%	34%	27%
% Fat (g.)	30%	26%	29%
% Carb (g.)	42%	40%	44%

DINNER	Trust Me	Trust Me Lite	Trust Me Nozawa
Total Cal	665	356	807
Total Protein (g.)	44.6	28.5	53.9
Total Fat (g.)	22.1	11.1	24.6
Total Carb (g.)	71.9	35.7	92.5
% Protein (g.)	27%	32%	27%
% Fat (g.)	30%	28%	27%
% Carb (g.)	43%	40%	46%

Sushi and Labeling

Seafood mislabeling gets quite a bit of press attention from time to time. It turns out this issue is a lot more complex than people think. We have taken a leading role with Loyola Marymont University in the LA Seafood Monitoring Project which aims to significantly reduce the incidence of confusion, mislabeling, and at times fraud that exists in LA sushi restaurants.

Below are details on some of the items that there is often confusion about:

- Our Hirame is *paralichthys dentatus* or Fluke from the northeastern coast of the US; it's sometimes called Halibut in sushi restaurants in LA.
- Our NZ Sea Bream is *pagrus auratus* from New Zealand. It was called NZ Snapper until June of 2018.
- Our Kampachi is *seriola rivoliana* is from Hawaii (which is sometimes called Hawaiian Kanpachi), and is known as Longfin Amberjack or Almaco Jack.
- Our Yellowtail is *seriola quinqueradiata*, or Japanese Yellowtail / Himachi. When this fish is older and larger, it is called Buri in Japan.
- Salmon is *salmo salar*, which is North Atlantic Scottish Salmon.
- Tuna can be one of many species. Our tuna is *thunnus obesus* (Big-eye), or *thunnus albacares* (Yellowfin) or in some cases *thunnus orientalis/thunnus maccoyii* (Bluefin from the Pacific) Albacore, or *thunnus alalunga*, is also a tuna, but we usually refer to it as Albacore.

Sushi and Mercury

Virtually all ocean fish contain some level of methylmercury. The FDA sets a limit for human consumption at 1.0 part per million (ppm) of methylmercury in fish and shellfish. Since 2010, we have tested samples of a variety of our fish and shellfish once or twice each year. All of the results have been consistently less than one-half of the FDA's limit. For example, in every test, our Salmon, Crab and Lobster have been below 0.10ppm; and our Tuna, Hirame, Albacore, NZ Sea Bream and Yellowtail been below 0.40 ppm.

Drinks

Sake

Nozawa - Super Dry Sake, 6 oz.	\$11.00
Nigori - Unfiltered Sake, 12.7 oz.	\$13.00
Ryo - Dry Sake, 6 oz.	\$22.00
Hakkaisan - Premium Dry Sake, 10 oz.	\$43.00
Nozawa Bar Premium Sake, 24 oz.	\$110.00

Wine

	Glass	Bottle
Kunde - Sauvignon Blanc	\$13.00	\$52.00
Hanzell Sebella - Chardonnay	\$16.00	\$64.00
Groth - Chardonnay	\$20.00	\$80.00

Beer

Sapporo (Light or Premium)	\$7.00
Sapporo Reserve	\$9.00

Tea + Water + Soda

Hot Green Tea	\$3.00
Iced Green Tea	\$3.00
Coke, Diet Coke, Sprite	\$3.00
Sustainable Bottled Water	\$3.50

WARNING:

Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and, during pregnancy, can cause birth defects

The First Ever
NATIONAL HAND ROLL DAY is July 6
(and it's Chef Nozawa's Bday, too)!

To celebrate, post and tag your best Hand Roll photo on  with [@sugarfishbynozawa](https://www.instagram.com/sugarfishbynozawa) [#NationalHandRollDay](https://www.instagram.com/hashtag/NationalHandRollDay)

For a chance to win a catered party* for you and your friends!

* Restrictions apply. Visit Handrollbar.com/HRD for details.