

THE GEISHA'S MISSION

Beauty and balance are the ancient traditions resting at the heart of Japanese culture and its cuisine.

Geisha's goal is to help return the art of sushi to a state of balance with nature by maintaining a daily commitment to making sustainable menu choices. We expect this to be an ongoing learning experience, and thank the community for supporting our vision.

WHAT IS "SUSTAINABILITY"? THE GEISHA PHILOSOPHY

"Sustainability is the capacity to endure. In ecology, the word describes how biological systems remain diverse and productive over time... for humans, sustainability is the potential for long-term maintenance of well being, which has environmental, economic, and social dimensions."

Sustainability is in the long run about the many small choices we make in our day-to-day lives. It is a process, not an end that is ever fully realized, and in the face of ever-increasing pressure on the earth's natural systems the pursuit of sustainability can be simplified to a series of decisions made with the aim of preserving these systems for future generations. Simply put, it is striving to do the next right thing, every day.

Geisha purchases products that come from sources, whether fished or farmed, that can maintain or increase their long-term production without jeopardizing the structure or function of the ecosystems supporting that production.

To translate this principle into sustainable offerings for our guests, we follow the criteria developed by the Monterey Bay Aquarium's Seafood Watch program and utilized by FishWise, a Santa Cruz based nonprofit that advises seafood businesses.

Geisha uses the following guidelines when making sustainable seafood choices:

- We utilize the best available science to buy wild species that are naturally resilient to fishing pressure, come from healthy populations, have minimal levels of bycatch (non-target species caught unintentionally during fishing), have minimal impacts on habitats and ecosystems, and that have strong management in place.*
- We utilize the best available science to buy farmed species that have minimal use of marine resources in feed, that minimize the risk of escapes, disease and parasite transfer, and pollution and habitat effects, and that have effective management.*
- In order to fully understand our seafood sources, we develop relationships with a growing number of companies that are transparent in their documentation as to where and how their fish are caught and farmed.*

We wish to thank Casson Trenor, sustainable sushi champion, our friends at FishWise, and the growing number of conservation experts helping the Geisha to get her feet in the water...

Thanks for your support,

Your Friends At **Geisha Sushi**

Geisha Sushi
831.464.3328
200 Monterey Avenue
Capitola, Ca. 95010
<http://www.geisha-capitola.com>
<http://www.sustainablesushi.net>

Nature provides on a daily, weekly, and seasonal basis. Geisha responds by changing our fish selections accordingly. Look to the Specials Board for this week's offerings, as well as drink and dessert specials and the daily creative whims of your chef.

The place of origin and catch method of our fish may also change from time to time, and it is our goal as a sustainable business to keep you informed as those changes occur. Look for updates on the Specials Board!

NIGIRI-SUSHI

AMA EBI	8.00	INARI	3.50
Sweet raw spot prawn, British Columbia		Deep- fried tofu pocket. (Named after the Shinto rice- god Inari, whose fox- messengers love fried tofu!)	
EBI	6.00		
Cooked closed- farm Texas prawn		GINDARA	8.50
HOTATE	6.00	Wild Pacific black cod in a miso/sake marinade, flame- broiled. So delicious it's hard to put into words	
Suspension- farmed Japanese scallops		SMOKED SAKE	9.00
**IKURA	6.50	Smoked wild Alaskan salmon	
Wild Alaskan salmon roe		**TOBIKKO	6.50
KANI	6.00	Wild flying fish roe	
Cooked rock crab, Canada		TAMAGO	3.50
**MASAGO	6.00	Sweet omelette, traditionally prepared in- house	
Net-caught wild Icelandic smelt roe		O-NAGI	6.50
SABA	5.50	Seared namazu (closed- farm U. S. catfish). Unagi lovers say "oooooh- nagi!"	
Wild- caught Norwegian mackerel, traditionally prepared in- house		SAKE	7.50
SHIRO MAGURO	7.50	Closed-farmed Coho Salmon, Washington state	
Troll- caught albacore, North Pacific			
SUZUKI	8.50		
Closed- farmed striped bass, U. S.			
IWANA	6.50		
Closed- farm Arctic char, Washington State			

****Add 2.00 for Quail eggs**

GUNKAN-STYLE NIGIRI-SUSHI

Served in pairs: fancy 'battleship'- shaped nigiri with many elements. Also available as a handroll.

SUNRISE 9.50

Albacore wrapped around tobikko and a quail egg

MARTIAN SUNRISE 9.00

Arctic char wrapped around wasabi- tobikko and a quail egg

WHISPERING CODPIECE 11.00

Rich marinated gindara (black cod), shiitake mushrooms, toasted garlic and Thai Basil wrapped in roasted red bell pepper and broiled to perfection. Topped with yudzu tobikko and negi. Actually, sinfully delicious

MAMMA'S KISS 10.50

Albacore wrapped around scallop, shizo, tobikko and a quail egg

THE LITTLE MERMAID 10.50

Albacore wrapped around rock crab, tobikko, spicy mayo and negi

UMA 12.00

Suzuki, o- nagi, mango, macadamia nuts, garlic and tobikko

UPSTREAM DREAM 10.50

Arctic char, scallop and ikura

FLOWER TOWN 10:50

Albacore, ama- ebi, shizo, masago or ikura (specify) and negi

THE RUSTLING BUSTLE 12:50

Crawfish tail meat in a rich sauce combined with garlic, creole spices, sake, and other, secret ingredients, asparagus spear and portabella mushroom wrapped in roasted red bell pepper, topped with Japanese breadcrumbs and broiled 'til it's golden brown...

SUSHI COMBINATIONS

NIGIRI COMBO

18.00

Six pieces nigiri, chef's choice

NIGIRI/ SASHIMI COMBO

23.00

Six pieces chef's choice nigiri and four pieces mixed sashimi (sake, arctic char, albacore and suzuki)

NIGIRI/ SASHIMI/ MAKI COMBO

28.00

Four pieces chef's choice nigiri, four pieces sashimi (sake, arctic char, albacore and suzuki) and two rolls, your choice, from the following: California Roll, Tekka maki or Smoke Slammin'

SASHIMI

SAKE (6 PIECES)

12.50

Closed- farmed Coho salmon, Washington state

IWANA (6 PIECES)

12.50

Closed- farmed Washington state Arctic char

SUZUKI (6 PIECES)

13.00

Closed- farmed striped bass, U. S.

SHIRO MAGURO (6 PIECES)

12.50

Troll- caught albacore, North Pacific

SHIRO MAGURO TATAKI (6 PIECES)

13.50

Seared albacore lightly garnished and served with ponzu sauce

SASHIMI COMBO (9 PIECES)

14.00

Arctic char, albacore and suzuki. Served with rice

CHEF'S CHOICE SASHIMI (12 PIECES)

20.00

Complete chef's discretion. Please inform us of any dietary concerns. Served with rice

CHEF'S CHOICE SASHIMI (20 PIECES)

28.00

Complete chef's discretion. Please inform us of any dietary concerns. Served with rice

CHIRASHI

28.00

20 pieces sashimi (chef's choice) artfully arranged w/ assorted garnishes over a bowl of rice

GEISHA MAKIMONO (ROLLS) WITH FISH

(Please specify white or jasmine brown rice)

TEKKAMAKI

7.00

Albacore

NEGI SABA

5.50

Mackerel, lemon, shizo and negi

ALL THE RAGE

8.00

Your choice of fish, masago, shizo and negi

O-NACUE

6.50

Ooooooh- nagi (!) and cucumber

AMERICAN ROLL

8.00

Your choice of fish, avocado and cucumber

CALIFORNIA ROLL

6.50

Rock crab, avocado, cucumber, masago and mayo

THE CHERRY COKE

8.00

Albacore, arctic char, masago, shizo, lemon, spicy mayo and negi

THE ART ATTACK

10.50

Tempura'd soft shell crab, wild smoked salmon, rock crab meat, tobikko, negi and spicy mayo

SMOKE SLAMMIN'

7.50

Wild smoked salmon, cilantro and lime

THE CLOUDS AND THE RAIN

6.50

Scallops, masago, spicy mayo and negi

TROPI MAKI

8.00

Your choice of fish, avocado and macadamia nuts

THE BLUE MEANY

13.50

Tempura'd prawn, o- nagi and cucumber inside, topped with crab meat in a miso sauce, served broiled and finished with masago and negi

PHILLY ROLL

7.50

Wild smoked salmon, cream cheese and negi

THE CORN DOGGER

9.50

Arctic char, cream cheese and togarashi tempura'd and topped with savory baked walnuts, rainbow crunchies, moop sauce and negi

THE BLUE NOTE

10.50

Arctic char, albacore, wild smoked salmon, avocado, pickled ginger, masago and negi

GEISHA MAKIMONO (ROLLS) WITH FISH

THE UNDERTOAD	7.50	BLACK WIDOW	7.50
Albacore, garlic and basil in a tempura'd roll, rolled in a second roll with macadamia nuts and negi		Tempura'd soft shell crab, masago, cilantro and garlic	
THE LATIN SLANT	8.50	THE THAILANDER	7.50
Spicy albacore and arctic char, mango, avocado, pickled jalapenos, shizo, cilantro, and negi		Tempura'd prawn, o- nagi, cilantro, lime, garlic, togarashi, peanut butter and negi	
FLOAT YER BOAT	10.50	TONY THE TIGER	8.00
Tempura'd prawn, o- nagi, arctic char, suzuki and spicy mayo		Tempura'd prawn, o- nagi, garlic, basil and macadamia nuts	
CATERPILLAR	13.00	HANALEI WAY	13.00
Tempura'd prawn and cucumber topped with o- nagi, avocado and masago		Spicy albacore, o- nagi, pineapple, avocado, macadamia nuts, spicy mayonnaise, shizo, toasted coconut and togarashi	
RAINBOW ROLL	14.00	MY CREOLE BELLE	14.00
California roll topped with four fish (chef's choice), masago, tobikko and negi		Tempura'd prawn, portabella mushroom and asparagus in a roll wrapped in roasted red bell pepper and topped with crawfish tail meat suspended in a rich, creole spiced cream sauce with hints of sake and elements de je ne sais crois. Topped with miso aioli, Japanese breadcrumbs and broiled 'til it's parfait, monsieur	
THE FIRE GODDESS	12.50	UPTOWN TONY	8.50
Scallop, spicy mayo, shizo and negi. Topped with arctic char, lemon and wasabi- tobikko		O- nagi, roasted red peppers, tempura'd asparagus, Thai basil, savory roasted walnuts and toasted garlic	
SAKE KAWA	5.50	THE UNFORGETTABLE	13.50
Broiled smoked salmon skin, masago, pickled burdock, lemon, shizo and negi		Tempura'd prawn, garlic, basil and macadamia nuts topped with wild smoked salmon, o- nagi, avocado and toasted coconut	
THE GREEN MONSTER	12.00	THE HEP CAT	10.00
Tempura'd prawn, o- nagi and cucumber topped with avocado and cashew nuts		O- nagi, broiled wild smoked salmon, mango, savory roasted walnuts and cream cheese	
THE LEMON DROP	10.00	THE FINAL WORD	8.50
Coho salmon, cream cheese, lemon, shizo and ginger tempura'd and topped with moop sauce, teriyaki sauce and spicy mayo		Your choice of fish, mango, spicy mayo, cilantro, macadamia nuts and negi	
THE SPIDER WOMAN	9.50	THE COCO-LOCO	11.50
Tempura'd soft shell crab, spicy albacore, avocado, Thai basil, garlic, negi and masago		Spicy albacore, pineapple and cream cheese tempura'd and topped with teriyaki sauce and toasted coconut. Howzit? Ono!	
SPICY ALBACORE	7.50	DUSTY'S CREEPY CRAWLER:	8.50
Chef's blend of spicy albacore and negi		Tempura'd soft shell crab, avocado, tobikko, lemon, organic salad greens, miso dressing and negi	
PRESTO MAKI	8.00	THE TRUMPET CONCH	8.00
Your choice of fish, Thai basil, garlic and macadamia nuts		Seared albacore, spicy mayonnaise, cucumber, and masago	
THE FISH TACO ROLL	9.50	DAMMIT, JANET!	9.50
Tempura'd suzuki, jalapenos, cilantro, lime, shredded cabbage and carrots, organic salad greens, green onions, togarashi and spicy mayo topped with miso and taco sauces. Wow!		Tempura'd albacore, thai chili paste, mango, thai basil, toasted garlic, inari and savory roasted walnuts topped with sume sauce, togarashi and negi	
TOM DROPS BY	14.50		
Rock crab meat, spicy mayo, pineapple, shizo and macadamia nuts topped with local albacore, coho salmon, yudzu tobikko, black goma and negi			
DADDY'S CADDY	13.50		
O- nagi, suzuki, rock crab meat, spicy mayo and garlic in a tempura'd roll topped with masago and negi			

VEGETARIAN SUSHI

(Please specify white or jasmine brown rice)
(Please Note: Vegan selections marked with a *)

VEGETARIAN NIGIRI COMBINATION 11.50

Six pieces fancy vegetarian nigiri- please let your chef know of any preferences or dietary concerns

VEGETARIAN CHIRASHI

Edo- style scattered sushi: a 20- piece vegetarian sashimi platter (chef's choice) artfully arranged with assorted garnishes over a bowl of rice Please specify white or jasmine brown rice, and if you are vegan-

GEISHA VEGETARIAN MAKIMONO (ROLLS)

* KAPPAMAKI	3.00	* THE SPICE HOUSE	9.00
Cucumber		Deep- fried Japanese eggplant and yam with carrots, and our own savory baked tofu, topped with yellow curry and broiled, finished with rainbow crunchies, negi and black goma	
* OSHINKOMAKI	3.00		
Takuaan (pickled daikon radish)		* THE WILLOW GARDEN	6.50
FUTOMAKI	6.00	Deep- fried tempeh (or baked tofu), organic salad greens, Thai peanut sauce, lime, togarashi and savory baked walnuts	
Asparagus, carrot, shiitake mushroom, tamago and pickled daikon radish		* THE VLT	5.50
THE GREEN MAN	6.50	Deep- fried tempeh (or baked tofu), organic salad greens, roma tomato, negi and vegan mayonnaise... Yes, it's a vegan BLT...	
Marinated artichoke hearts, avocado, cream cheese and cashews		* TIGGER, TOO!	6.50
* FOR LORNE	7.00	Deep- fried tempeh (or baked tofu), stewed king oyster mushroom, Thai basil, garlic, and macadamia nuts	
Broiled portabella mushroom, avocado, pickled burdock, shizo, macadamia nuts and negi		THE CHERRY BLOSSOM	4.50
* THE CADILLAC RANCH	8.50	Roma tomato, cream cheese, Thai basil and negi	
Roasted zucchini and summer squash, stewed king oyster mushroom, Thai basil and garlic in a tempura'd roll topped with savory roasted walnuts, moop sauce, rainbow crunchies and negi		* THE SOUTH GATE	5.50
* THE WAVE	7.00	Avocado, roma tomato, pickled jalapenos, pickled burdock, cilantro and spicy vegan mayonnaise	
Seaweed salad, shiitake mushroom, inari, savory baked tofu, pickled daikon radish, pickled burdock and avocado		* THE YEDO- DANCER	9.00
* THE EMERALD CITY	6.00	Broiled portabella mushroom, asparagus, carrot, baked tofu and toasted garlic topped with roasted bell peppers, chopped savory roasted walnuts, vegan teriyaki sauce and negi	
Shiitake mushrooms, avocado, carrot, daikon sprouts and black goma		* THE HAPPY GOBLIN	6.50
* I AM SIAM	6.50	Tempura'd avocado, crushed pineapple, cilantro, cashews and spicy vegan mayonnaise	
Deep- fried tempeh (or baked tofu), garlic, lime, cilantro, peanut butter, togarashi and negi		* THE TEMPLE MONKEY	6.50
YAM CENTRAL	6.50	Crushed pineapple, avocado, cashews and toasted coconut	
Tempura'd yam, cream cheese, cashews, and vegan teriyaki sauce		MUSHROOM FIXATION	9.00
* THE SOYLENT GREEN	7.00	Portabellla, Shiitake, king oyster and inoki mushrooms with cream cheese rolled and tempura'd then topped with macadamia nuts infused with mushroom essence and sume	
Asparagus, shiitake mushroom, baked tofu, pickled burdock, pickled daikon radish, garlic and negi in a tempura'd roll		* GEISHA STREET	7.00
THE RED KIMONO	9.00	Roasted bell pepper, avocado, basil, toasted garlic and savory roasted walnuts	
Stewed king oyster mushroom, savory roasted walnuts, cream cheese and negi rolled and wrapped in roasted red bell pepper and black goma			

(Orders with Cream Cheese can be made vegan upon request!)