

## NIGIRI SUSHI



## GUNKAN SUSHI



## HOSO-MAKI & CONE

CALIFORNIA 6 1/2 Real crab, avocado	CHOP CHOP 5 Scallop with tobiko and mayo	SPICY TUNA 5
NEGI-TORO 6 1/2 Chopped tuna belly	SALMON 5	TUNA 5
		CUCUMBER 4

## Traditional Finger Food

Sushi was traditionally a finger food consumed by hand during the Edo era (1900's). Today sushi is usually consumed by hand or with the use of chopsticks. You may choose to dip your sushi in soy sauce but it is recommended that the fish be dipped in soy sauce and not the rice. This will require some tricky maneuvering as you will need to flip the sushi around to dip it into the soy sauce dish, fish first.

For Gunkan sushi (sushi wrapped with nori) a small amount of soy sauce is poured onto the sushi and the sushi is not dipped into the soy sauce dish.

## Tips for Consuming Sashimi

1. Pour a small amount of soy sauce into a soy sauce dish.
2. Do not stir in wasabi with the soy sauce.
3. Do not let the sashimi swim in the soy sauce.
4. Place a small amount of wasabi directly onto your piece of sashimi and dip the sashimi into to soy sauce.



Mixing wasabi with the soy sauce causes the wasabi to lose its flavor. By placing the wasabi directly onto the fish, you get a fresh taste of wasabi with every piece and the soy sauce remains pure. ENJOY!

## Japanese Garnish for Sushi and Sashimi

### WASABI

Wasabi was originally added to sushi during the 1900's for its antidotal effect. Today most of us enjoy this spice to add some kick to our fresh fish.

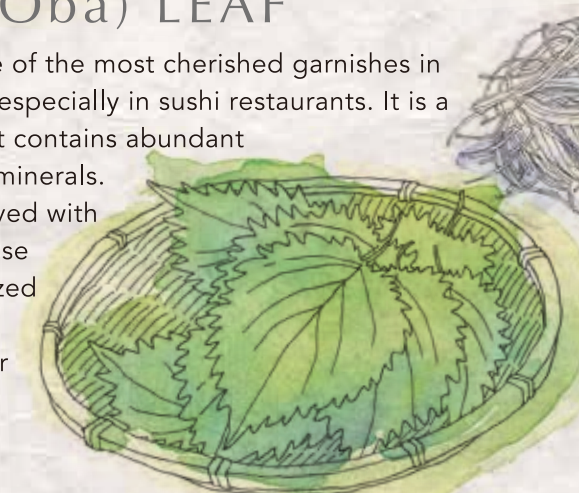


### GARI (Pickled Ginger)

Pickled ginger is served when you order sushi but not sashimi. Why? One of the plausible answers is that it acts to clean your palate. By eating pickled ginger between each piece of sushi you can enjoy the flavour and taste of sushi.

### SHISO (Oba) LEAF

Shiso (Oba) is one of the most cherished garnishes in Japanese cuisine especially in sushi restaurants. It is a nutritious leaf that contains abundant vitamin A, C and minerals. When shiso is served with your sashimi, please tear it into bite-sized pieces and eat it together with your sashimi.



### TSUMA (Shredded Daikon)

Shredded daikon usually sits under sashimi. It is not merely decorative but is consumed to cleanse your palate. Eat it plain or dipped in soy sauce to refresh your taste buds and allow you to enjoy your next piece of sashimi.

