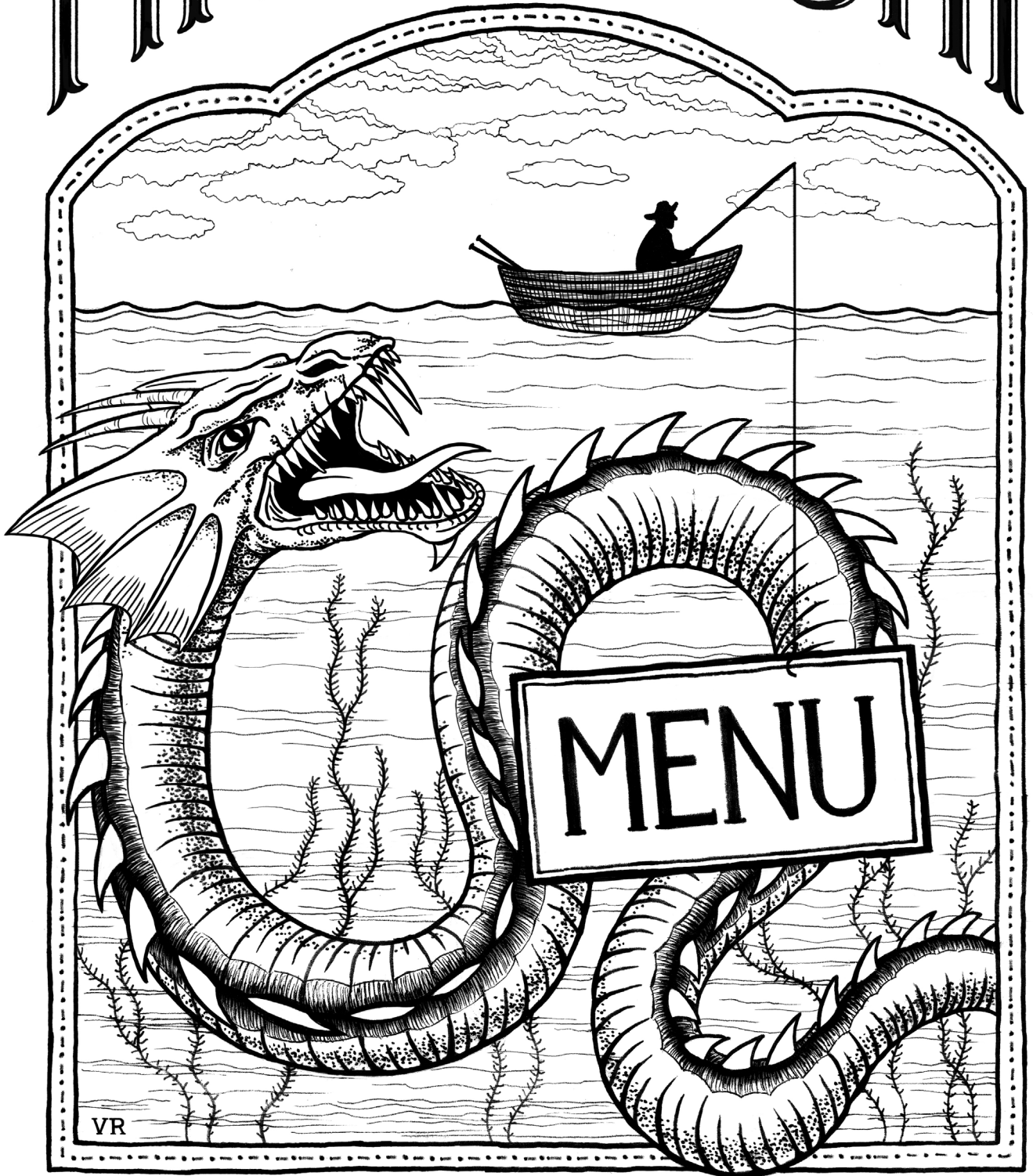


MIYAYA'S SUSHI



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 our cuisine, we use the technique of sushi as a medium to explore what it means to be human. We take inspiration from a story that appears in the Hebrew Bible, the Quran, and Ethiopian folklore 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 to honor him. This gift was incredibly meaningful; she was sharing with him the smells and the tastes of her homeland. King Solomon had never before experienced cumin, chili, fenugreek, cloves, cinnamon, and allspice, and the Queen of Sheba offered him the very essence of her faraway home for consumption. Food creates some of our most powerful memories; it can conjure up images and feelings of country, home, friends, and family. In each recipe of ours, ingredients from disparate cultures are combined, symbolizing what is possible when people of the world live in harmony with one another.

2013 James Beard Foundation
Award Nominee



2016 White House
Champion of Change for
Sustainable Seafood



IN THE BEGINNING...

KABOCHACHA MISO SOUP

Kabocha pumpkin, sweet potato, and organic soy bean miso.

4

MISO HINI

Massaged sesame miso kale salad.

9

MASALA MAME

Spicy toasted cumin and sesame seed-seasoned organic edamame.

6

AGEDASHI

Momma's recipe of crispy fried organic tofu (The Bridge, Middletown, CT) served in a ginger kelp broth.

6

HARUMAKI

Momma's famous decades-old recipe of vegetarian spring rolls.

6

CHINESE PYGMY RODEO

Mushrooms wrapped in potato skin, topped with toasted Europa cheese (Arethusa Farm) and a lemon dill sauce.

3 pieces for 7

EBIBABA

Alaskan spot shrimp topped with toasted Europa cheese (Arethusa Farm) and a lemon dill hanky-panky sauce.

3 sumptuous pieces for 10

TOKYO FRO

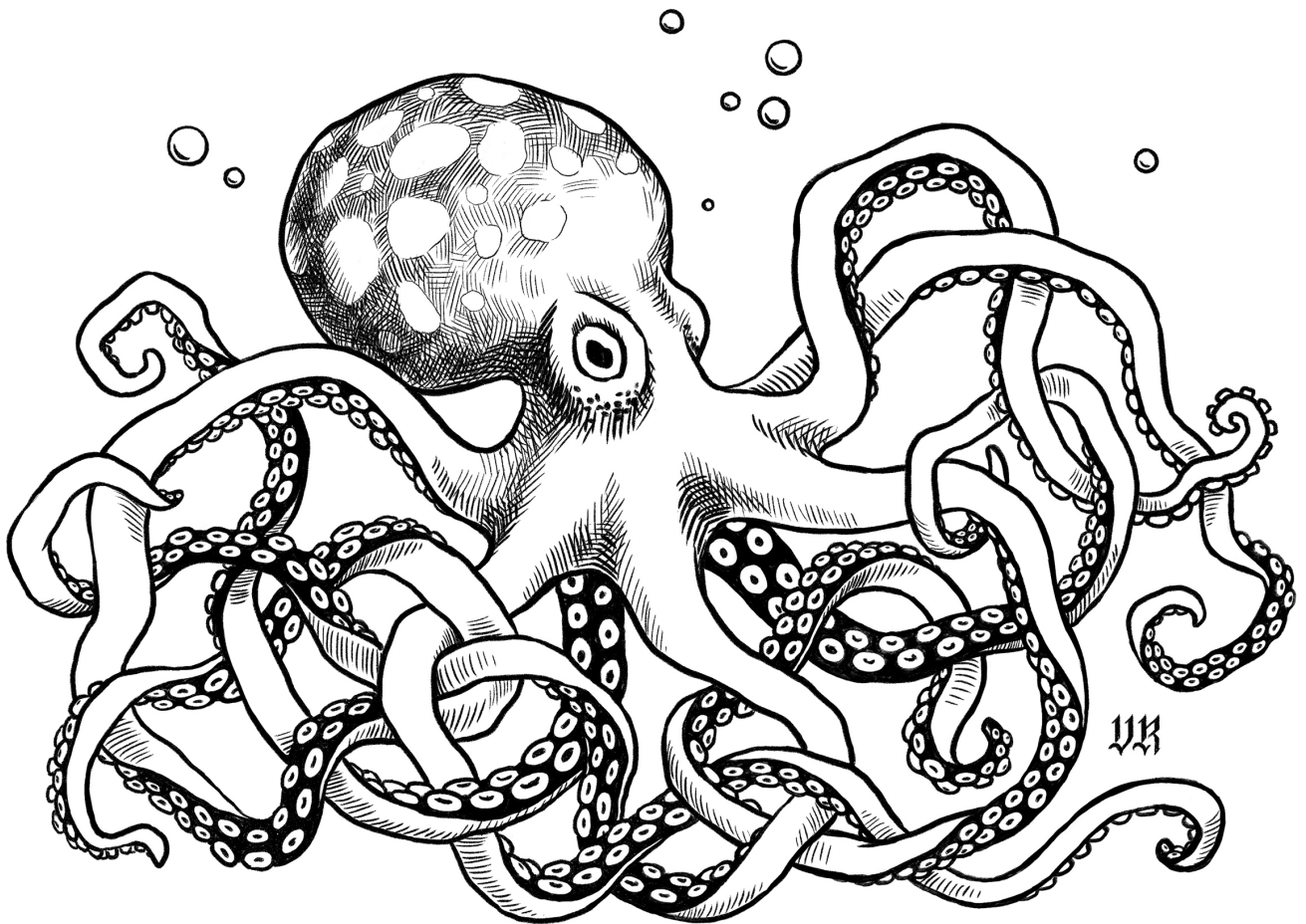
Tasty potato curls drizzled with a Nipponese tomato sauce.

10

SEAFOOD SUNOMONO

Mom's recipe of marinated kelp (Springtide Seaweed, Sorrento, Maine) salad with Oregon pink shrimp, Spanish pot-caught octopus, and New Zealand green mussels.

15



SUSHI MEDLEYS, TERIYAKI & NOODLE BOWLS

FUTURE SUSHI VOYAGE

In the year 2150, people will be eating in a way that is healthier not only for their bodies but also for our whole planet. People will be eating fewer animals, since they will have learned that a plant-based diet is the healthiest; they will hunt and farm animals in a way that is more humane. Through the following 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.

48 per person

MAKI SUSHI

Our most popular original sushi rolls. Seafood, plant-based, or a combination of both. The chef's choice of five different types and ten pieces total.

18

NIGIRI SUSHI

Four pieces each of Alaskan sockeye salmon, Washington state albacore tuna, and invasive Kentucky silver carp.

22

ALBACORE TUNA POKE

Roasted sesame-seasoned Washington state albacore tuna, smelt caviar, avocado, cucumber, jalapeños, shallots, and scallions served on a bed of rice.

15

SALMON POKE

Roasted sesame-seasoned Alaskan sockeye salmon, smelt caviar, avocado, cucumber, jalapeños, shallots, and scallions served on a bed of rice.

15

SHRIMP POKE

Precious little Oregon pink shrimp, avocado, cucumber, jalapeños, shallots, and scallions, heaped onto a bed of rice.

15

INVASIVE SILVER CARP POKE BOWL

Roasted sesame-seasoned invasive Kentucky silver carp, smelt caviar, avocado, and cucumber, jalapeños, shallots, and scallions, heaped onto a bed of rice.

15

GINGER TOFU TERIYAKI DON

Ginger-seasoned organic local tofu made by master tofu-maker Steve of The Bridge (Middletown, CT). Served with sautéed vegetables and rice.

13

MISO EGGPLANT TERIYAKI DON

Ginger-seasoned eggplant served with sautéed vegetables and rice.

13

UDON NOODLES

Plump Japanese wheat noodles and tempura vegetables in a light and savory broth made from Maine kelp.

13

MISO RAMEN

Ramen noodles and sautéed vegetables in a rich and spicy sesame miso broth.

13

INVASIVE SPECIES

Invasive species are a top-five ecological problem that cause over a trillion dollars worth of damage worldwide annually. Eating them may be part of the solution.

CATFISH BLUES ROLL

A roll of invasive Chesapeake Bay blue catfish, okra, apricots, and black-eyed peas.

5 pieces for 6

TEMPURA WEED CHEE

The tender leaves of the invasive Japanese knotweed plant are kimchee-pickled and then fried in whole wheat batter. Gluten-free garbanzo bean flour batter is also available.

10

BLESSED BARACK OF RIBS

Ginger-roasted Kentucky buffalo carp ribs, served with sautéed vegetables and rice.

1 big-girl-sized rib for 9

KANIBABA

Potato skin stuffed with Chesapeake Bay blue crab meat, topped with toasted Camembert cheese (Arethusa Farm), lemon dill sauce, all topped with an Asian shore crab.

1 precious morsel for 10

INVASIVE SILVER CARP POKE BOWL

Roasted sesame-seasoned invasive Kentucky silver carp, smelt caviar, avocado, and cucumber, jalapeños, shallots, and scallions, heaped onto a bed of rice.

15

NINE-SPICE INVASIVE ASIAN CARP SASHIMI

Thinly sliced, delicate invasive Kentucky silver carp with a peppery citrus tamari sauce and green onions. Served with roasted black soldier fly larvae or plain, without insects.

12

NINE-SPICE LIONFISH SASHIMI

Florida lionfish in a shichimi ponzu sauce.

15



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

BAD-TEMPERED GEISHA BOY

Giant green-lipped mussels—for men who like big mussels—and string beans.

5 pieces for 6

A ROLL OF A LIFETIME

Alaskan sockeye salmon skin—the oceanic equivalent to crispy bacon—with asparagus.

5 pieces for 6

ROCK-EM SOCK-EM

Alaskan sockeye salmon, okra, avocado, and pickled Chinese mustard greens.

5 pieces for 6

ALBACORE PICANTE

Cayenne-seasoned Washington state albacore tuna, avocado, asparagus, string beans, and scallions, smothered in smelt roe.

5 pieces for 6

TRES SUSHI MARIACHIS

Alaskan sockeye salmon, asparagus, capers, pickled radish, and avocado, drizzled with olive oil.

5 pieces for 6

CALIFORNIKACION

Chesapeake Bay blue crab meat and artichoke hearts, organic cream cheese, and avocado, smothered in Icelandic smelt roe.

5 pieces for 10

TYGER TYGER

Albacore tuna, goat cheese (Beltane Farm), apricots, avocado, pickled radish, and Ethiopian berbere spices, tempura-fried whole.

5 pieces for 10

THE BEST CRUNCHY ROLL EVER

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

5 pieces for 10

PLANT-BASED ROLLS

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

— Albert Schweitzer

CHINESE SUPERHERO ROLL

Tempura-fried broccoli, roasted garlic, and salt-cured Chinese jumping beans.

5 pieces for 6

ASPARABLISS

Blissful asparagus, champignon mushroom, string beans, and pickled Chinese mustard greens.

5 pieces for 6

KISS THE SMILING PIGGIE

Tempura sweet potato, mango chutney, and pine nuts.

5 pieces for 7

KILLER SQUID

Fried udon noodles flavored with shiitake mushroom and seaweed stock, black beans, and scallions.

5 for 8

GINGER EGGPLANT TERIYAKI ROLL

Asian eggplant and a medley of vegetables, with plenty of fresh raw ginger and our homemade sake teriyaki sauce.

5 pieces for 9



SUSHI SALAM

Roasted eggplant, avocado, smoked jalapeño vegan cashew cheese, and za'atar herb medley that dates back to biblical times. (The Old Testament's hyssop that King David mentioned as part of a spiritual cleansing ritual is thought by many scholars to have been za'atar.)

5 pieces for 9

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

HOT-HEADED COWGIRL

A coconut-covered roll of avocado, vegan cashew cream cheese, papaya, wild burdock, pickled radish, and hot peppers.

5 pieces for 9

SWEET GOATATO

Baked purple sweet potato, avocado, and goat cheese (Beltane Farm).

5 pieces for 10

THE ROLL OF MILK AND HONEY

The Seven Species of the Torah: figs, dates, raisins, goat cheese (Beltane Farm), cinnamon, spicy red pepper, honey, pistachio, olive oil, and invasive Red Sea manna/broccoli hand-picked by Rabbi Ponet.

5 pieces for 10



HAPPY ENDINGS

SEVEN DEADLY SUSHI

A sinfully delicious roll of fermented sundried banana, cashew butter, strawberries, cacao nibs, and homemade hand-pounded mochi, topped with a baby scoop of coconut olive oil ice cream—eaten in one bite, using your fingers.

1 bite-size piece for 5

TEMPURA-FRIED ICE CREAM

One giant scoop of freezing-cold vanilla ice cream, surrounded by hot, sweet, and crispy tempura.

10

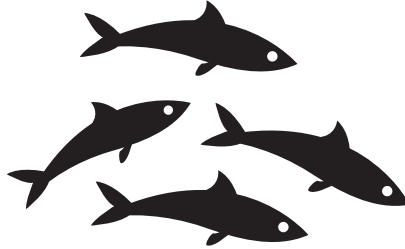


LATE-NIGHT SPECIALS

*Intended for all kinds of late-night dreamers, rule-breakers, and revolutionaries.
Wednesday, Thursday, Friday, Saturday: 10 pm to midnight or until we sell out!*

**\$6 Sushi Platters, Ramen and Udon Noodles, Tokyo Fro,
Tempura-Fried Ice Cream, and mucho more!**

**\$4 Fiercracker Sake Bombs,
and lots of other premium drink specials!**



"This belongs in Principles of Economics class as an example of price discrimination making the world a better place! Love it!"

— Dean Karlan
Guggenheim Fellow
Professor of Economics, Yale University
President, Innovations for Poverty Action

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*



Established by Mama in 1982
in New Haven, Connecticut

Artwork and design by Vasilisa Romanenko