

MIYA'S SUSHI



Established by Mama in 1982 • New Haven, CT

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 each of our recipes, ingredients are farmed or fished in a planet-friendly way and combined, symbolizing what is possible when people of the world live in peace and harmony with nature and themselves.

2013 James Beard Foundation
Award Nominee



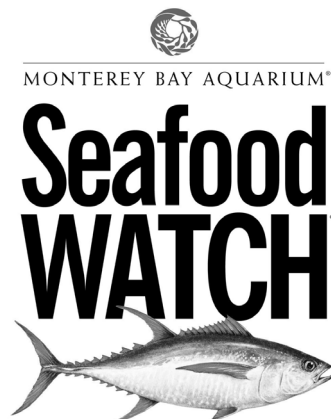
2016 White House
Champion of Change for
Sustainable Seafood



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



Partner



MIYAYA'S SUSHI



VR

MIYA'S OWN SAKE

Bubbly, delicate, elegant, and powerful sake tinctures made from traditional medicinal plants, with a splash of sparkling water.

MIYA'S SAKE FLIGHT

Instead of choosing just one, try all six of our original sake incarnations.

42

HOWE STREET JUMBO JET

Limited edition, one of a kind weed spirits, and Miya's own sakes.

66

FIREKRAKER

Chili peppers, ginger, turmeric, and other tasty and powerful anti-inflammatory spices.

glass: 10 bottle: 28

For thousands of years, throughout Asia, Firecraker Sake has been the rice wine of revolutionaries and change-makers. In a world where the status quo represents oppression, inequality, and the destruction of the environment, Firecraker embodies the spirit of revolution.

DRAGON LADY

Ginger, lemongrass, honey.

glass: 12

Victory drink of lesbian pirates of the South China Sea. This palate-cleansing cocktail is delicious served hot or cold.

ULTRAVIOLET KISSES

Salty pickled plums, Sarah Redmond's Maine kelp, and home-grown Japanese purple shiso.
glass: 14

Like a mouthful of sun-streaked ocean designed to be sipped slowly during your meal. Sushi is an ocean-centered cuisine, and this sake is designed to taste like the ocean. Since the Industrial Revolution, the oceans have seen a 30% increase in acidity due to human activity. To raise awareness of this alarming problem, we have created Ultraviolet Kisses with a pH of 8.179, the pre-industrial acidity level of the world's oceans.

CHEROKEE SUMAC LOVE POTION

Wild staghorn sumac berries, allspice berries, and cloves.
glass: 14

Tangy and floral-tasting staghorn sumac was considered a sacred plant by Native Americans who used it for food and medicine. Sumac contains high levels of vitamin C and essential minerals such as calcium and selenium and has been used to strengthen the immune system for millennia.

WATER OF LIFE

Wisconsin ginseng, turmeric, tangerine peel, and honey.
glass: 14

A 5000 year old recipe revered by mountain people of Manchuria for its strength-giving, rejuvenating, and stress-relieving powers.

IROQUOIS TREE OF PEACE

Citrusy white pine needles with hints of sage, oregano, and turbinado sugar.
glass: 14

Native Americans of the Adirondacks (which means "tree eaters") ate the cambium of pine trees during the winter to fend off vitamin C deficiency. Pine needles contain high levels of vitamin C and vitamin A. To many Native Americans, the pine tree symbolizes wisdom and health.

SAKE

Traditional sakes.

FIRST CLASS JAPAN AIRLINES SAKE FLIGHT

Experience some of the best traditional Japanese sakes.

66

TRADITIONAL PEASANT SAKE

Served hot or cold.

300-ml carafe: 5

TOZAI LIVING JEWEL JUNMAI

Light with aromas of white grapes, anise, and fresh herbal notes.

glass: 12 300-ml bottle: 24

KANBARA BRIDE OF FOX JUNMAI GINJO

A brilliant nose filled with green grapes, minerals, wheat, and steamed.

glass: 18 300-ml bottle: 30

CHIYOSONO SACRED POWER JUNMAI GINJO

The only sake brewed with shinriki, an ancient strain of rice. Hints of tropical fruit.

glass: 20 300-ml bottle: 35

KONTEKI TEARS OF DAWN DAIGINJO

Complex with hints of anise, pear, and banana.

glass: 24 300-ml bottle: 40

TENTAKA SILENT STREAM DAIGINJO

Medium bodied. Luxurious, hints of lime, lychee, and mint.

glass: 45 720-ml bottle: 160

RIHAKU DREAMY CLOUDS NIGORI SAKE

A complex aroma profile touching on cream, and hints of toffee and plum.

glass: 15 750-ml Bottle: 48

SAKEBOOMBOOM

Ancient sake-based love potions — popular among cross-dressing Kabuki actors who were the heartthrobs of Japan of the 1700's.

FIREKRAKER SAKE BOMB

A shot glass of Firecraker and a half-full glass of cheap prolateriat beer.
4 per bomb

Miya's Firecraker sake bomb transforms the ordinary and unpalatable sake bombing experience into a deliciously sublime alchemy of citrus, hops, and fire.

BONOBO JUICE

Chinese Firecraker sake, pure New Haven soda water, and lots of fresh limes.

glass: 10 pitcher: 24

This drink was created in collaboration with a tribe of bonobo monkeys, the most peaceful of all primates. There is much to be learned from bonobo culture, where sex is free and frequent and females rule supreme.

KAMA SUTRA

A refreshing and titillating combination of sake, berries, and cerveza.

glass: 10 pitcher: 24

Created to bring waves of raw desire to one's loins, this drink is responsible for the existence of over a billion Indian lovers. An aphrodisiac more powerful than Catholicism.

This fiery cocktail is a yin-yang combination of Eastern medicine and Western poison.

KOREAN HONGKEE PUNCH

Chinese Firecraker sake, fresh watermelon sake, cerveza

glass: 10 pitcher: 24

Winner of the 1977 North Korean National Cocktail Award.

SPIRIT OF WEEDS

Distilled spirits containing the powerful essence of weeds.

DANDELION

Contains the ethereal essence of hand-picked sunshine-filled dandelion petals. Notes of butter scotch and pure joy.

glass: 35

THORNY THISTLE

Cold smoked thistle weed - a high nutrient weed that is the bane of gardeners. Vivacious, verdant, and sophisticated.

glass: 22

MUGWORT

A medical herb in the Artimesia family that is believed to inspire dreams and visions by the Chumash people of coastal Southern California. Like grass candy.

glass: 22

HAY

Contains the essence of local grasses beloved by horses and cows.

glass: 22

OLD-FASHIONED COCKTAILS

All cocktails \$11

OLD FASHIONED

Bib & Tucker Bourbon, bitters, simple syrup.

NEGRONI

Botanist Gin, vermouth, Campari.

DAIQUIRI

Bayou Rum, lime juice, simple syrup.

MANHATTAN

Michter's Rye, vermouth, bitters.

WHISKEY SOUR

Bib & Tucker Bourbon, lemon juice, simple syrup.

DRY MARTINI

Botanist Gin, vermouth, olive.

MARGARITA

Milagro Tequila, Cointreau, lime juice, simple syrup.

MOSCOW MULE

Crop Organic Vodka, lime juice, ginger, soda.

GIN & TONIC

Botanist Gin, tonic, lime.

WHISKEY BAR

KAVALAN

Sherry oak whisky from Taiwan, a very rare whisky outside of Asia and a platinum medalist at the International Review of Spirits.

glass: 35

YAMAZAKI

A 12-year-old single-malt whiskey from the oldest distillery in Japan. Elegant, smooth, with hints of burnt sugar. One of Japan's best whiskies.

glass: 24

HIBIKI

A widely acclaimed 12 year old blended whiskey made in 5 different types of casks.

glass: 22

NIKKA TAKETSURU PURE MALT

A blend of Japanese malts averaging 10 years of age. Peaty and smoky.

glass: 15

MACALLAN 12

Sherry oak single-malt Scotch. The best single malt around.

glass: 15

BIB & TUCKER

Aged in #1 charred oak barrels, the lightest of the traditional char levels, for six years. Light but complex.

glass: 11

MICHTER'S

Young and sweet palate with light nose from the oldest American distillery.

glass: 11

JACK DANIEL'S

Fierce, legendary, hardworking, Tennessee straight bourbon.

glass: 7

WINE

WHITE

RIFF — PINOT GRIGIO (Italy)

Fine, fruity with notes of apple and peach. Dry and crisp.

glass: 8 bottle: 24

CHARLES SMITH — EVE CHARDONNAY (Washington state)

A shimmering, brilliant, green golden wine. Aromatic pear, tangerine, guava.

glass: 10 bottle: 30

ROSE

BOSCHENDAL — ROSE GARDEN (South Africa)

Aromas of strawberry, cherry blossoms, and a hint of tomato plant. Medium-bodied and juicy.

glass: 9 bottle: 28

RED

LES HERETIQUES — CARMÉNÈRE (France)

Medium-bodied with a strong tannic structure and aromas of raspberry and blueberry.

glass: 8 bottle: 24

JOHANNESHOF REINISCH — PINOT NOIR (Austria)

Lovely, charming, light-bodied, with aroma of cherry.

glass: 11 bottle: 33

SPARKLING

VEUVE CLICQUOT

Champagne.

bottle: 88

SEGURA VIUDAS CAVA

Spanish sparkling wine.

bottle: 35

BEER

LUCY'S LAST CALL, VERACIOUS BREWING COMPANY (Monroe, CT)

Golden ale, 9.3% abv.

glass: 11

AMERICAN ALE, THIMBLE ISLAND BREWING COMPANY (Branford, CT)

glass: 8 pitcher: 22

GINGA NINJA, BLACK HOG BREWING CO. (Oxford, CT)

glass: 8 pitcher: 22

SAPPORO BEER (Canada)

American-style drunken Japanese salaryman beer.

glass: 7 pitcher: 20

SWILL BEER (Somewhere in America)

Working-class American beer that tastes like nothing at all. Perfect for Firecraker sake bombs!

glass: 4 pitcher 11

SODA & TEA

MATCHA SODA POP

Organic matcha, fresh limes, seltzer, and honey.

glass: 4 pitcher: 10

SASSAFRAS SODA POP

This sugar-free soda pop is made with sassafras root that we forage for ourselves and is sweetened with homegrown stevia leaf.

glass: 4 pitcher: 10

THREE DRUNKEN POETS SODA POP

A sugar-free soda pop of tasty medicinal plants: Schisandra berry, Hawthorne berry, and hibiscus flower sweetened with stevia.

glass: 7 pitcher: 15

ORGANIC GREEN TEA

pot: 5

Because it isnt easy being green.

VITALI-TEA

Wild-foraged milk thistle, raspberry leaves, lemon balm, stinging nettle, and Japanese knotweed.

pot: 7

ROOT MAJESTEA

Organic matcha, organic turmeric, ginger, lemon, and honey.

pot: 7

RED VELVET TEA

Schisandra berry, Hawthorne berry, hibiscus flower, and honey.

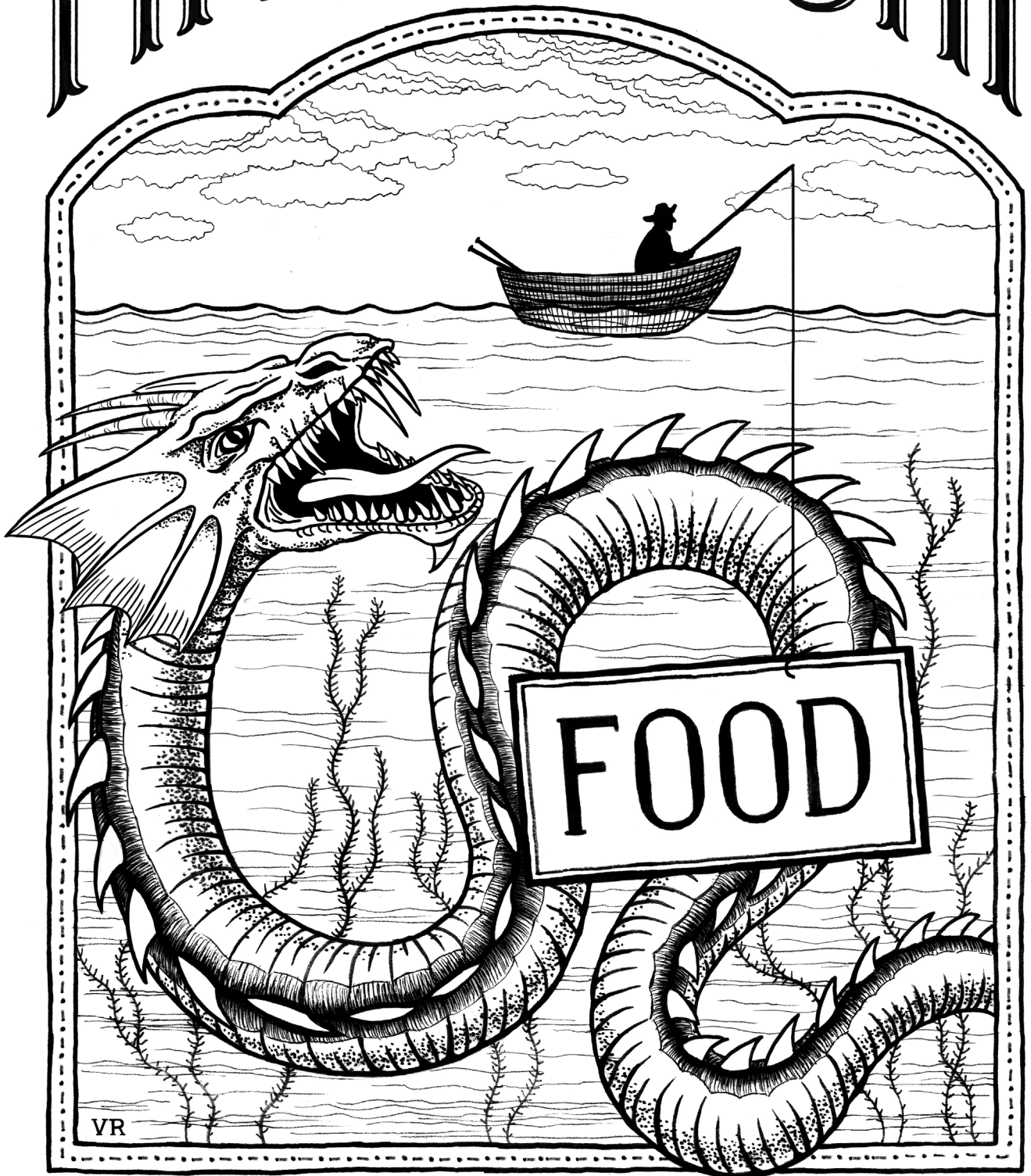
pot: 7

GINSENG LEMONADE TEA

American Ginseng, turmeric, ginger, lemon, cayenne, black pepper, and honey.

pot: 9

MIYAYA'S SUSHI



VR

APPETIZERS & SIDES

THE BEST MISO SOUP EVER

Organic soy bean miso.

5

SALAD DAYS

Organic youthful greens tossed in our wild ramp dressing.

11

KELP! I NEED SOMEBODY

Seaweed and assorted vegetable salad, featuring Sarah Redmond's Maine kelp.

12

MASALA MAME

Spicy toasted cumin and sesame seed-seasoned organic edamame.

6

AGEDASHI

Crispy fried organic tofu (The Bridge, Middletown, CT) served in a ginger kelp broth.

7

HARUMAKI

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

7

TOKYO FRO

Tasty potato curls drizzled with a Nipponese tomato sauce.

11

SHOO FLY SASHIMI

Okra sashimi with crunchy nutty black soldier fly larvae raised on Miya's leftovers.

14

Gold Metal Winner of 36 of Ghana's most prestigious Entomophagy awards.

TOURS OF MIYA'S

The most comprehensive, quintessential Miya's experiences — each expertly selected by our chefs and bundled into the best value possible.

FAMILY STYLE

Mom's best traditional recipes and many of our original ones too. Includes appetizers, sushi, and dessert - just leave it up to us!
48 a person.

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.

88

OMAKASE

The very best of Chef Bun's creations. Due to time needed for fishing, foraging, and other special preparations for the Omakase, reservations must be made one week in advance. 4 person minimum. Kosher, gluten-free, vegan and vegetarian options available.

150 a person.

With an exceptional sake and spirit pairing: 200 a person.



MAIN COURSES

MAKI SUSHI

Our most popular original sushi rolls. Seafood, plant-based, or a combination of both. Ten pieces.

22

IKURA DON

Alaskan ketta salmon caviar on a medley of fresh vegetables and rice.

24

TERIYAKI DON

Choice of eggplant, organic local tofu, or a combination of both. Ginger-seasoned and served with sautéed vegetables and rice.

15

SALMON POKÉ

Choice of invasive Kentucky carp, Alaskan sockeye salmon, or Washington State albacore, served on a big bed of fresh vegetables and rice.

20

SOBA NOODLES

Buckwheat Noodles topped with tempura vegetables in a light and savory broth made from Maine kelp.

15

UDON NOODLES

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

15

MISO RAMEN

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

15

YAKISOBA

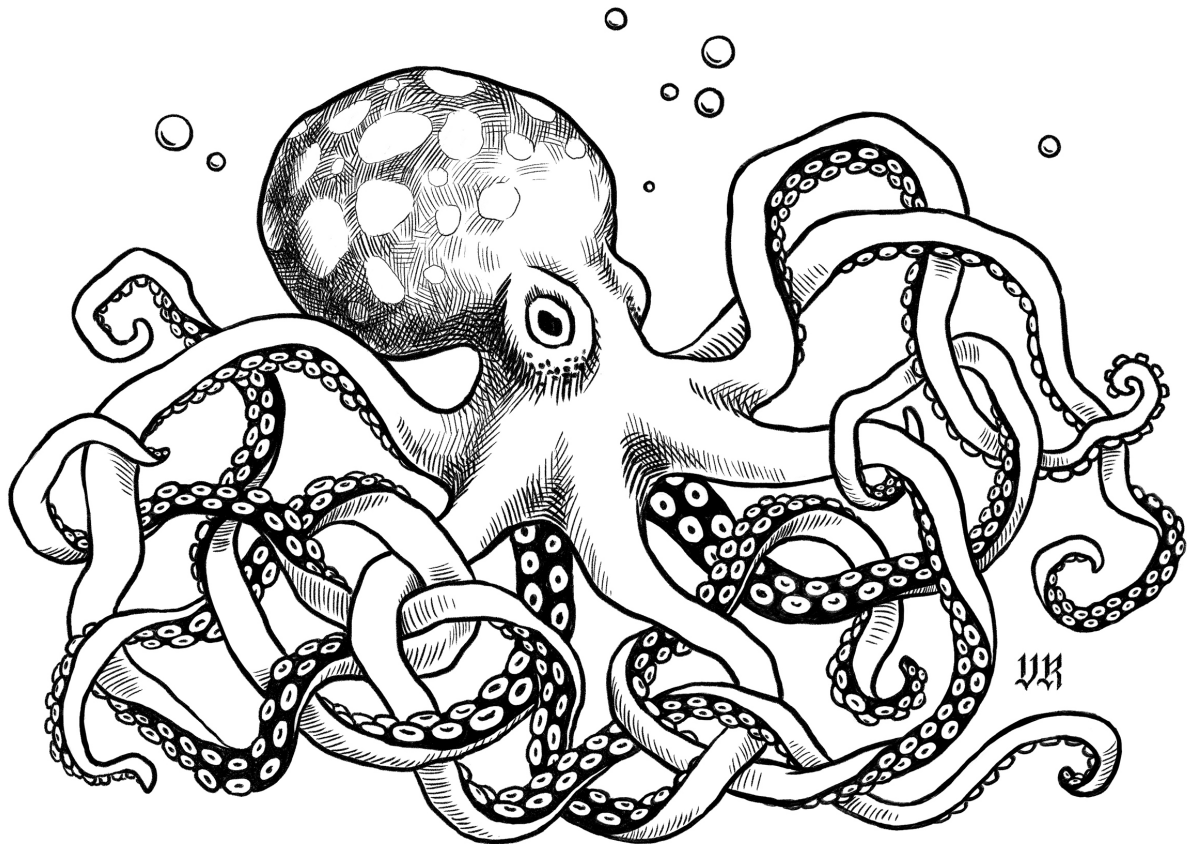
Traditional stir-fried Japanese buckwheat noodles piled high to the sky with tasty vegetables.

15

NUN DAE SASHIMI

Ancient Korean-kimchee-seared Alaskan sockeye salmon and Washington State albacore tuna.

38



INVASIVE SPECIES

Eating invasive species has the potential to restore habitats and take pressure off of factory farming.

CATFISH BLUES ROLL

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

5 pieces for 7

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.

7

BLESSED BARACK OF RIBS

Kimchee-pepper-blackened Kentucky buffalo carp ribs.

11 per piece

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.

3 precious morsels for 18

INVASIVE SILVER CARP POKÉ

Roasted sesame-seasoned invasive Kentucky silver carp, served on a medley of fresh vegetables and rice.

20

NINE-SPICE INVASIVE ASIAN CARP SASHIMI

Thinly sliced invasive Kentucky silver carp with a peppery yet delicate cherry blossom sauce. Served with roasted black soldier fly larvae or plain, without insects.

20

KIRIBATI SASHIMI

Thin-sliced frozen Florida lionfish tartare in a yuzu Szechuan pepper seasoning.

25

SAKURA SASHIMI

Invasive Kentucky silver carp infused with beets and served thinly sliced and partly frozen, inspired by the Inuit peoples!

35

PIGLICIOSO

Tenderloin of Texas invasive wild boar seared nigiri sushi - better than any pig meat you ever put in your mouth!

6 per bite-sized piece



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

Q: How many rolls should I order?

A: 2 to 3 rolls plus an appetizer or a side dish is considered to be a dinner portion.

BONE THUGS-N-BROCCOLI

Wild salmon bones and broccoli stems.

5 pieces for 7

Almost half the food produced in the world goes to waste — a fact that is a tragedy in a world where over a billion people are hungry. 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.

BAD-TEMPERED GEISHA BOY

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

5 pieces for 7

CATFISH BLUES ROLL

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

5 pieces for 8

ROCK-EM SOCK-EM

Alaskan sockeye salmon, okra, avocado, and pickled radish.

5 pieces for 8

A ROLL OF A LIFETIME

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

5 pieces for 8

TRES SUSHI MARIACHIS

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

5 pieces for 8

ALBACORE PICANTE

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

5 pieces for 8

EBIBABA

Louisiana white tail shrimp wrapped in baked potato skin topped with toasted Arethusa Farm Europa cheese.

2 sumptuous 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 12

OO LA LA MITZVAH

Alaskan sockeye salmon, Arethusa camembert, and asparagus.

5 pieces for 15

WABISABI

A roll of kimchee-seared wild Alaskan coho salmon, avocado, and flying fish caviar, wrapped in wild-foraged pickled grape leaves.

A couple of large rolled grape leaves for 18

This recipe is inspired by novelist Tanizaki's experience one summer picking persimmon leaves and using them to make landlocked salmon sushi rolls.

CALIFORNIKACION

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

5 pieces for 20

THE BEST CRUNCHY ROLL EVER

Giant Hokkaido scallops, avocado, Dr. Lai's homemade cayenne pepper and wild onion sauce, tempura-fried whole.

5 pieces for 20

SPIDER

Spicy, hot, and crispy Maryland soft-shell blue crab.

A big whole crab - 20

RAINBOW ROLL ROYALE

An LGBTQ coalition of sustainable seafood.

5 pieces for 18



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 7

ASPARABLISS

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

5 pieces for 7

KILLER SQUID

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

5 for 8

KISS THE SMILING PIGGIE

Tempura sweet potato, mango chutney, and pine nuts.

5 pieces 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 10

HOT-HEADED COWGIRL

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

5 pieces for 10

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 10

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.

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 11

CHINESE PYGMY RODEO

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

3 sumptuous pieces for 11

PASSION WITHOUT WORDS

Mushrooms, camembert, and asparagus.

5 pieces for 12

WANDERING POET

A great big roll of packed with a medley of vegetables.

5 pieces for 12

HOWE STREET BLOCK PARTY

Mamoun's-restaurant-inspired falafel, asparagus, and avocado topped with eggplant and drizzled with tangerine peel tahini.

5 pieces for 12

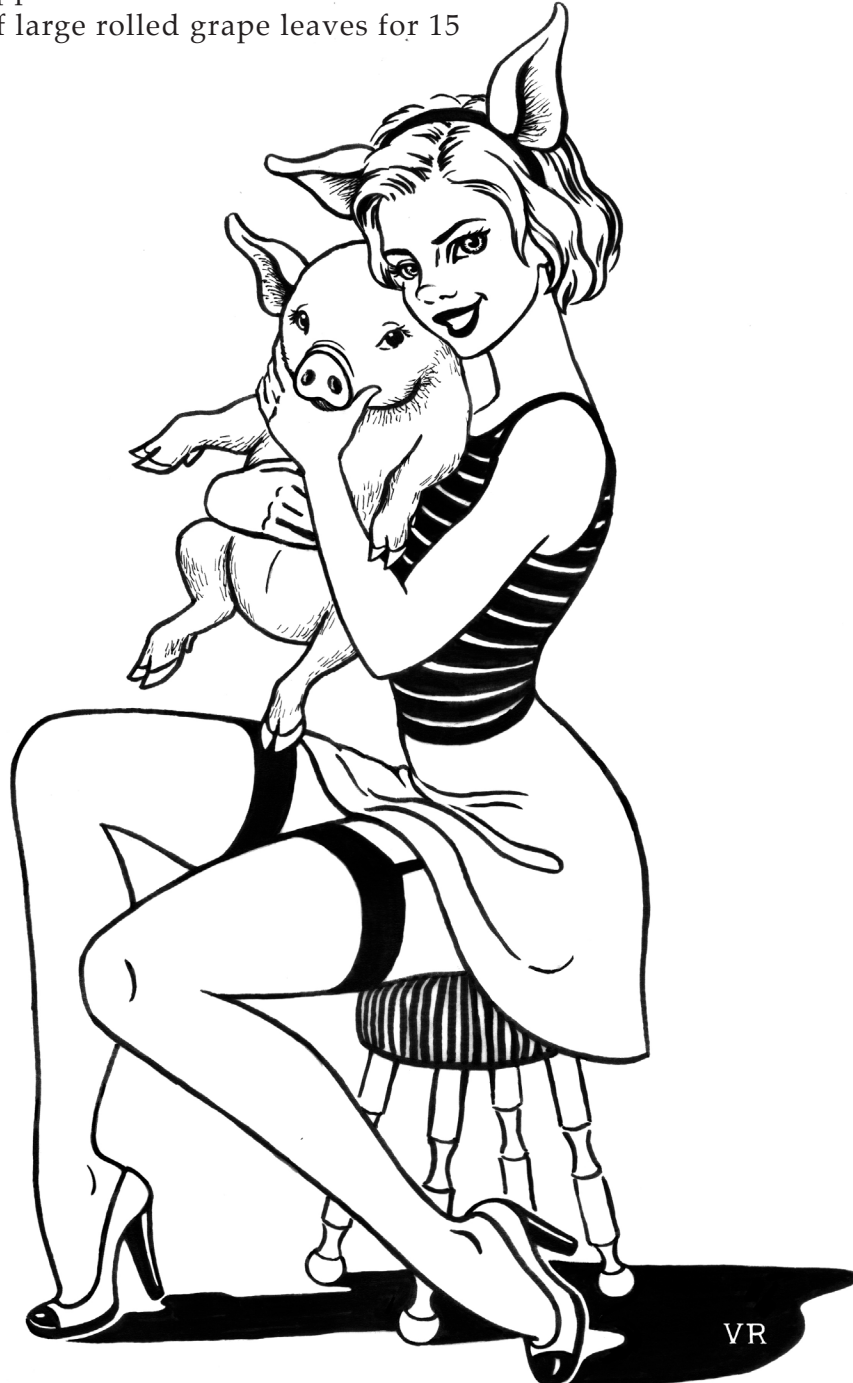
SWEET GOATATO

Baked purple sweet potato, avocado, and goat cheese (Beltane Farm).
5 pieces for 12

WARM GRAPES FALLING ON A HAPPY HEAD

Wild grape leaf-wrapped roll of eggplant, avocado, pickled radish, scallions,
and hot pepper.

A couple of large rolled grape leaves for 15



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 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



EARLY BIRD & NIGHT OWL SPECIALS

EARLY BIRD

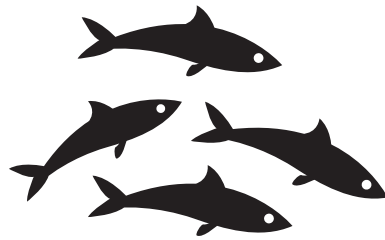
4:05 pm - 6:33 pm

\$3 Firecraker Sake Bombs and \$5 drink specials!

NIGHT OWL

10 pm to midnight or until we sell out!

\$3 Firecraker Sake Bombs and \$5 drink specials!
\$7.5 Sushi Platters, Ramen and Udon Noodles,
Tempura-Fried Ice Cream, and mucho more!



"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, North Western
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*



THE FIRST SUSTAINABLE SUSHI RESTAURANT ON EARTH

Established by Mama in 1982
in New Haven, Connecticut

Artwork and design by Vasilisa Romanenko