

WHY SUSHI? IT'S HOT!

Simplicity and mystique is what it's all about. Sushi is delicious, healthy and it is all the rage! Judging by its popularity around the country, Sushi is still hot (or shall we say cold). Welcome to our love affair!

When most people hear the word "Sushi", they immediately think of raw fish. In truth, dishes made with raw fish are called "Sashimi". The definition of Sushi is any dish made with vinegar-rice, which may or may not include raw fish.

The Evolution of Sushi

In the early 1800's a man by the name of Hanaya Yohei conceived a major change in the production and presentation of his sushi. No longer wrapping the fish in rice, he placed a piece of fresh fish on top of an oblong shaped piece of seasoned rice. Today, we call this style 'nigiri sushi' (finger sushi). At that time, sushi was served from sushi stalls on the street and was meant to be a snack or quick bite to eat on the go. Served from his stall, this was not only the first of the real 'fast food' sushi, but quickly became wildly popular. From his home in Edo, this style of serving sushi rapidly spread throughout Japan, aided by the Great Kanto earthquake in 1923, as many people lost their homes and businesses and moved from Tokyo.

After World War Two, the sushi stalls were shut down and moved indoors, to more sanitary conditions. More formal seating was later provided and sushi changed from 'fast food' to a true dining experience. Sushi spread around the globe, and with the advent of the promotion of seafood, this unusual style of serving fish was quickly adopted by western cultures, always eager for something new, especially something that had grown as sophisticated and unique as sushi.

Types of Sushi

Two distinct styles of Sushi have emerged over the years: **Nigirizushi**, hand-formed Sushi, is the simplest and arguably the most typical form. It is made with a piece of fish or shellfish placed atop a ball of sticky rice. A seaweed belt is wrapped around the Nigiri for flimsier varieties such as salmon roe. **Makizushi** is rolled Sushi in which one or more ingredients are rolled in a seaweed and rice tube and chopped into pieces.

(Sashimi is the name for the cuts of fish used in both of these styles and is often served on its own, usually as an appetizer.)

The Extras

Hashi, or chopsticks, usually the rough wooden kind that need to be broken apart rather than the reusable kind, for obvious hygiene reasons.

Hashi Oki, a small ceramic block where you rest your hashi. Beside your plate is a small dish which you can fill with a mixture of soy sauce and hot wasabi horseradish. How strong you make this mixture is completely up to you, and depends on just how clear you want your sinuses to be.

Wasabi is that little green ball of paste served with your Sushi.

Gari is the pink slices of pickled ginger which are meant to cleanse the palate between different types of Sushi. *Don't get them mixed up!*

WHAT IS GOOD SUSHI?

Sushi 101:

Presentation: Sushi is meant to be an art form, and the more effort that has gone into the presentation, the better it is considered to be. Presentation is more important with Sushi than with almost any other type of cuisine; it is meant to be a meal for the eyes as well as the mouth.

Shiso: Getting the Real Deal: Shiso is the mint-like herb which is traditionally used as part of the presentation. It is hard to find in the west and is often replaced with bits of green serrated plastic. If a restaurant goes to the trouble of getting the real stuff, you know you're onto a good thing.

Size Matters: As the Japanese have been showing us for years, smaller is better. Pieces should be small enough so that you can put the whole thing in your mouth without causing an unsightly bulge in your cheeks

How many bites does it take? This is the most important indicator and is the best way to tell whether your Sushi chef really knows his stuff. It all comes down to the way the fish is cut. The best Sushi will dissolve in your mouth with nary a nibble, bombarding your taste buds with flavor from all directions. Some varieties, such as octopus or squid, may need a chomp or two but this is true of most types of fish.

THE MENU*

Pizza de Sushiteq \$16

Fresh salmon and tomato slices, garlic and onion chips, shrimp paste, frisée and jalapeno peppers over a crisp tortilla crust

Tuna mozzarella \$16

Spiced olive oil coated fresh maguro, tomato and mozzarella, kochujan garlic olive oil, frisée and slivers of red pepper

Tartare de toro \$23

Toro, olive oil, chopped shallots, yam vinegar and yuzukosho jelly, uni deco

Tuna tataki \$16

Blackened maguro, ichimi red pepper and crushed sesame, ponzu jelly, garlic chips & scallions

Yellowtail ceviche \$16

Thinly sliced and rolled fresh hamachi, red hot dots, black sesame oil and ponzu

Sashimi flight (ask server)

Not your conventional platter of sashimi, Chef Oga's innovative creations

Omakase sushi

Not your conventional platter of sushi, Chef Oga's innovative creations

6 pieces \$22

8 pieces \$28

**Massachusetts Food Code requires disclosure that the consumption of raw or undercooked meat, fish or egg products may increase your risk of food borne illness
17% gratuity for party of 6 or more will automatically be added to the check*

SIGNATURE ROLLS

The Sushiteq

\$12

Spicy cooked salmon atop a sliced soy wrapped roll of avocado, cucumber and scallions, embellished with crunchy potato, chive oil & tosa soy

The 510

\$14

Fresh white fish, juice of yuzu, cilantro and ikura, atop an inside out roll of avocado, cucumber, tobiko and asparagus with a jalepeno kick, dressed with tosa soy & shiso

The Atlantic

\$16

Torched salmon and mozzarella atop an inside out roll of avocado, asparagus, tobiko, cucumber and kaiware , sweet yuzu soy with tequila

The Big Dig

\$8

Inside out roll of tamago, asparagus, unagi, cucumber, avocado and shrimp with tobiko on the outside

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SUSHI/SASHIMI

A LA CARTE MENU

	Sushi per piece	Sashimi (3 pieces)
Tamago (egg and shrimp)	\$2.50	\$7.00
Ika (squid)	\$3.00	\$8.00
Tako (octopus)	\$2.50	\$7.00
Ebi (shrimp)	\$2.50	\$7.00
Saba (Norway mackerel)	\$2.50	\$7.00
Saba (Japan mackerel)	\$3.50	\$10.00
Kohada (silver shad)	\$3.50	\$10.00
Zuwai (snow crab)	\$3.50	\$10.00
Tairagai (penshell)	\$3.50	\$10.00
Shiromi (local white fish)	\$2.50	\$7.00
Madai (Japanese red snapper)	\$3.00	\$8.00
Shima-aji (Japanese amberjack)	\$4.00	\$11.00
Maguro (tuna)	\$3.00	\$8.00
Hon-maguro (bluefin tuna)	\$4.00	\$11.00
Hamachi (yellowtail)	\$3.00	\$8.00
Honjake (salmon)	\$3.00	\$8.00
Zuke-salmon (marinated salmon)	\$3.50	\$10.00
Smoked salmon	\$3.50	\$10.00
Unagi (fresh water eel)	\$3.00	\$8.00
Shira-yaki (fresh water eel)	\$4.00	\$12.00

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	Sushi per piece	Sashimi (3 pieces)
Meso-anago (sea eel)	\$6.00	—
Tobiko (flying fish roe)	\$3.00	\$9.00
Ikura (salmon roe)	\$3.00	\$9.00
Uni (sea urchin)	\$5.00	\$14.00
Chu-toro (mid-fatty tuna)	\$5.00	\$14.00
Toro (fatty tuna)	\$6.00	\$17.00
Toro-taku (chopped toro w/takuwan)	\$6.00	\$17.00
Aburi-toro (torched toro)	\$6.00	\$17.00
O-toro (super fatty tuna)	mkt	mkt
Uzura (quail egg)	\$1.00	—



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MAKIMONO MENU

Hosomaki (seaweed on outside)

Kappa \$4.00
cucumber

Avocado \$4.00

Avo-kyu \$5.00
avocado and cucumber

Ika-umeshiso \$6.00
squid, pickled plum, shiso leaf, cucumber

Ebi-kyu \$6.00
shrimp and cucumber

Tekka \$6.00
tuna

Negihama \$6.00
yellowtail and scallions

Sake-avo \$6.00
salmon and avocado

Uni \$12.00
sea urchin with yuzu koshou

Negitoro \$12.00
fatty tuna and scallions

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Uramaki (inside-out)	
Una-avo	\$7.00
eel and avocado	
Alaskan	\$7.00
salmon, cucumber, avocado, scallions	
Salmon skin	\$7.00
salmon skin, cucumber, scallions, burdock root	
Philadelphia	\$7.00
smoked salmon, cream cheese, cucumbers, scallions	
Spicy tuna	\$7.00
tuna, cucumber, tempura chips, spicy sauce	
Spicy salmon	\$7.00
salmon, cucumber, tempura chips, spicy sauce	
Spicy yellowtail	\$7.00
yellowtail, cucumber, tempura chips, spicy sauce	
California	\$9.00
snow crab, cucumber, avocado, flying fish roe	
Caterpillar	\$9.00
eel, cucumber, avocado, flying fish roe	
Rainbow	\$18.00
snow crab, cucumber, avocado, flying fish roe with rainbow of fish on outside layered with avocado	

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TEQUILA STORY

Contrary to popular thought, tequila is not made from cactus. It is made from agave, a member of the Lily family and a plant also known as Maguey in Mexico. Tequila comes from five states in Mexico: Jalisco, Nayarit, Guanajuato, Michoacan and Tamaulipas. There are strict production guidelines and officially demarcated regions set by the Tequila Regulatory Council of Mexico.

Tequila was first distilled in the 1500-1600's in the state of Jalisco, Mexico. Guadalajara is the capital of Jalisco and the city of Tequila was established in about 1656. This is where the agave plant grows best.



There are more than 400 agave varieties. Only one type, however, is permitted in the production of tequila. The Agave Tequilana Weber or Blue Agave. Tequila is made from the blue agave's fermented and distilled juice. Each plant, or pina, can grow to as much as 150 pounds and take 8 to 12 years to reach maturity...*a true labor of love & time!*

There are two fundamental types of tequila, those designated 100% de agave and mixtos. From the two basic clarifications come three major types of tequila:

Blanco (also called silver or plata) is tequila as it comes from the still, aged no longer than 60 days in metal tanks. This is the purest flavor of agave.

Reposado (“rested”) is where wood aging begins. These tequilas must spend between two months and one year in wood tanks or barrels.

Anejo is aged in oak barrels for at least one year. Here, the herbal qualities of tequila are meshed with the mellowing characteristics of the wood.



SUSHI-TEQ

COCKTAIL LIST

The ST Margarita

\$6

Sushi-Teq's signature margarita, fresh house-made lime juice, quality Sauza gold Tequila and Cointreau. These ingredients are shaken over cracked ice, served icy cold with a "glacial blessing" over a few cubes so your margarita experience will not be diluted. This Latin labor of love is served in our special Margarita "coupe" that has been dusted with a selection of salts from around the World. ST, a libation designed to be enjoyed — Salud!

Frozen Flights

Milagro Blanco 100% blue agave Tequila is used in all of our frozen concoctions. Frozen Margarita Flights are available, choose three 2 ounce samples priced at \$12

Blackberry Mango

Pitcher \$48
Glass \$12

Sweet, tart and silky smooth all at once...

Blueberry Lychee

\$48 \$12

We combine the pear-like sweetness of the exotic Asian lychee nut with the hearty flavor of New England's own blueberries for a north-east meets west meets far-east taste sensation

Pomegranate Mango

\$48 \$12

Mangos are known as the food of the gods, we combine them with tangy pomegranate juice and create a nectar of the gods

Cocktail List Continued....

	Pitcher	Glass
Sweet Ginger, Honey Guava Pungently sweet ginger combined with honey and guava nectar	\$48	\$12
Pineapple Kiwi Luscious kiwifruit and tangy pineapple mate in this blast of tequila and vitamin C	\$48	\$12
Blood Orange, Strawberry The distinct tart flavor of the blood orange contrasts with the lush sweetness of fresh strawberries	\$48	\$12
Ruby Red Grapefruit Almond Fresh, refreshing ruby red grapefruit juice blended with velvety orgeat almond syrup	\$48	\$12
Tarragon Lime Tarragon infused simple syrup and key lime juice, rimmed with Peruvian Pink salt	\$48	\$12
Mojarita Mint infused syrup, fresh lime juice	\$48	\$12



COCTELARIA ESPECIAL

We have chosen certain Tequilas for each of our specialty cocktails based on their flavor profile, however feel free to substitute your own favorite Blanco, Reposado or Anejo Tequila choices. Price will be determined by the chosen Tequila. 'Whe-pah'!

Agave Negro \$11
Patron Silver, Chambord, lime and blackberry

La Paloma \$11
Patron Silver, fresh lime and Jarritos grapefruit soda, salted rim

El Besito \$11
Don Julio Reposado, Grand Marnier and apricot puree

Mango Sol \$11
Don Julio Blanco, agua de mango, Chambord

Tequila Smash \$11
Milagro Silver, maraschino, blueberry and lime

Raspberry Caipirinha \$11
Patron Silver, brown sugar and raspberries

Cosmolito \$11
Patron Silver, Grand Marnier, cranberry juice and fresh lime

El Guapo \$11
Milagro Silver, passion fruit, mandarine and lime juice

Papito Grande \$11
Jose Cuervo Tradicional, pineapple, ginger beer

TEQUILAS

	Tasting References	Price/Glass
1800 Anejo	(Sweet vanilla)	\$13
1800 Collection	(Cognac)	\$200
1800 Silver	(Smooth smoke & citrus)	\$14
1800 Reposado	(Smoky agave)	\$12
1800 Milenio (single barrel)	(Vanilla & fine wood)	\$15
Cabo Wabo Milenio Anejo	(Honey laden)	\$15
Cabo Wabo Blanco	(Clear agave essence)	\$16
Cabo Wabo Reposado	(Smooth & zesty)	\$17
Cazadores Reposado	(Pepper)	\$12
Cielo Anejo	(Roasted pepper)	\$14
Cielo Blanco	(Coconut & tangerine)	\$10
Cielo Reposado	(Fiery oak)	\$12
Chinaco Anejo	(Chamomile & caramel)	\$14
Chinaco Blanco	(Red hot candy)	\$10
Chinaco Reposado	(Exquisite sweetness)	\$12
Corazon Reposado	(Smoke, spice & pepper)	\$14
Corralejo Anejo	(Smoky, clean finish)	\$15
Corralejo Triple Distilled	(Lemon, honey oak)	\$9
Corzo Blanco	(Sweet, Citrus, pepper)	\$12
Corzo Reposado	(brown sugar, cloves)	\$14

Corzo Anejo	(Smoke)	\$16
Don Julio 1942	(Pepper, caramel)	\$28
Don Julio Anejo	(Cinnamon & caramel)	\$16
Don Julio Blanco	(Wildflowers)	\$12
Don Julio Real Anejo	(Delicate citrus)	\$60
Don Julio, Reposado	(Flinty)	\$11
El Conquistador Anejo	(Fig & lemon)	\$12
El Conquistador Blanco	(Light spice)	\$10
El Conquistador Reposado	(Spicy pear)	\$10
El Mayor Anejo	(Cinnamon, honey)	\$12
El Mayor Blanco	(Earth & minerals)	\$11
El Mayor Reposado	(Smoked pepper)	\$12
El Tesoro Anejo	(Smoke & caramel)	\$12
El Tesoro Platinum	(Lime rind)	\$10
El Tesoro Reposado	(Vanilla & spice)	\$11
El Tesoro Paradiso	(Agave & oak)	\$24
Espolon Anejo	(Acacia honey)	\$14
Espolon Blanco	(Pure agave)	\$10
Espolon Reposado	(Spearmint)	\$11
Gran Centenario Anejo	(Vanilla ice cream)	\$16
Gran Centenario Blanco	(Fresh flowers)	\$12
Gran Centenario Leyenda	(Woody, roasted almonds and cloves)	\$44
Herradura	Silver	\$10

Herradura	(Reposado)	\$12
Herradura	(Anejo)	\$14
Herradura Seleccion Suprema	(Raisins & tobacco)	\$64
Jose Cuervo Reserva de la Familia	(Oak & spice)	\$22
Jose Cuervo Tadicional	(Sweet mild agave)	\$9
La Certeza Anejo	(Smoked ham)	\$16
La Certeza Blanco	(Spearmint rainwater)	\$12
La Certeza Reposado	(Roasted poblano chiles)	\$14
Milagro Anejo	(Spice & smoke)	\$11
Milagro Reposado	(Pepper, citrus & spice)	\$10
Milagro Silver	(Elegant citrus)	\$9
Milagro Reserve Anejo	(Caramel & butterscotch)	\$20
Milagro Reserve Reposado	(Honey, vanilla & spice)	\$18
Milagro Romance	(Smooth agave)	\$36
Oro Azul Anejo	(Pepper & caramel)	\$14
Patron Silver	(Delicate & smooth)	\$11
Patron Reposado	(Bourbon)	\$12
Patron Anejo	(Pepper, agave & oak)	\$14
Gran Patron Platinum	(Ultra smooth, triple distilled)	\$40
Sauza Tres Generaciones, Anejo	(Oak & butterscotch)	\$14

Sauza Tres Generaciones, Plata (Floral pepper)		\$15
Sauza Tres Generaciones, Reposado (Lavender & bacon)		\$16
Tezon Anejo	(Vanilla oak)	\$18
Tezon Blanco	(Mezcal & minerals)	\$14
Tezon Reposado	(Caramel oak)	\$16
Tres Rios Anejo	(Pepper & smoke)	\$20
Tres Rios Blanco	(Cristal clear agave)	\$16
Tres Rios Resposado	(Honey & oak)	\$18

TEQUILA FLIGHTS

You are invited to sample a tasting of three different Tequilas. Served with your choice of salt, cinnamon, Sangrita, lime and orange slices— $\frac{3}{4}$ oz tasting of each.

	Price
The Flight Chinaco Sampling Anejo, Blanco and Reposado	\$18
Milagro Sampling Anejo, Blanco and Reposado	\$16
Patron Sampling Anejo, Blanco and Reposado	\$18
Anejo Sampling Cielo, El Tesoro and Gran Centenario	\$18
Blanco Sampling El Mayor, Patron and Tres Rios	\$14
Reposado Sampling Espolon, La Certeza and Tezon	\$16
Suprema Sampling Herradura Seleccion, Patron Gran Platinum and Milagro Reposado Reserve	\$60

BOTTLED BEER

Heineken	\$7
Corona	\$7
Corona Light	\$7
Saporro	\$11
Budweiser	\$6
Bud light	\$6
O'Douls	\$6
Kaliber	\$6
Miller Light	\$6
Sam Adams	\$6
Sam Adams Light	\$6

NON ALCOHOLIC

Assorted juices	\$6
Soda	\$4
Sparkling water (medium)	\$5
Evian (medium)	\$5
Evian (large)	\$7

ORIGINS OF SALSA

At Sushi-Teq the sound track is Salsa music! The smooth, beautiful music with the joyful, vibrant Carnaval beat, is a dynamic combination of rhythms from the world's African, Caribbean and Latin regions.

Salsa is a frenzied, "spicy" and wild musical experience that draws upon elements of Latin culture, regardless of the specific style.

At its roots, Salsa is a mixture of Spanish and African music, filtered through the music histories of Cuba and Puerto Rico, and adapted by Latin popular musicians for Latino populations with diverse musical tastes.

In 1962 on Joe Cuba's *Stepping Out* LP in the tune *Salsa y Bembé*, the vocalist wants his main squeeze to add Salsa to the bembé (dance) when she dances. This track and the others were fiery and exciting like a well seasoned sauce, Soul Sauce!!!

The dance steps currently being danced to Salsa music come from the Cuban Son, which began as an Afro-Cuban popular dance of the rural working classes and was performed with percussion alone. Son developed in the late 1800's in the eastern regions of Cuba.

In addition to the Cuban Son, Salsa is also influenced by many other dances such as Mambo, Cha-Cha-Cha, Guaracha, Changuí, Palo Monte, Cubop, Merengue, Cumbia, Rumba, Abakuá, Comparsa and sometimes even Mozambique. Many of these have maintained their individuality and many

were mixed creating “Salsa”. There are no strict rules of how Salsa should be danced.

Mambo developed in Cuba in the late 1930’s and early 1940’s. The mambo fever quickly spread to U.S. and inspired dancers to new heights of improvisation and frenzy at renowned nightclubs in New York.

Cha-Cha-Cha became popular about 1954 and is an offshoot of the Mambo. In the slow Mambo tempo, there was a distinct sound in the music that people began dancing to, calling the step the “Triple” Mambo. Eventually it evolved into a separate dance, known today as the Cha-Cha-Cha.

The Merengue is the national dance of the Dominican Republic. There are two popular versions of the origin of the Dominican national dance, the *Merengue*. One story alleges the dance originated with slaves who were chained together and, of necessity, were forced to drag one leg as they cut sugar to the beat of drums. The second story alleges that a great hero was wounded in the leg during one of the many revolutions in the Dominican Republic. A party of villagers welcomed him home with a victory celebration and, out of sympathy, everyone dancing felt obliged to limp and drag one foot.

We encourage all of our guests to dance to the rhythm here at Sushi-Teq! If you don't know how, don't be shy — please ask one of our staff for a quick lesson.

THE GUAYABERA

You may recognize the uniform of our bartenders as the Guayabera, made of light cotton to weather tropical heat, draped to hide any figure flaw—like the beginning of a belly—yet possessed of all the sex appeal any Latin peacock could want, the Guayabera is Cuba's sublime all-purpose gift to menswear both. This shirt jacket is considered appropriate attire at all social occasions, from casual gatherings to formal weddings, throughout the Caribbean, Central and South America.

Guayabera	\$55
Baseball Cap	\$15
Shot Glass	\$6
T-Shirt	\$18
Gourmet Salt	\$8



