

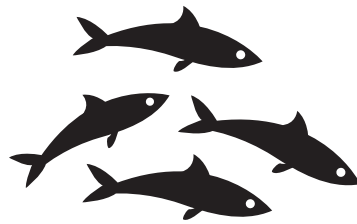
THE FIRST SUSTAINABLE SUSHI RESTAURANT ON EARTH

Supernatural Bull\$#!* Powers

Bun,

Hey—you run an amazing place! You know I'm a 100% straight shooter, so you can count on it when I tell you that the VERY worst thing I can say about tonight is that I wouldn't have served the catfish last—and I had to beat my brains to come up with even that. Every single dish was fantastic. I'd be at a loss to tell anyone what to order. My advice to friends (and I will direct as many of them as I can your way) will simply be to put themselves in the hands of the great chef. It was wonderful to see you in person, and even better to see you working in a business where you can put your supernatural bullshitting powers to work for you. When I get back to LA, I'll break out the pencil and paper and make you something suitable for framing.

Jay Lender
Writer and Director, *Sponge Bob Square Pants*



ABOUT MIYA'S

In 1982, Momma opened Connecticut's first sushi bar. This restaurant was the culmination of her life's ambition.

My grandfather had owned many mountains from which he sold lumber to companies such as Mitsubishi, and my mother dreamed of doing business with him when she was old enough. In the 1950s, little girls from the countryside in Japan weren't encouraged to pursue careers in business. Grandpa would sigh and compliment her, "If only you were a boy, you would make a great businessman." She wished that things were different; it wasn't fair being a girl.

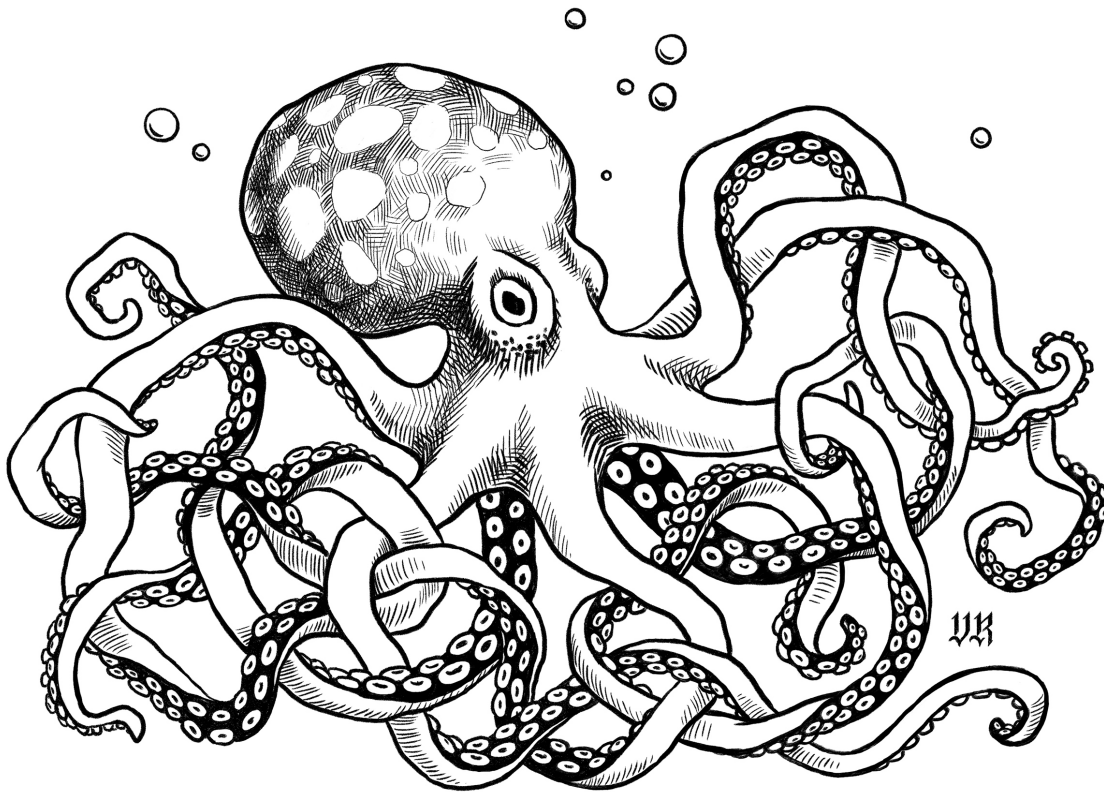
In New Haven, cooking on a four-burner electric oven in a vibrant international Yale apartment complex that was our home, she started a catering business that would evolve into Miya's a few years later. After almost forty years in business, my mother is still as passionate about Miya's as when she first began.

Our recipes at Miya's utilize the technique of maki sushi in a way that embraces stories from people of every continent as a symbol of unity in a world that is often violently divided by our differences. Just as importantly, our menu is over 90% plant-based because the plant-based diet is the healthiest and most planet-friendly one. The only animals that we serve are Monterey Bay Aquarium and Environmental Defense Fund "Best Choice"-rated sustainable seafood, as well as invasive species, many of which are not yet rated. The human appetite is one of the most destructive forces the planet has ever experienced, so our recipes strive to be restorative and regenerative.

The Japanese word 'Miya' refers to a Shinto shrine that houses sacred objects and spirits. Momma named her little restaurant Miya because she strove to create food and a space that nourishes both body and spirit. We aspire to fulfill her intention every day, one roll at a time.

This cuisine is indebted to my mother, who is Japanese, and to my father, who is Chinese. It is because of their differences that I adore and appreciate cultural diversity. Just as importantly, this cuisine has been molded by everybody who has ever touched me in my life and lifted me when I was down. This menu is my love letter to humanity and to every miraculous, weird, and wonderful thing that lives under the sun. But, most importantly, this menu was created to honor strange and wonderful you.

Chef Bun



TOURS OF MIYA'S

FUTURE SUSHI VOYAGE

Designed for the most adventurous souls. This multi-course dinner features invasive species, weeds, insects, and plant-based sushi.
168 per person

In the year 2150, people will be eating in a way that is healthier for their bodies and for our whole planet. We will have learned that a plant-based diet is the healthiest and we will hunt and farm animals in a way that is more humane. Through these recipes from the year 2150, you will experience a kinder and more caring future, where one of the most popular cuisines that exists—sushi—has evolved to become a way of eating that honors and celebrates all life on Earth.

THE INVASIVE SPECIES AUTOPHAGY

You—a member of the most destructive invasive species ever—will devour over a decade and a half of original Miya's invasive species recipes as a first step toward eating in a way that helps regenerate ecosystems.
168 per person

FAMILY STYLE

This quintessential Miya's experience features Momma's traditional Japanese small-plate recipes, Miya's sustainable sushi favorites, and our tempura-fried ice cream. Leave the decision-making to us!
71 per person

THIS IS HOW I ROLL

A platter featuring a combination of sustainable seafood and plant-based maki sushi creations.
56 per person

APPETIZERS

GREATEST PUMPKIN MISO EVER

This low-calorie, high-nutrient miso soup of roasted native pumpkins and homegrown sweet potatoes celebrates the autumn harvest in New England.

10

MISO WILD

This soup—which Momma calls delicious medicine—features medicinal wild plants that are despised by farmers and lawn owners alike. Miya’s Farm-foraged garlic mustard, nettle, purslane, dandelion, clover, plantain, amaranth, chickweed, chicory, and Japanese knotweed make this the healthiest and tastiest soup you’ll ever put in your mouth.

13

THE HEALTHIEST SALAD EVER

Organic leafy greens—with Miya’s Farm edible weeds during the spring, summer, and fall—delicately dressed with our 3-year-aged wild herb dressing.

Half-size: 10

Full-size: 14

AGEDASHI

Momma’s crispy-fried Bridge organic tofu in a ginger kelp broth.

10

HARUMAKI

Momma’s traditional vegetable spring rolls.

10

PIGYOZA

Momma’s dumpling recipe—with ground Texas invasive boar butt and wild onions.

22

MAPLE SYRUP-PICKLED GINGER

Hand-cut Vermont maple syrup-pickled organic ginger root.

5

FRESH WASABI

Pure wasabi root.

5

KARMA VIRTUE CHICKENOTS

A finger-licking-good twist on Japanese ginger-fried chicken, made from wild-foraged hen of the woods mushrooms (or a tasty alternative).

26



NOODLES

UDON NOODLES

Plump Japanese wheat noodles swimming in a restorative broth made from Maine kelp and wild mushrooms.

Just noodles and broth: 8

With organic einkorn flour tempura vegetables: 12

MISO RAMEN

Ramen noodles swimming in an invigorating nine-spice sesame miso broth.

Just noodles and broth: 9

With sautéed vegetables: 13

THE HEALTHIEST RAMEN EVER

The konyaku plant—which the noodles in this recipe are made from—is rich in dietary fiber and is calorie-free too. This is an ideal, nutrient-dense, low-calorie meal for the health conscious.

Just noodles and nine-spice sesame miso broth: 11

With sautéed vegetables: 15



PLANT-BASED ROLLS

*Until he extends the circle of his compassion to all living things,
man will not himself find peace.*

— Albert Schweitzer

THE HEALING FOREST

Hen of the woods (or another yummy alternative) and green onions.

Half-size: 8 Full-size: 13

Traditional Chinese medicine has been using Maitake mushrooms for over two millennia. Today, scientific studies suggest that compounds in Maitake mushrooms, in addition to boosting the immune system, may also suppress the growth of cancerous tumors.

DREAMCATCHER

Mugwort-steamed rice with Miya's Farm-grown yams, pine nuts, and spiced cranberry crab apple butter.

Half-size: 8 Full-size: 13

Mugwort used worldwide by traditional peoples as a medicinal herb that inspires dreams and visions. This recipe combines an herbaceous prolific invasive species with native ingredients that would never have been encountered one another over a half a millennia ago before Columbus crossed the continental divide. The combination of these flavors from different lands harmonize in our Dream Catcher sushi recipe symbolizing healing and renewed life.

KILLER SQUID

Udon noodles fried in a spicy shiitake mushroom and kelp stock tempura, black beans, and green onions.

Half-size: 8 Full-size: 14

Tastes and feels like deep-fried squid!

HOT-HEADED COWGIRL

Coconut, cashew cheese, fruit of the day, and Japanese pickles.

Half-size: 8 Full-size: 14

OKRA WINFREY

Macrobiotic recipe of brown rice, steamed okra, avocado, pickled plum, and Japanese basil.

Half-size: 7 Full-size: 12

CHINESE SUPERHERO

Broccoli and salt-cured Chinese jumping beans.

Half-size: 6 Full-size: 10



EGGPLANT SUSHI THREE WAYS

Try them all for 18!

SUSHI SALAAM

Roasted eggplant—a native species—combined with invasive butterbur and a medley of vegetables.

Half-size: 8 Full-size: 13

Through arts, literature, science, and religion, the cultures of the Middle East have been profoundly influential worldwide. Rumi, the 13th-Century Persian poet, who no doubt dined on Ghormeh Sabze, wrote some of the greatest love poems of all time. Our recipe, Sushi Salaam, incorporates tastes and aromas that would have colored Rumi's world over 700 years ago.

As-salāmu alaykum translates to “peace be upon you” in Farsi and Arabic. This recipe was created in the hope that one day we will live in a world without violence and retribution.

GINGER EGGPLANT TERIYAKI MAKI

Eggplant and a medley of vegetables with ginger teriyaki sauce.

Half-size: 8 Full-size: 13

HOWE STREET BLOCK PARTY

Falafel, eggplant, and miso tahini!

Half-size: 8 Full-size: 13

Inspired by our oldest and dearest friends, our habibis at Mamoun's Falafel Restaurant.

THE CHEESIEST SUSHI EVER

Featuring the finest Connecticut fromage! Cheeses listed in these recipes may change depending on availability.

SWEET GOTATO

Miya's Farm-grown purple yam and Deerfield Farm (Durham, CT) Brianna cheese.

Half-size: 18 Full-size: 30

MEXICAN BLUE GRASS

Wild Mexican grasshoppers, wild hen of the woods mushroom, potato skin, Cato Corner Farm Vivace (Colchester, CT).

13 per piece

FOWL PLAY

Hen of the woods mushroom (or another yummy alternative), potato skin, Arethusa Farm (Litchfield, CT) Europa.

13 per piece

KANIPAPA

Chesapeake Bay blue crab meat in potato skin, Cato Corner Farm (Colchester, CT) Vivace, Old Bay-fermented shore crab.

20 per piece

JEWFRICAN QUEEN

The Seven Species combined with Ethiopian spices and Sankow's Farm (Lyme, CT) sheep milk feta. Fried whole with wheat and barley flour.

Half-size: 18 Full-size: 30

We take inspiration from a story about the Queen of Sheba traveling from Ethiopia to Jerusalem to seek the counsel of King Solomon. Upon arrival, she gave him spices from her home. This gift was incredibly meaningful; she was sharing with him the smells and tastes of her homeland. There is not a more powerful way of creating a connection with a stranger, than through the food that makes us who we are.

SUSTAINABLE SEAFOOD ROLLS

“The next time you’re deciding what to eat, just remember that buying responsibly produced seafood—farmed or wild—makes you part of the solution.”

— Tim Fitzgerald, Environmental Defense
Fund, Fishery Solutions Center

THE BEST SCALLOP ROLL EVER

Massachusetts scallops, avocado, wild onion, sea salt, and Dr. Lai’s homemade hot pepper oil, tempura-fried whole.

Half-size: 21 Full-size: 33

HOT & BOTHERED

Spicy and big *Perna canaliculus*—for y’all who like big mussels.

Half-size: 6 Full-size: 10

ALGONQUIAN ARACHNID

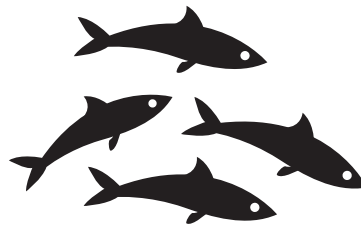
One whole Chesapeake Bay soft-shell blue crab fried in Old Bay Seasoning and beer batter.

Half-size: 21 Full-size: 33

CATFISH BLUES ROLL

Chesapeake Bay invasive blue catfish fried in Old Bay Seasoning and beer tempura.

Half-size: 8 Full-size: 12



THE BEST SALMON IN THE WORLD

Monterey Bay Aquarium Seafood Watch and Environmental Defense Fund Seafood Selector “Best Choice” salmon. Species will vary depending on availability.

BONE THUGS-N-BROCCOLI

Crispy salmon bones and bacon-like skin, broccoli stems, and avocado. A lot like a BLT, but better!

Half-size: 8 Full-size: 12

Almost half the food produced in the world goes to waste. This tasty recipe was created to illuminate the problem of waste by utilizing crispy omega-3-rich salmon bones and broccoli stems, which are commonly discarded food items.

SPICY CRUNCHY SALMON

Salmon, cayenne peppers, capers, pickled daikon, and avocado—fried whole in fermented sour and spicy kimchee tempura batter.

Half-size: 12 Full-size: 20

IN PRAISE OF SHADOWS

Wild sumac-seared salmon, avocado, pickles, and flying fish roe wrapped in pickled invasive bog rhubarb leaves.

Half-size: 18 Full-size: 30

As described by Tanizaki in his 1933 essay “In Praise of Shadows,” this is our twist on a recipe of sushi that was eaten by the ancient mountain people of Yoshino, Japan.

CHINOOK SASHIMI

Salmon blackened with lemony earthy wild sumac berries—and thinly sliced.

Half-size: 24 Full-size: 38

This recipe combines salmon and sumac berries, which are both ingredients traditionally eaten by the Chinook peoples.

YOU BUG ME



MEXICAN BLUE GRASS

Wild Mexican grasshoppers, wild hen of the woods mushroom, and green onions rolled in potato skin, and topped with Connecticut fromage.

13 per piece

BUZZIN' BACON

Like a cross between bacon bits and roasted nuts. Made from super-nutritious black soldier fly larvae raised on Miya's leftovers. Add to your soup, salad, or sashimi.

5

CHIRPIN' CHICHARRÓN

Wild grasshoppers, roasted and seasoned with spices and citrus. Add to your soup, salad, or sashimi.

10



INVASIVE SPECIES

In the United States alone there are over 50,000 established invasive species that cause environmental, economic, and social damage way beyond anything that can be fully measured or understood. The human appetite is one of the most destructive forces on earth, responsible for the extinction of countless living things, so shifting that appetite away from species that are overfished or factory-farmed and redirecting it toward invasive species is part of the solution to a plethora of increasingly complex human and environmental problems.

Invasive species are second only to deforestation as a cause of habitat destruction that has led to the precipitous loss of biodiversity that many in the science community have called the Anthropocene Extinction. In the Bahamas, native reef fish populations have rebounded where invasive lionfish have been culled. Removing invasive species by eating them is one of the many approaches that can be used to help restore native species and their habitats.



THE INVASIVE SPECIES AUTOPHAGY

You—a member of the most destructive invasive species ever—will devour over a decade and a half of original Miya's invasive species recipes as a first step toward eating in a way that helps regenerate ecosystems.

168 per person

MISO WILD

This soup—which Momma calls delicious medicine—features medicinal wild plants that are despised by farmers and lawn owners alike. Garlic mustard, nettle, purslane, dandelion, clover, plantain, amaranth, chickweed, chicory, and Japanese knotweed make this the healthiest and tastiest soup you’ll ever put in your mouth.

13

This miso, which features invasive plants and weeds, is the healthiest and tastiest soup you’ll ever put in your mouth and features a dozen wild plants, including Japanese knotweed, garlic mustard, nettle, purslane, dandelion, clover, plantain, amaranth, chicory, and chickweed.

There are three very good reasons to be eating invasive plants and weeds:

1) Over 16,000 years of farming, humans have been able to cultivate plants for greater flavor, size, and physical appeal but never for increased nutritional value. In fact, farmed food has become less nutritious over time. As a result, conventional crops are much less nutritious than the edible weeds that grow among them. In a world where malnutrition has led to global epidemics of hunger and obesity, humans must expand their palates to include a wider variety of unconventional healthier-to-eat food species. Invasive plants and weeds fit the bill; they contain loads of fiber to boost gut health and a wide range of phytonutrients that prevent damage from free radicals that cause many chronic health problems, including inflammatory diseases, cardiovascular disease, and cancer.

2) As the world warms, unpredictable weather patterns have become commonplace, causing crop failures and increasing global hunger. Invasive plants and weeds are more resilient to extreme weather patterns and therefore could be cultivated in regions where they already exist and where climate change will decrease the production of staple crops.

3) By foraging/cultivating edible weeds, we do not contribute to the poisoning of our planet with pesticides. Five billion pounds of dangerous pesticides are used worldwide each year, affecting every living thing, from beneficial microbes in the soil that plants depend upon to the community of gut bacteria that live within us and are the bedrock of human health.

DREAMCATCHER ROLL

Mugwort-steamed rice with sweet potato, pine nuts, and cranberry crab apple butter.

Half-size: 8 Full-size: 13

MUGGU MOCHI

Toasted mugwort mochi stuffed with sweet red bean.

A mouthful for 8

Mugwort is used worldwide by traditional peoples as a medicinal herb that inspires dreams and visions. This recipe combines a prolific herbaceous invasive species with native ingredients that would never have been encountered one another over a half-millennia ago before Columbus crossed the continental divide. The combination of these flavors from different lands harmonizes in our Dreamcatcher sushi recipe, symbolizing healing and renewed life.

CATFISH BLUES ROLL

Chesapeake Bay invasive blue catfish fried in Old Bay Seasoning and beer tempura.

Half-size: 8 Full-size: 12

Blue catfish can weigh up to a hundred pounds and have become a threat to the biodiversity of the tributaries of the Chesapeake Bay. This recipe, which incorporates Southern-style fried catfish and okra, tips its hat to the African origins of all people and is a reminder that, despite our differences, we are all one, yo.

MY JELLY BELLY

Thinly sliced invasive cannonball jellyfish, trawled off the coast of Georgia, seasoned with roasted sesame and Miya's farm-grown Szechuan peppers.

22

Jellyfish populations have been exploding because of human-caused climate change, ocean acidification, and pollution. Yet few cultures utilize jellyfish as a food source despite the fact that jellyfish is an endlessly abundant food source that is low in calories and high in protein and collagen.

KANIPAPA

The crown jewel of Miya's invasive species menu features the first invasive species we ever caught and ate—back in 2001—the Asian shore crab. Chesapeake Bay blue crab meat in potato skin, Cato Corner Farm (Colchester, CT), Old Bay-fermented shore crab.

20 per piece

Asian shore crabs are an invasive crab species that migrated to North America in the ballasts of ships in the 1980s. They have infested craggy intertidal habitats along the East Coast from Maine to Florida. They are able to thrive in a wide range of temperatures and compete with native crabs and fish for microalgae and other smaller edible animals and plants. This recipe was created with Dr. Yancey Orr, Yale College 2001, Assistant Professor of Anthropology at the University of Maryland.

NINE-SPICE INVASIVE ASIAN CARP SASHIMI

Half-size: 24 Full-size: 38

The introduction of Asian silver carp has led to the precipitous decline of native fish species in seventeen states. These giant plankton eaters are netted by Kentucky fisherman who have been fishing as a way of life for over a century.

IN PRAISE OF SHADOWS

Wild sumac-seared salmon, avocado, pickles, and flying fish roe wrapped in pickled bog rhubarb leaves.

Half-size: 18 Full-size: 30

As described by Tanizaki in his 1933 essay "In Praise of Shadows," this is our twist on a recipe of sushi that was eaten by the ancient mountain people of Yoshino, Japan. Instead of persimmon leaves, our recipe uses invasive bog rhubarb.

A ROMP IN DA SWAMP

Minty and bitter invasive bog rhubarb stem simmered in kelp stock and sake.

13

Bog rhubarb, which shades out native plants with its giant lily-like leaves, has been used medicinally for pain relief for over two thousand years in China. Bog rhubarb inhibits cyclooxygenase-2 activity, thereby acting as an anti-inflammatory.

KIRIBATI SASHIMI

Thin-sliced Florida lionfish with Kiribati sea salt and spices.

75

This recipe, which combines two ingredients that originate in the Pacific Ocean, help tell a complex story that interweaves the proliferation of invasive species, climate change, and the destruction of coastal cultures.

Climate change helps invasive species spread. Lionfish have been spotted as far North as Long Island Sound. After being released from aquariums, lionfish established themselves in the Atlantic Ocean off the East Coast of the United States and throughout the Caribbean. Protected by venomous spines, lionfish is a voracious apex predator that has decimated native fish populations of coral reefs that have already been suffering from the impact of climate change, pollution, and overfishing.

The island nation of Kiribati is one of the world's poorest countries, with few natural resources other than the salt from the ocean around it. At only 8 to 12 feet above sea level, Kiribati may become the first nation to be completely swallowed by the ocean due to climate change.

PIGYOZA

Momma's dumpling recipe—with ground Texas invasive boar butt and wild onions.

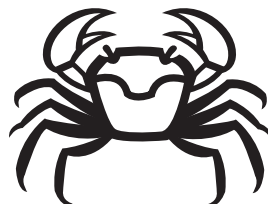
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HILL COUNTRY BLUEFIN

Seared boar heart is dark and meaty like bluefin tuna but tastier and healthier to eat.

22

Feral hogs, introduced by European explorers in the 1500s, are voracious eaters that consume native and endangered species. Unlike factory-produced meats, wild meats such as boar contain high levels of omega 3 fatty acids. Unlike most bluefin tunas, a threatened species that is high in contaminants, wild hogs are abundant and free of mercury and PCBs.



HAPPY ENDINGS

TEMPURA-FRIED ICE CREAM

Fat fried in fat—it can't get better than that! Add a topping of nutty black soldier fly larvae at no extra cost!

14

MUGGU MOCHI

Toasted mugwort mochi stuffed with sweet red bean.

A mouthful for 8



If the Japanese Believed in Guardian Angels

At Miya's in 1983, David Hayden spun out endless steaming plates of tuna teriyaki from the tiniest kitchen in town.

When I was nine, David took me camping in Canada. I went fishing and made sunfish soup. When one of the other kids poured too much salt in it, upsetting me, David fixed it by adding potato. Later, I glowed as the adults complimented me on my soup, as they navigated through the piles of bones and scales and eyeballs floating in it.

When I was fourteen, David and I wrestled on the carpet of Miya's. David got a bump on his head. "Davuuuuuuuu!" I heard my mom reprimand, "but it is common sensu!" I chuckled but David felt bad whenever my mother was upset. He was her protector, and if the Japanese believed in guardian angels, David was my mother's.

David retired from Miya's to take care of his mother and passed away shortly after she did. At the end of his life, my mother and I and a great man named Bill Fischer were among the few people he wanted to see.

At home, my mother has a traditional Japanese ancestral shrine where she prays. The ashes of my grandparents are kept there. Some of David's are too.

Recently, I found a letter that was written to my mom in 1993 by David. He had worked at Miya's for over a decade at that point.

Dear Yoshiko,

I want to thank you for caring about people, for caring about their health and growth as human beings first. You never did anything just for profit or for fear of losing money.

You set an example by your faith: with the courage to hold onto right principles no matter what the cost. Someone can be a good person and a good businessperson. Thank you for your patience and strength. I will not forget them.

*With special regards,
David*

2013 James Beard Foundation Award Nominee—Best Chef
2018 James Beard Foundation Award Finalist—Best Documentary



2016 White House Champion of Change for Sustainable Seafood



2012, 2014—Best Server, Frank Blazi
2016—Best Waitstaff



