



Established by Mama in 1982
in New Haven, CT

This edition of the menu is lovingly dedicated to Mama and Papa.

James Beard Award Nomination
2013
James Beard Foundation

Top Ten Healthiest Restaurants in the U.S.
2012
Gourmet

Top Three Most Sustainable Restaurants in the U.S.
2012
fish2fork

Nature's Plate Award
2012
Nature Conservancy

Seafood Ambassador Award
2011
Monterey Bay Aquarium

Greatest Person of the Day
2010
Huffington Post

**11 Influential Eco-Chefs Who Are Changing
the Way We Are Thinking About Food**
2010
EcoSalon

Best New Restaurant
1983
New Haven Advocate

ABOUT MIYA'S

MAMA

In 1982, Mama opened New Haven County's first sushi bar. The restaurant was named Miya, after her baby daughter. This restaurant was the culmination of her life's ambition.

My grandfather had owned a successful lumber company 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 in a tiny apartment kitchen on Prospect Street, she put her university degree in nutrition to use by starting a catering business which would eventually become Miya's. After almost thirty years in business, my mother is still as passionate about Miya's as when she first began.

Often when I return from my trips, I find myself stunned by all of the improvements that my mother continues to make with the restaurant. More than anyone, she continues to drive Miya's full speed ahead. "Maybe I will run a marathon," she thought aloud to me the other day. I didn't doubt she could, not even for a second.

ME

When I was little, living in Kyushu, Japan, my Grandmother would pickle green plums and cucumbers in ceramic pots as big as laundry hampers. We would eat these pickles at every meal with steamed rice, misoshiru, and fish so fresh that their eyes shimmered like a young John Travolta's.

I often miss my grandmother and Japan, but I'm also so grateful for the worldly journey that my parents have allowed my life to become in America.

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. This menu is my love letter to humanity and to every miraculous, weird, and wonderful thing that lives under the sun.

OUR CUISINE

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. Food is culture. Food bonds people intimately. In each recipe of mine, ingredients from disparate cultures are combined, symbolizing what is possible when people of the world live in harmony with one another.

We are aware that the restaurant industry has a very harmful impact on the environment; in particular, the traditional cuisine of sushi is destroying our oceans. Therefore, we try to maintain our restaurant in an ecologically responsible manner. We do our best to not use ingredients that are overfished or that in their production have a destructive impact on the environment. As a result, the bulk of our menu is vegetable-centered; the rest utilizes seafood that is abundant but often overlooked. Much of our menu includes invasive species, trash fish, and bycatch, many of which we catch ourselves on our one hundred acres of certified shellfishing grounds, 12 miles from where you are now sitting.

In a country where most of us will eventually die of lifestyle-related diseases, chefs should aspire to cook in a way that marries good taste and art with sound nutritional wisdom. At Miya's, we use our own whole-grain recipe that is toothier, tastier, and healthier than conventional sushi rice. Historically, vinegar, salt, and sugar were added to fish and rice, as a method of preservation, in a time when there was no refrigeration. Though there is no longer the practical necessity to add these preservatives, they remain elements in the contemporary cuisine of sushi. Sushi rice today is

highly processed and sweetened, much like the Wonder Bread many of us grew up eating. Inspired by whole-grain breads, our recipe for sushi rice is made from a brown rice-centered mixture containing quinoa, amaranth, oat grains, and flax seed. Quinoa and amaranth provide all the essential amino acids of a complete protein. Whole oats have more fiber than any other grain and help lower high blood pressure. Ground flax seed supplies nearly double the amount of omega-3 fatty acids per calorie than any food in the world. Since most of our sushi involves robust flavors, the hearty grain mixtures carry our recipes in a way that traditional sushi rice could not. Additionally, we use no sweeteners such as cane sugar in our whole-grain sushi rice.

I hope that our recipes please your mouth, tickle your brain, and nourish your body and soul.

A handwritten signature in black ink, appearing to read "Ben". The signature is fluid and cursive, with the first letter being a large, stylized capital 'B'.

REFRESHMENTS

SODA POP

PICKLED GINGER POP

Palate cleansing ginger soda made from our homemade, maple syrup-sweetened, pickled ginger

6

HIBISCUS FLOWER POP

Hibiscus flowers, honey, carbonated New Haven water

6

SASSAFRAS POP

This zero-calorie soda pop is made with sassafras root that we forage for ourselves, sweetened with stevia leaf

8

LIMITED-EDITION SAKE

SAKE SAMPLER

Your choice of four of our original sakes
Four varieties: 20

ULTRAVIOLET KISSES

Ocean-salty, homegrown red aged shiso and sour plum sake
half glass: 10 small bottle: 28

Sake with the same salinity (35 parts per thousand) as the North Atlantic sea. Since the Industrial Revolution, the oceans have seen a 30% increase of acidity due to human activity. To raise awareness of this alarming problem, Ultraviolet Kisses have a Ph of 8.179, the preindustrial acidity level of the world's oceans.

CHINESE FIRECRACKER

Homegrown hot chili peppers, lemons, limes, citron, lemongrass, and honey
glass: 10 small bottle: 22 large bottle: 44

CHEROKEE SUMAC LOVE POTION

Honey-sweetened Connecticut wild-foraged sumac sake
glass: 12 small bottle: 22 large bottle: 44

DRAGON LADY

Ginger, lemongrass, and honey sake, designed to be a refreshing palate cleanser
glass: 10 small bottle: 22 large bottle: 44

EMERALD WITCHES' LIPS

Hand-picked white pine needles, inspired by Native Americans who used to eat nutrient-rich pine tree cambium
glass: 12 small bottle: 22 large bottle: 44

CHINESE FIRECRACKER SAKE BOMBA

A sake shot glass of Chinese firecracker and a half-full frosty mug of swill beer
6 per bomb

COCKTAILS

SHINJUKU SHIMMY

Fresh hibiscus flower honey beer cocktail

glass: 7 pitcher: 16

A staple of Japanese drag queens in kabuki theatre for centuries.

KAMA SUTRA

A refreshing and titillating combination of fresh pureed berries, sake, and cerveza

glass: 9 pitcher: 22

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.

BONOBO JUICE

Chinese Firecracker sake, soda water, and lots of fresh limes

glass: 10 pitcher: 24

Created in honor of all sexually complex primates.

KOREAN HONG KEE PUNCH

Fresh watermelon, cerveza, and lots of Chinese Firecracker sake

glass: 10 pitcher: 24

Korean women are considered, pound for pound, the most beautiful women in the world, second only to Ukunabe women. Each complex drink is distilled from the sweet dew of a thousand Korean beauties.

SMALL PLATES

THE BEST MISO SOUP EVER

Made with wild seaweed that we dive for ourselves

4

OKTOBERFLÖT

Hibiscus flower honey beer with a scoop of vanilla ice cream

glass: 8

The Zatumbabi tribe of Eastern Africa are the happiest people on Earth during mealtime. They eat dessert at the beginning of their meal, which goes against our cultural norms. Studies show that having dessert first increases mealtime happiness.

OH, ME SO HINI

A titillating salad of organic kale dressed with our own miso tahini picante sauce

Small: 9 Large: 11

SALAD DAYS

A vivacious salad of organic greens tossed with our own wild ramp and basil dressing

Small: 9 Large: 11

SUBTIDAL SALAD

Tasty, nutritious, hand-harvested, wild and cultivated seaweed from our ocean farm (and beyond), tossed with salad greens

Small: 11 Large: 14

NINE-SPICE DRUNKEN CHAR

Icelandic Arctic Char sashimi seasoned with spices, chives, and a splash of our Chinese Firecracker sake

About 10 slices for 16

TOKYO FRO

Tasty curls of crispy potatoes

Small: 6 Large: 10

In Japan, where hip hop is the most popular music of the youth, the afro has become the most popular hairstyle. This dish has the texture and flavor of a Japanese afro and celebrates the beauty that can be created when people of differing backgrounds find ways to appreciate one another.

CONNECTICUT CLAMS AND OYSTERS ON THE HALF SHELL

A recipe from my mother's childhood of clams and oysters on the half shell

1 clam and 1 oyster for 6

SASHIMI POQUITO

A small, toothsome medley of seafood to whet your appetite

23

GRANDE MUSSELS TEMPURA

Lusciously plump morsels of omega-3-rich New Zealand green mussels, tempura-fried in whole-grain batter and omega-3-rich canola oil

20

DINNER FOR ONE

VEGETABLE SUSHI ROYALE

A ten-piece ambrosial extravaganza consisting of the very best of our plant-based sushi creations

30

BENEVOLENT BEHEMOTHS

A most interesting and delectable assortment of seafood, served sashimi style—includes underutilized species of seafood that are bycatch, trash-fish, or invasive.

44

THE VERY HUNGRY CATERPILLAR

A sushi and sashimi combination plate which includes nine-spice sashimi, two clams and two oysters on the half shell, Kanibaba, Passion Without Words, Black-Eyed Squid, Wabisabi, six pieces of nigiri sushi, and the Catch of the Day

44

NIGIRI PLATE ESPECIAL

An eclectic twelve-piece sampler of the tastiest seafood, served thinly sliced on mounds of whole grains

30

FUTURE SUSHI ESPECIAL

Howe Street Block Party, Chinese Pygmy Rodeo, Kwanzaa Bonanzaa, Kiss the Smiling Piggie, Charlie Chan's Ching Chong, Black-eyed Squid, Wabisabi, and three pieces of our Catch of the Day nigiri

30

The most popular and the most ethically sourced sushi recipes from the year 2034, served to you today.

BLUE PLATE ESPECIAL

A twelve-piece sampler of classic Miya's sushi rolls

22

let them eat VEGETABLE ROLLS

I created my plant-based sushi menu to take pressure off of the oceans and reduce the need for large-scale animal farming. I also created it because the plant-based diet is one of the healthiest for humans and for the planet as a whole.

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.

– Albert Einstein

KISS THE SMILING PIGGIE

Sweet potato, apple chutney, and walnuts
4 pieces for 8

CHARLIE CHAN'S CHING CHONG

Broccoli, roasted garlic, and black beans
4 pieces for 8

Like having a Chinese disco party in your mouth!

KILLER SQUID

Udon noodles flavored in shiitake mushroom and seaweed stock, hot peppers, black beans, and scallions, topped with grilled jalapeños
4 pieces for 13

Tastes and feels like deep-fried squid!

VOOMPA

Spicy, crunchy eggplant seasoned with Persian ghormeh sabzi herbs, goat cheese, avocado, and scallions

4 pieces for 10

HOWE STREET BLOCK PARTY

Falafel, avocado, and asparagus, topped with roasted eggplant, and wilted greens, drizzled with champagne tahini

4 pieces for 13

This recipe, invented in honor of my life long friends across the street at Mamoun's Falafel Restaurant, was created to celebrate the spirit of friendship.

PASSION WITHOUT WORDS

Wild foraged mushrooms, artichokes, brie cheese, rolled in rice simmered in California Sauvignon Blanc

4 pieces for 15

HOT-HEADED COWGIRL

A coconut-covered roll of cucumber, avocado, cream cheese, canteloupe, burdock, and hot peppers

4 pieces for 9

WARM GRAPES FALLING ON A HAPPY HEAD

Eggplant, avocado, pickled radish, scallions, and hot pepper, wrapped in wild-foraged grape leaf, drizzled with olive oil

4 pieces for 8

THE ROLL OF MILK AND HONEY

Figs, dates, raisins, goat cheese, roasted barley, pomegranate, cinnamon, spicy red pepper, honey, pistachio, extra virgin olive oil, manna /broccoli

4 pieces for 13

Many rabbis throughout history have advocated vegetarianism, citing health, environmental reasons, and the Torah's many commandments on the humane treatment of animals. This roll utilizes the Seven Species of the Hebrew Bible and broccoli, beloved by Jews everywhere.

JAPAFRICAN QUEEN

Eggplant, goat cheese, apricots, avocado, pickled radish, chives, and
Ethiopian berbere spice mix
4 pieces for 13

CHINESE PYGMY RODEO

Baked cauliflower and scallions wrapped in potato, topped with toasted
havarti cheese and lemon dill sauce
2 luscious pieces for 12

SEAFOOD ROLLS

I had a recurring dream when I was seven years old. In it, I awoke to a flood in our apartment. Apparently, somebody had left the tub running. In the basement where the water was the deepest, I sat on my father's desk thrilled by the fish darting by. I cast a rubber worm into the corner of the room. I can never remember if I caught anything....

ROMPING WITH THE GOATS

Alaskan cod, canteloupe, goat cheese, and Ethiopian spices
4 pieces for 9

OO LA LA MITZVAH!

Whole wheat tempura arctic char, brie cheese, avocado, and ch'i energy
4 pieces for 9

WATER PIG

Applewood-smoked Connecticut mackerel, goat cheese, and cranberries
4 pieces for 9

BEST CRUNCHY ROLL EVER

Giant domestic scallops in a crunchy roll seasoned with Persian gormeh sabzi and chili pepper
4 pieces for 10

DIEGO RIVIERA

Smoked Alaskan wild Coho salmon, jalapeños, papas, y espárragos
4 very picante pieces for 10

**You must believe that the southwestern United States rightfully belongs to Mexico to order this roll.*

WABISABI

A roll of kimchee-seared Icelandic char, wrapped in wild-foraged pickled grape leaves, topped with wild Alaskan salmon caviar
4 pieces for 20

Wabisabi is a Japanese aesthetic ideal, one that finds beauty in imperfection and impermanence. The word is difficult to translate directly, but it has connotations of both the simplicity of living close to nature and the natural process of decay and deterioration over time; it carries overtones of mortality. Since the word describes beauty, it suggests that there is something beautiful about growing old and dying. Wabisabi can be appreciated in the autumn leaves changing color and falling to the ground, an ancient stone temple overgrown with lichen and imperceptibly crumbling, and the wrinkled face of the one you love.

This recipe is inspired by In Praise of Shadows, a book about wabisabi and traditional Japanese aesthetics by the Japanese novelist, Tanizaki. In it, he fondly recalls a Walden Pond-like experience in which he spent a summer picking persimmon leaves and using them to make wonderfully delicious landlocked-salmon sushi rolls. Inspired by Tanizaki's experience but unable to find persimmon leaves, last summer I picked wild grape leaves instead, to make my own arctic char sushi roll.

KWANZAA BONANZAA

A coconut-covered roll of fried Mississippi catfish, sweet potato, avocado, cream cheese, canteloupe, burdock, and hot sauce (of course)
4 very soulful pieces for 15

There is no cuisine that is more American than soul food. There are no people who are more significant to the creation of American culture (at least the cool stuff) than African-Americans. Soul Food is the result of a practical and creative adaptation of African cuisine to the New World.

You must be mostly African-American to order this roll.

TYGER TYGER

Mozambique tilapia or Alaskan cod, goat cheese, East African ingredients
4 pieces for 20

In William Blake's poem that begins "Tyger Tyger, burning bright," he asks the question, "Why did God create the world the way he did, and not some other way?" or, "Why are things the way they are?" That inspired me to ask the question "Why did sushi have to come from Asia?" The answer is that it didn't have to come from Asia. It also could have originated in West Africa, because at the time that sushi developed, West Africa was the only other place that had both fish and rice, the two essential components necessary for sushi to have come into being. It was exciting for me to imagine sushi evolving in Africa because there is no place more significant for the evolution of humanity. Geneticists have shown that all humans are related to one another through ancient African relatives. In a world where different people often do not get along, it is useful to remind ourselves that we are family, after all.

The fish we most often use for Tyger Tyger is tilapia, because it is a fish of African origin. It also manages to appear in certain significant moments of human history and storytelling that help us to understand ourselves. It is believed that when Jesus performed the miracle of feeding 5,000 hungry people with five loaves of bread and two fish, tilapia may have been the fish. Also, tilapia is the oldest farm-raised fish in the world; hieroglyphics in Egyptian pyramids show tilapia farming. And finally, tilapia plays a role in the "Aquatic Ape Theory," which postulates that the high levels of protein and omega-3 fatty acids in the tilapia found along Africa's Rift Valley helped human beings develop larger brains and make the leap from hominids to modern man.

There is a story that appears in East African folklore, the Hebrew Bible, and the Quran about the Queen of Sheba; this story was my inspiration for the recipe of Tyger Tyger. The Queen of Sheba traveled to Israel to meet King Solomon, having heard tales of his great wisdom. She brought with her gifts of spices from her home, now widely believed to be Ethiopia. For the dish, we incorporate a dozen different Ethiopian spices that she may have given him. We also use a grass grain called teff, which is the central grain of the area, as rice was only cultivated in West Africa at the time. We make the teff into a sourdough crepe and fill it with sheep's milk cheese because when this story took place, many of the people of this region were sheep herders.

DR. PHUEY'S SUSHI SONATA

Catfish, peanut butter, banana, avocado, honey, goat cheese

4 pieces for 20

The Importance of Peanut Butter

In fifth grade, my classmate Norberto Ortiz brought the best lunches ever to school. His lunchbox was a treasure trove containing the kinds of food that I wished my mother was American enough to feed me; ham and cheese sandwiches, peanut butter and jelly sandwiches, Twinkies, boxed juices, Oreos, Cheese Doodles, and other great stuff like that.

My lunches were a source of constant internal struggle for me, and I felt that I was at war with my clueless mother who made them. All that I wanted was the type of lunch that everybody else had. What I got for lunch was quite different: little rice balls filled with pickled plum, and sushi. Holy crap, no!

By lunchtime I was always famished, so I had to eat my despicable rice balls. It made me crazy that something I hated so passionately tasted so delicious. I tried to scarf my lunches down in hiding, hoping nobody would witness me eating the strange food concoctions that my mother had so carefully prepared for me.



Dr. Phuey had streaks of white in his helmet of jet black hair. He was a French Vietnamese scientist who lived next door with his French wife, Teresa, who was a good friend of my mother's.

"An Asian with a French accent, what a curious thing," I thought to myself, not thinking that it was at all odd that my parents spoke English with Chinese and Japanese accents.

Dr. Phuey used to take me fishing off of a pier in West Haven. Usually, after a few hours of catching lots of nothing, Dr. Phuey would unwrap his favorite sandwich that he had prepared especially for us.

I would always eat it, appreciative of the fact that he had gone out of his way to prepare food for our trip. But I never really got into his sandwich recipe. I liked ham sandwiches, but his combination was unusual because he used peanut butter instead of cheese or the usual condiments.

A whole year went by and by now I was in the sixth grade. Somehow, word got around that my mom packed me the coolest lunches in class, so I started to get to swap my rice balls and sushi with my classmates' Twinkies and such.

In the summer that followed, Dr. Phuey and I would go fishing again, this time catching more fish. And, his ham and peanut butter sandwiches started to grow on me too.

When I have children, I hope to teach them to appreciate the unusual. I hope they appreciate the uniqueness in themselves and others. Above all, I hope that they learn to appreciate peanut butter and ham sandwiches.

There are endless possibilities for food, as there are for our lives, if we would only make the effort to look around and change our perspective.

THE LOST TRIBE OF CHIANG

Peat moss mud-preserved Chinese duck egg, figs, dates, raisins, goat cheese, pomegranate, cinnamon, spicy red pepper, honey, pistachio, and extra virgin olive oil

4 pieces for 20

The Chiang Min people of Northwest China claim to be descendants of Abraham. This is my interpretation of their version of sushi that incorporates a traditional preserved Chinese duck egg and the Seven Species of the Hebrew Bible and was created with help from Micah Fredman. This roll was created in honor of Rabbi Jim Ponet and his incomparable wife, Elana, who are so wise that they must really be Chinese.

BLACK-EYED SQUID

Connecticut squid and broccoli rolled in grains, simmered in fruity white wine and seafood stock and then tossed in squid ink

4 black pieces for 15

RIDE THE WILD DONKEY

Maine lobster, canteloupe, apricots, and brie cheese rolled in California sushi rice and steamed in Sauvignon Blanc and wild mushroom stock

4 pieces for 18

RABBIBABA

Tempura Icelandic char wrapped in potato skin infused with arctic char bone stock and topped with toasted havarti cheese and lemon dill sauce

2 pieces for 14

INVASIVE SPECIES

Sushi has been evolving for thousands of years. It began, along the Mekong River in China, as a practical way of preserving freshwater river fish. Most of the ingredients used for sushi today would not be recognized by the Mekong River sushi aficionado of yesteryear, and ancient sushi ingredients such as catfish and carp are hardly ever used anymore. But, we have brought these ingredients back as an alternative to seafood like tuna and shrimp.

A few years ago, the Japanese government began giving foreign Japanese restaurants that remained “traditional” awards for being protectors of Japanese culture. It revealed how little understanding they had of Japanese history. Sushi, for example, which Japanese cuisine is known for, did not originate in Japan.

Like rice, and the Japanese people themselves, sushi—the combination of vinegar-seasoned rice and fish used as a method of pickling—originated where rice cultivation first began in China. All cuisines evolve. The problem with sushi today is that it has evolved into a cuisine that uses types of sea life that should not be eaten.

The cuisine of sushi needs to aggressively and fundamentally evolve again. Sushi chefs need to turn their attention to species that are destructive to the environment and to our crops and fisheries. In the U.S., where Asian carp have invaded 18 states already, we need to start using this amazingly delicious fish in sushi again—just like in the olden days. Invasive species, one of the top five ecological problems, cause over a trillion dollars worth of damage worldwide annually. Eating them may be part of the solution.

Five billion pounds of pesticides are dumped into our ecosystem worldwide each year in order to fight agrarian pests like the delectably nutritious grasshopper. A third of all pesticides used in the U.S. are capable of causing contamination of groundwater, neurotoxicity, sterility, birth defects and cancer. If these agricultural pests were to become a part of our diets, farmers would be able use fewer pesticides on their crops and the consumer would have a new, exciting, and nourishing source of food. As food architects, our challenge is to be able to transform these wildly exotic but highly destructive species into recipes that our audiences will love.

Our ultimate goal is to create new ways of eating that encourage greater balance in the inter-regenerative relationship between man and the living planet.

KANIBABA

Invasive Asian shore crab and Maine lobster, stuffed in potato skin infused with Asian shore crab stock, topped with toasted havarti cheese and lemon dill sauce

1 piece for 18

Asian shore crabs are an invasive species that migrated to North America in the ballasts of ships in the 1980s. Invasive species are a top five ecological problem that we face today. These invasive species are a vast untapped resource for eating. Just because there isn't an existing market for these species doesn't mean they aren't edible or can't be delicious. Therefore, we have focused on creating a part of our menu that will involve the gathering and eating of invasive species.

By collecting invasive seafood on shell fishing beds, we are basically providing a free weeding service. We strive to be like the Musahar, the rat-catching people of India, who serve as an ecologically healthy, pesticide-free way of ridding farms of crop-destroying rodents.

We hope that this will do a few things. First of all, it could potentially curb the dominance of invasive species in the ecosystem. Secondly, it would provide the seafood industry with a greater supply of native seafood and reduce the stresses on those populations already fished. Finally, we hope that it would encourage greater balance in the inter-regenerative relationship between man and the oceans. If we were to have thirty Miya's in thirty different places, each one would have a slightly different menu, each reflecting the problems of its local universe.



KIRIBATI SASHIMI

Invasive Mexican spear-caught lionfish sashimi, mineral-rich Kiribati sea salt, and a dozen profoundly mouth-numbing spices
8 slices for 23

The island nation of Kiribati is located in the central tropical Pacific Ocean. It is one of the world's poorest countries with few natural resources. At only 8 to 12 feet above sea level, Kiribati may become the first nation to be completely engulfed by the ocean due to climate change. This is one of our newest and tastiest dishes, created to raise awareness about global warming.

Indo-Pacific lionfish are voracious top-level predators that are protected by venomous spines. It is believed that lionfish were introduced into the Caribbean when homes with aquariums were flooded during Hurricane Andrew. Studies show that lionfish are a significant threat to the survival of other reef fish.

PEANUT BUTTER AND JELLY

Wild jellyfish, peanut butter, cucumber, and animal welfare-approved rabbit or wild rabbit
Available with the Le Fire Tasting Menu

Rabbit is one of the most eco-friendly land animals and can provide six times the meat on the same feed as a cow. Feral rabbits are some of the most ecologically destructive animals. They procreate uncontrollably, destroy croplands like locusts, and contribute to soil erosion.

Jellyfish blooms are occurring with more frequency because of the overfishing of apex predators that eat them, such as tuna and swordfish. Though jellyfish populations are expected to explode, due to the acidification of the oceans and overfishing, very few cultures appreciate them as a food source. This recipe is my twist on the classic steakhouse surf and turf.

SAKURA SASHIMI

Tilapia grown by students of the Bridgeport Aquaculture School, beet infusion, lime, and sea salt
4 frozen slices for 20

There is a tenuous separation between farmed animals and invasive ones. Tilapia are raised all over the world as food and, invariably, many will escape. Many species of tilapia are highly adaptable, which has allowed them to become one of the top 100 most destructive invasive species.

As a kid, I became fascinated by Inuits—maybe because of our striking resemblance and love for raw fish. When I saw them on National Geographic TV, I always wished I could be there, too, nibbling on the little frozen fish piled next to their ice hole. Eating frozen raw fish the way Inuits do in the wintertime became the inspiration for this dish. In this recipe, tilapia raised by the Bridgeport Aquaculture School is infused with fresh beet pulp to give it a sweet earthiness and served thinly sliced and partly frozen, Inuit style.

KILGORE TROUT

Applewood-smoked rainbow trout, goat cheese, and cranberries rolled in hard cider-simmered brown rice and then drizzled with maple syrup
4 pieces for 18

Rainbow trout are the most popular fish to stock and fish for. Despite the fact that they have been intentionally introduced all over the world, they are often detrimental to native habitats.

SUSHI FOR THE MASSES

One of the most significant challenges for humanity is to make high-quality food available to everyone. In the U.S., the biggest challenge for the sustainable and organic food movement has been to make food affordable. Good food is expensive, but it doesn't have to be. My goal with the "Sushi for the Masses" menu is to make the highest-quality food, with the highest-level care and artistry, available to all people. Our award-winning restaurant will never exclude anyone because they cannot afford to eat here.

When Marie Antoinette supposedly said, "Let them eat cake," without compassion for those who did not even have bread, a revolution over food began that took her head with it.

In the great dynasties of China, a sure sign that the emperor had lost the mandate of heaven was when famine struck his people. Invariably, that dynasty would come to a violent end.

As the wealthiest nation on Earth, we Americans are the queens and emperors of the world. It is our duty to make sure that all of our brothers and sisters are well-fed.

One day, it will be one of our greatest achievements when we feed each and every human being on the planet nourishing, sustainable food.

Good food cannot be classist.

VEGETABLE SUSHI FOR THE MASSES

BAKED POTATO ROLL

8 pieces for 4

SWEET POTATO ROLL

This now ubiquitous roll was created 17 years ago at Miya's as an alternative to fish-based sushi

8 pieces for 5

BROCCOLI ROLL

8 pieces for 5

ASPARAGUS ROLL

8 pieces for 6

CURRY CAULIFLOWER ROLL

8 pieces for 6

MUSHROOM ROLL

8 pieces for 6

ARTICHOKE HEART ROLL

8 pieces for 6

CURRY OKRA ROLL

8 pieces for 6

SEAFOOD SUSHI FOR THE MASSES

VIKING ROLL

Omega-3-rich Icelandic char and avocado
8 pieces for 5

A ROLL OF A LIFETIME

Baked arctic char skin with asparagus
4 pieces for 6

BAD TEMPERED GEISHA BOY

Omega-3-rich New Zealand green mussels seasoned with crushed red pepper, for men who like big mussels
4 mouthfuls for 6

KRAKEN

Connecticut squid with hot Korean peppers
4 pieces for 6

MACK DADDY

Omega-3-rich Connecticut applewood-smoked mackerel with okra
4 pieces for 6

CATFISH BLUES

Baked Mississippi catfish, asparagus, cured Chinese black beans, apricots, and scallions
4 pieces for 7

DESSERT

SEVEN DEADLY SUSHI

A sinfully delicious roll of banana, peanut butter, strawberries, chocolate, and homemade, hand-pounded mochi, topped with baby scoops of rose petal ice cream—eaten in one bite, using your fingers
1 bite-sized piece for 8

OKTOBERFLÖT

Hibiscus flower honey beer with a scoop of vanilla ice cream
glass: 8

LE TASTING MENU

Let us help you decide. For two or more people.

LE EARTH

38 per person

Includes the following:

Chinese Firecracker Bomb, The Best Miso Soup Ever, Salad Days, Tokyo Fro, Grande Mussels Tempura, Nine Spice Drunken Char Sashimi, Chinese Pygmy Rodeo, Kiss The Smiling Pig, Charlie Chan, Killer Squid, Howe Street Block Party, Voomba, Two Fish Cha Cha, Catfish Blues, Kraken, Bad-Tempered Geisha Boy, Water Pig, Tempura Ice Cream

LE WIND

63 per person

Includes the following:

Chinese Firecracker Sake bomb, Dragon Lady Sake, Emerald Witches' Lips Sake, The Best Miso Soup Ever, Salad Days, Tokyo Fro, Clams and Oysters on the half shell, Kanibaba, Kiss The Smiling Piggie, Charlie Chan's Ching Chong, Killer Squid, Howe Street Block Party, Passion Without Words, Sakura Sashimi, Two fish Cha Cha, Wabisabi, Tyger Tyger, Black Eyed Squid, Bad-Tempured Geisha Boy, Best Seven Deadly Sushi

LE FIRE

91 per person

Includes the following:

Chinese Firecracker Sake Bomb, Emerald Witches' Lips Sake, Cherokee Sumac Love Potion Sake, Dragon Lady Sake, Ultraviolet Kisses Sake, The Best Miso Soup Ever, Subtidal Salad, Clams and Oysters on the half shell, Nine Spice Sashimi Sea Robins, Dr. Phuey's Sushi Sonata, Peanut Butter and Jelly, Kanibaba, Killer Squid, Howe Street Block Party, Kilgore Trout, Sakura Sashimi, Tyger Tyger, Wabisabi, Black-Eyed Squid, Kiribati Sashimi, French Kisses, The Lost Tribe of Chiang, Seven Deadly Sushi

LE OCEAN TASTING ADVENTURA

375 per person. 4 person limit. Please make reservations via email for Summer 2013.

Join the Miya's crew for a day of diving off of our exploratory fishing vessel. Includes all snorkeling and fishing equipment. A day of boating is followed by our most in-depth tasting menu, which will include the ingredients that you have collected yourself.

The tasting menus will vary, depending on the availability of the ingredients. Tasting menus cannot be shared and must be ordered by every member of your party.

“The menu is a vision statement on sustainability, channelling Lai’s nutty, brilliant, socially conscious, multi-cultural, and often absurdly funny concepts.”

Eating Well
2012

“Bun Lai at Miya’s Sushi in New Haven is the mad scientist of the sustainable sushi movement.”

The New York Times
2011

“Miya’s is at the forefront of an invasivore movement gaining traction nationwide.”

Saveur
2011

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/Director, Sponge Bob Square Pants



Artwork and design by Vasilisa Romanenko