MIYA’S SUSHI
Established by Mama in 1982 • New Haven, CT
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
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.

ABOUT MIYA’S

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
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.

HOWE STREET JUMBO JET
Limited edition, one of a kind weed spirits, and Miya’s own sakes.

FIREKRAKER
Chili peppers, ginger, turmeric, and other tasty and powerful anti-inflammatory spices.
glass: 10 bottle: 28

For thousands of years, throughout Asia, Firekraker 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, Firekraker 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 considereda 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.
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 Firekraker and a half-full glass of cheap prolateriat beer. 4 per bomb

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

BONOBO JUICE
Chinese Firekraker 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 Firekraker 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.
KAVA LAN
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 shimmery, brilliant, green golden wine. Aromatic pear, tangerine, guava.
glass: 10 bottle: 30

**ROSSÉ**

**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 Firekraker 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 isn't 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
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.
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
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

ASPARA BLISS
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
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 Firekraker Sake Bombs and $5 drink specials!

NIGHT OWL
10 pm to midnight or until we sell out!

$3 Firekraker 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. “Davuuuuuuuuu!” 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