



Vegan



Gluten Free



GF Available

★ STARTERS ★

MOON'S CARPACCIO . . . 15.50
Thinly sliced of vegan fish, w/ avocado, ponzu, green onion, rayu, cilantro, jalapeños and nuts

***BUZZ CARPACCIO** 15.50
Thinly sliced of tuna or hamachi, w/ ponzu, rayu, green onion, cilantro, jalapeños & tobiko

EDAMAME4.50
Steamed salted soy beans w/ lemon

GYOZA (4pc) . . .6.5
Steamed - pork or vegetable pot stickers

SHUMAI (4pc).7
Steamed - Shrimp dumpling

MISO SOUP2.95

BOWL OF RICE . . 2.95

HOUSE SALAD . . 5.95
Mixed greens with THE BUZZ dressing

WAKAME SALAD .7.5
Seaweed

SUNOMONO5
Cucumber over a bed of radish in a ponzu sauce w/ sesame seeds

IKA Sansai9
Marinated & seasoned squid salad

HIYAYAKKO7.5
Cold tofu with green onions in ponzu sauce

KAMA12.5
(subject to availability)
Yellowtail or Salmon collar with sea salt and ponzu sauce

***POKE SALAD.**14.50

Marinated tuna or vegan fish, with bed of mixed greens, cucumber, mango, seaweed, avocado, nuts & cilantro

***POKE NACHOS.** . . . 12.50

Wonton chips, marinated blackened seared tuna or vegan fish, avocado, mango, jalapeños, red onion, cilantro, spicy THE BUZZ dressing & tobiko

OCHAZUKE . . 9
(sake, saba, tofu or vegan fish)
Fish choice or vegetarian option. Miso soup poured over rice topped with fish or vegan options, furikake, green onion & seaweed

★ THE BUZZ SPECIAL ★

VEGAN OMAKASE 30
Chef choice vegan

THE GOLDEN BUZZER. .30
Omakase style "I leave it up to you"

SUSHI LUNCH.16.5
SPECIAL
Served with miso
Chef's choice roll & 4pc chef's choice sashimi

★ NIGIRI ZUSHI ★

Served in pairs over rice

TUNA8
Plant-based

SALMON8
Plant-based

SWEET TOFU NIGIRI 7

INARI6
Bean curd

***SAKE**8
Salmon

***SMOKED SAKE**8
Smoked salmon

***MAGURO**8.25
Tuna

***HAMACHI**8.25
Yellowtail

***SHIRO MAGURO** . 8.25
White tuna

***UNAGI.**8.25
Fresh water BBQ eel

TAMGO.6
Egg cake

EBI6.5
Sushi Ebi

***SABA**6.5
Mackerel

***SPICY HOTOTATE**8
Spicy scallops

***TOBIKO**7.5
Flying salmon roe

IKURA . .MARKET PRICE
Salmon roe

***TORO** . .MARKET PRICE
Bluefin belly

★ DONBURI ★

** Served on a bed of rice comes with salad & miso soup**

CHIRASHI PLANT-. . . \$23.5
BASED DON
Assorted fresh vegan sashimi & garnish

VEGAN CHICKEN. . . 18.50
TERIYAKI DON

TOFU TERIYAKI DON. . . 14

***CHIRASHI DON** . . .23.5
Assorted fresh sashimi & garnish

***UNAGI DON.**23.5
Grilled BBQ eel

CHICKEN TERIYAKI. .16.95
DON

SALMON.18
TERIYAKI DON

★ SASHIMI ★

STARTERS(6pc) 16.50 ENTRÉE(10pc) 23.50

Entrée served with miso soup salad and rice

VEGAN TUNA
(plant-based)

VEGAN SALMON
(plant-based)

VEGAN COMBO
(plant-based)

***SHIRO MAGURO**
(white tuna)

***SAKE** (Salmon)

***MAGURO** (tuna)

***HAMACHI** (yellowtail)

***COMBO SASHIMI**
(chef's choice selection)

★ SUSHI ROLLS ★

CALIFORNIA ROLL.8
Krab salad, avocado & cucumber

SNOW CRAB CALI . . .12
Snow crab, avocado & cucumber

***PHILADELPHIA**11
Salmon, cream cheese & avocado

***ROCK N' ROLL.**10.50
Eel, avocado and unagi sauce

***SPICY TUNA**9.95
Spicy tuna & cucumber

EBI TEMPURA.9.95
Shrimp tempura, avocado, cucumber & unagi sauce

***NEGIHAMA**6.5
Yellowtail & green onion

***TEKKA MAKI**6.5
Tuna

***SAKE MAKI**6.5
Salmon

***SALMON & HAMACHI. 7.5**
HAND ROLL(temaki)
Salmon, hamachi, green onion & avocados

***SPICY SCALLOPS.7.5**
HAND ROLL (Temaki)
Spicy scallops & cucumber

★ BEVERAGES ★

Soda.3.5
Sparkling Water.4.5
Ramune Soda.4.5
Green Tea.3
Ice Tea.3.5
Lemonade.4
Arnold Palmer.4
Juice.4

★ DESSERTS ★

ASSORTED MOCHI.4
ICE CREAM

831-201-4212

1005 CEDAR STREET

SANTA CRUZ, CA 95060

WWW.THEBUZZSUSHI.COM





★ VEGAN ROLLS ★

AVOKYU  7.5	
Avocado & cucumber	
KAPPA MAKI 5.5	
Cucumber	
AVOCADO ROLL 7	
YAM ROLL 8	
Steamed yam, avocado, cucumber with unagi sauce	
GREEN CALI  8.95	
Seasoned Shredded tofu, avocado	
SPICY TOFUNA ROLL 8.95	
Spicy tofu, cucumber	
EBI IN THE ROCKS  10.50	
Shrimp tempura, avocado, cucumber & unagi sauce	
POLLO FELIZ 10.50	
Vegan chicken, yam topped with avocado & unagi sauce	
THE RAINBOW GOBLIN 14.50	
Seasoned shredded tofu, avocado with chef's choice vegan fish, unagi sauces & spicy mayo	
BULMA  15	
Spicy tofu, shrimp tempura , cucumber topped with avocado, tuna, green onion, crunchy, THE BUZZ dressing & unagi sauce	
BYKRIS  (futomaki) 14.50	
Seasoned shredded tofu, avocado, mango & nuts	
ALCATRAZ ESCAPE  15.50	
Cream cheese, spicy tofu, shrimp tempura topped with salmon, avocado, jalapeños, spicy mayonnaise & unagi sauce	
MISSING PIECE 13.50	
Shiitake mushrooms , steamed asparagus, basil, fresh garlic topped with avocado, nuts & unagi sauce	

CUERNO DE CHIVO  13.50	
Steamed pumpkin, avocado, spicy nuts, shiso, fresh garlic topped with spicy tofu, jalapeño, green onion, THE BUZZ dressing & unagi sauce	
HAWAII  9	
Mango, nuts, avocado	
THE PIPE 14	
Vegan cream cheese,steamed asparagus, steamed yam, fresh garlic topped with smoked beets, avocado, nuts, unagi sauce & THE BUZZ dressing	
101 EAST 13.50	
Shiitake mushrooms , spicy nuts, basil, asparagus topped with avocado, smoked beets, green onion, THE BUZZ dressing, habanero sauce & unagi sauces	
THE JARDINERO 12.50	
(futomaki half sheet nori)	
Salmon, tuna, lettuce , basil, yamagobo, lemon, jalapeño, with mango sake vinaigrette & unagi sauce	
SWEET BABY  11	
Sweet tofu, yam, spicy nuts topped with inari, avocado, coconut & unagi sauce	
FISHY PHILLYS  11.50	
Salmon, cream cheese, avocado	
KAME HOUSE 12.50	
(futomaki half sheet nori)	
Shrimp tempura, mango, cream cheese, avocado, nuts with spicy mayonnaise	
ALL MINE  (futomaki full sheet nori) 15	
Spicy tofu, avocado, spicy nuts, basil, shiitake, red onion, jalapeños, pumpkin, smoke beets with THE BUZZ dressing & unagi sauce	

***Star means items contain raw fish.**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Food warning: food prepared here may possibly contain: fish, shellfish, soy, tree nuts, sesame, peanuts, wheat, eggs, milk.

18% Gratuity included on parties of 5 or more.

Maximum 3 ways split check per table.

10% gratuity on blanks dine-in checks(option)

5% included on take-out orders (option)

★ THE BUZZ ROLLS ★

*SHENLONG  16	
Snow crab, cucumber, avocado topped with spicy scallops, crunchy, pickled red onion, & unagi sauce	
*TIME CHAMBER. 16	
Habanero tuna , avocado basil topped with unagi eel, green onion, THE BUZZ DRESSING & unagi sauce	
*HWY1. 14.50	
Mango, unagi eel , nuts topped with avocado & unagi sauce	
*TRUNKS  14.95	
Hamachi, cucumber, fresh garlic, lemon, basil topped with avocado,seaweed, habanero sauce, mango sake vinaigrette & unagi sauce	
*SANTA CRUZ ROLL  15	
Shrimp tempura, spicy tuna, cucumber topped with maguro, avocado, tobiko, green onion, crunchy, THE BUZZ dressing & unagi sauce	
*SALMON SKIN ROLL 12	
Salmon skin, yamagobo, cucumber, lemon rolled into furikake with ponzu sauce	
*CARIBBEAN ROLL  15	
Shrimp tempura, mango, cucumber topped with tuna, salmon, avocado,tobiko, nuts, mango sake vinaigrette, unagi & habanero sauce	
*FREDDY CRABS. 16	
Snow crab, tempura soft shell crab, avocado topped with spicy krab, shredded, coconut, green onion, THE BUZZ dressing & unagi sauce	
SECRET WEAPON  15	
(baked)	
Spicy krab, mango, shrimp tempura topped with salmon, spicy mayo, tobiko, green onion & unagi sauce	
CAPSULE CORP  (baked). 15	
Spicy tuna, cream cheese, avocado topped with salmon, spicy mayo, habanero sauce, green onion, & unagi sauce	

*DRAGON RADAR 15	
Maguro, spicy nuts, fresh garlic topped with salmon, lemon & unagi sauce	
*17  13	
Shiro maguro, cucumber, lemon, shiso, green onion rolled into furikake with ponzu sauce	
*THE BUZZRITO (Futomaki) cut in half  15	
Habanero tuna, shrimp tempura, avocado, crunchy with THE BUZZ dressing and unagi sauce	
*FLYING NIMBUS  13.50	
(futomaki half sheet nori)	
Salmon, hamachi, nuts, avocado, fresh garlic, basil topped green onion & ponzu sauce	
*TWIN SALMON ROLL  15	
Salmon skin, cucumber, yamagobo, shiso topped with salmon, lemon, tajin, bonito flakes THE BUZZ dressing & ponzu sauce	
*HA-CHIRO ROLL 14.50	
Habanero krab, cream cheese, avocado rolled in hot cheetos crumbs with spicy mayonnaise and valentina sauce	
*TEMPLO DE KARIN 15	
Shrimp tempura, cream cheese, avocado, nuts topped with smoke salmon, sriracha & unagi sauce	
*RAINBOW ROLL  16	
Snow Crab, cucumber, avocado topped with chef's choice fish	
*EL MUCHACHO  13	
(futomaki half sheet nori)	
Snow crab, seared tuna, lemon, cilantro, fresh garlic, yamagobo, cucumber & habanero sauce	
*MAJIN BUU  15	
Krab, shrimp tempura, avocado topped with hamachi, jalapeño with spicy mayonnaise	
*ANDROID 18 15.50	
Salmon, cucumber, lemon, nuts, basil, fresh garlic topped with seared tuna, avocado, green onion & ponzu sauce	



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