



*Chef Tom Nozawa and Chef Kazunori Nozawa*

**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.

## 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

**\$30.00**

## 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

**\$20.00**

## NOZAWA TRUST ME

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)

**\$40.00**

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

### Sashimi + Edamame

Organic Edamame	\$2.50
Oysters	\$6.50
Halibut Fin Sashimi	\$7.50
Halibut Sashimi	\$7.50
Tuna Sashimi	\$7.50

### Sushi (2 pieces per order)

Nozawa-style Shrimp	\$5.00
Bay Scallops	\$5.00
Salmon	\$5.25
Unagi	\$5.25
Albacore	\$5.25
Snapper	\$5.50
Tuna	\$5.50
Yellowtail	\$5.75
Large Scallop	\$5.75
Halibut	\$5.75
Salmon Eggs	\$6.50
Sweet Shrimp	\$6.75
Uni	\$9.75

### Rolls, Hand + Cut Hand / Cut 8-pc

Cucumber	\$4.00 / \$7.75
Toro "Fatty Tuna"	\$4.75 / \$9.25
Salmon	\$4.25 / \$8.25
Bay Scallop	\$4.25 / \$8.25
Yellowtail	\$4.75 / \$9.25
Blue Crab	\$4.50 / \$8.75
Lobster	\$7.00 / \$12.50
Split Cut Roll (4-pc each, no lobster)	\$9.25

### SPECIALS

when available

Engawa Sushi	\$5.75
Albacore Belly Sushi	\$6.00
Toro Sushi	\$8-\$12

### To Go

To-Go TRUST ME	\$30.00
To-Go LITE	\$17.00
Nozawa	\$38.00
Party Trust Me	\$250.00

All items are subject to availability.

### Catering Available

**Please let us know about any food allergies.**

*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.*

### Tea + Water + Soda

Hot Green Tea	\$2.00
Iced Green Tea	\$2.50
Coke, Diet Coke, Sprite	\$2.50
Sustainable Bottled Water	\$3.00

### Beer + Sake + White Wine

Sapporo (Light or Premium)	\$5
Sapporo Reserve	\$7
Nozawa - Super Dry Sake, 6 oz.	\$9
Nigori - Unfiltered Sake, 12.7 oz.	\$10
Ryo - Dry Sake, 6 oz.	\$16
Hakkaisan - Premium Dry, 10 oz.	\$35

Glass / Bottle

Kunde - Sauvignon Blanc	\$7 / \$25
Stags' Leap - Chardonnay	\$9 / \$36
Groth - Chardonnay	\$14 / \$56

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

See reverse for more information about our food.

A 16% service charge will be added to your bill. California state law requires tax on the service charge.  
Please, no tipping.



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](http://sugarfishsushi.com/food). We have included some highlights of that information to the right.

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# Thoughts On Our Food.

## Sushi and Food Safety

We understand that food safety is a concern to many people, which is why we are informing our guests about food issues such as: foodborne illnesses, food allergies, and natural or man-made environmental contaminants. Our main focus is on methylmercury and the contaminants stemming from Fukushima. *(More information can be found at [sugarfishsushi.com/food](http://sugarfishsushi.com/food). Please note that it's always best to consult your physician to find out what dietary choices are right for you.)*

### Mercury

While mercury consumption can be a concern for people in general, it is of specific concern for pregnant and nursing mothers and small children. Excessive exposure to mercury may compromise the development of the nervous system in unborn and small children. There is debate on the effects of mercury and what constitutes excessive consumption. In 2004, the FDA and EPA jointly advised that pregnant women, nursing mothers, and small children should consume no more than twelve ounces of low-mercury fish per week. Although tuna was not specifically addressed in the report, the advisory for mercury-sensitive populations was to limit the consumption of albacore tuna to no more than six ounces per week.

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. In

every test, our salmon, crab and lobster have been below 0.10ppm; our fatty tuna has been between 0.20 and 0.40 ppm; and our tuna, halibut, albacore, yellowtail and snapper have been below 0.25ppm, except in one instance when our snapper recently tested at 0.33 ppm. (Because our snapper's previous test results were never higher than 0.10 ppm, we are retesting a number of snapper samples to better understand the higher result.)

**Despite SUGARFISH's relatively low levels of mercury, mercury-sensitive individuals (pregnant and nursing women and small children) should not exceed the government's fish consumption guidelines (no more than twelve ounces a week, with no more than six ounces of albacore).** We believe that consuming these guideline amounts of fish could lead to "elevated" mercury levels in some people. An individual's mercury level can be determined with a blood test. While there is debate about the relevance and health impact of elevated mercury test scores, defined as levels above 10, there is agreement that levels above 50 are be considered toxic, and exposure to mercury needs to be reduced. Some believe that you should stop eating fish if your scores are elevated. Our research indicates that you should consult with a physician who has expertise in mercury and who can make specific recommendations for you.

### Fukushima

Guests may be concerned about the possibility of residual radiation in food as a result of Fukushima. However, the FDA currently has no evidence that the levels of radionuclides from Fukushima present in the U.S food supply pose a public health concern. The FDA performs selective testing on food products from Japan and has concluded that the food that is imported from the area is safe. As a result, the FDA is not advising consumers to alter their consumption of specific foods, including seafood, whether imported from Japan or produced domestically. [www.fda.gov/NewsEvents/PublicHealthFocus/ucm247403.htm](http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm247403.htm).

Our large scallops, yellowtail, unagi, seaweed, beer, tea, sake, and some condiments come from

Japan. Our yellowtail and seaweed come from over 700 miles to the southwest of Fukushima, and our large scallops come from about 350 miles to the northeast.

### The test results

In August 2012, we engaged an independent laboratory to test our large scallops for cesium-137 and cesium-134. In October 2013, we tested our albacore, blue crab, large scallops, yellowtail, tuna, shrimp, unagi, and seaweed (all sourced from the Pacific Ocean). Radiation was not detected in the samples with a reporting limit of 1.0 pCi/g (average picocuries per gram, a standard measurement for cesium). 1.0 pCi/g is 10 times less than the threshold the FDA sets for the level of concern in baby food. The FDA information can be found at [www.fda.gov/Food/FoodborneIllnessContaminants/ChemicalContaminants/ucm078341.htm](http://www.fda.gov/Food/FoodborneIllnessContaminants/ChemicalContaminants/ucm078341.htm).

A research lab in Northern California indicated that Pacific Bluefin tuna, particularly small fish off the coast of the US, and "bottom fish" from the east coast of Japan are what concerned consumers may want to avoid. We do not serve, and have not served, these items. However, since we do serve many Japanese items at the Nozawa Bar, we sent out four samples of items that frequently appear on our daily menu that are sourced from Japanese waters – octopus, jellyfish, skipjack tuna, and amberjack – to test for radiation. Using the standard threshold limit of 1.0 pCi/g, no radiation was detected in any of Nozawa Bar's samples.

We will continue to rely on our government to protect the food supply but we will also continue to supplement their findings with our own independent radiation testing as we think appropriate.

## Health and Sustainability

To learn more about these two topics, ranging from calorie counts and omega-3 fatty acids to our views on environmental responsibility, please visit [sugarfishsushi.com/food](http://sugarfishsushi.com/food), or simply use the QR code above.

