

Fish at Miya's Sushi

Congratulations for making the choice to help the environment. All of the seafood used in our menu is sustainable to the very best of our abilities.

We live in a world where over a billion people are malnourished, and the fact that delicious, nutritious fish such as anchovies, smelt and herring are reduced to fish feed is wasteful. Currently, over a third of wild caught fish is converted into fish feed for aquaculture. Farming carnivorous fish is an inefficient and impractical method of producing food for humans.

Eating bivalves, other animals that are lower on the marine food chain, herbivorous fish like catfish, tilapia and carp is a better approach to eating seafood.

On the following pages you can see a list of seafood that we work with when they are available, and their major impacts.



Wild Fish at Miya's Sushi

Sustainability goes beyond the food we make and our operations -- the heart of it is how we relate to people and communities. We aren't just "sustainable" because we prepare fish that aren't endangered and won't poison you. We are sustainable when we serve you delicious food that connects you with the possibility of thriving ecosystems and regenerative human behavior.



Species



Environment



Supply Chain



Community & Story



Miya's & You

Wild Salmon



Very abundant and with life history traits that support continued harvest

Alaska, USA



One of the best managed fisheries in the world. Only Chinook has some bycatch issues

Sea2Table

12.90 \$/lb



Purchased through a direct chain of custody

Greenest Choice



Despite the lack of local connection, Alaskan salmon is one of the most sustainable fish choices

Diego Riviera's Roll



An excellent source of Omega-3 fatty acids

Capelin Roe



Moderate abundance, but populations have declined significantly in the last decade

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Caught with gear that avoids ecosystem damage and has very low bycatch

NY Mutual Trading Co.

varies



No sourcing information available

Probably Atlantic



Though we can't trace the source, it's probably from the North Atlantic fishery, which is doing well

Wabisabi



Capelin Roe has low contamination issues

Dungeness Crab



Moderate abundance and limited range, but can reproduce rapidly

Oregon, USA



Trap caught from an excellently managed fishery

??

varies



May be available from a vendor with Marine Stewardship Council Certification

Best Crab Option



Dungeness crab from Oregon is the best available option for crab meat

Kanibaba



A good source of Omega-3 fatty acids

Blue Crab



Stocks are in serious decline

Maryland, USA



Trap caught from a poorly managed fishery

Sea2Table

15.40 \$/lb



Purchased through a direct chain of custody

Not So Hot



Miya's is working on sourcing Dungeness Crab or Stone Crab as a replacement

Kanibaba



Can contain significant levels of PCBs and mercury

Southern Flounder



Moderately abundant and possible to harvest continually

Beaufort, NC



Weir-caught with minimal ecosystem impacts, unlike most trawl-caught flounder

Sea2Table

11.40 \$/lb



Purchased through a direct chain of custody

Sometimes



This flounder is the most eco-friendly option for its species; Miya's buys it when it's available

Sashimi



Contains significant levels of PCBs

Jellyfish



Specific species unknown; populations are generally expanding as a result of climate change and loss of predators

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Jellyfish capture can have high bycatch

Asian Market

varies



From an Asian market with zero traceability

Conversation Starter




Jellyfish are an invasive species; by serving them, Miya's can contribute to ecosystem regeneration

Peanut Butter & Jelly




Can contain significant levels of PCBs

Scallops



Stocks have recovered well from past overfishing


Massachusetts, USA



Otter trawl fishing causes significant damage to ecosystems. Bycatch is above 100% of target fish


Sea2Table

15.90 \$/lb




Purchased through a direct chain of custody

Delicious, but...




Scallops, unfortunately come at a high environmental cost

The Softest French Kisses




An excellent source of Omega-3 fatty acids

Scup



Stocks have recovered well from past overfishing


Connecticut, USA



Trap caught off the CT coast. Low bycatch compared to typical trawl-caught scup


Gulf Shrimp

8.99 \$/lb



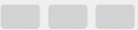
Purchased from local fishermen

Local Catch




These scup have low environmental impact compared to most others

Sakura Sashimi




Investigating new dishes for this fish

Squid



Moderate abundance with life history traits that can handle continuous harvest


Connecticut, USA



Otter trawl fishing causes significant damage to ecosystems. Bycatch is above 100% of target fish


Gulf Shrimp

varies




Purchased from local fishermen

Mixed Bag




The impact of the fishing technique is still a concern

Black Eyed Squid; Kraken




Long finned squid are a good source of Omega-3 fatty acids

Asian Shore Crabs



These are a problematic invasive species


Connecticut, USA



Hand collected on shore


Foraged, Yo

time & effort




These invasives are collected by Bun and Miya's crew from the CT shoreline

Totally Awesome



Serving these can contribute to eco-regeneration; they also look great on our plates

Kanibaba



May contain significant levels of PCBs and mercury

Lionfish



An ecologically destructive invasive species

Mexico



Spear-caught with no bycatch or gear impacts

Sea2Table

17.90 \$/lb



Purchased through a direct chain of custody

Badass Fish

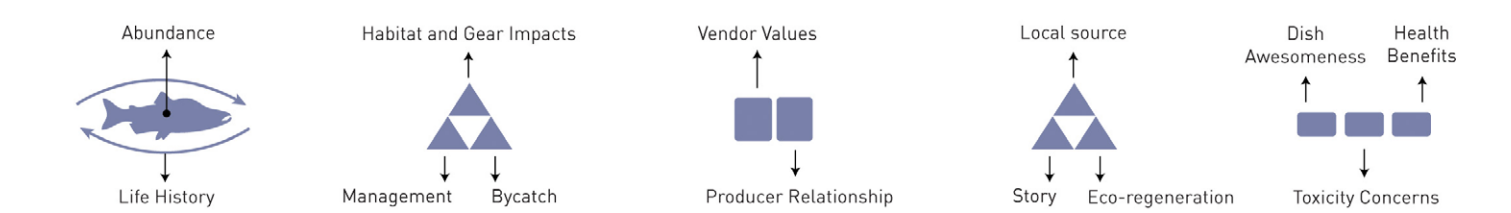


The lionfish is covered in venomous needles

Nine Spice Lionfish



This high quality fish can stand alone with its great taste



Farmed Fish at Miya's Sushi

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