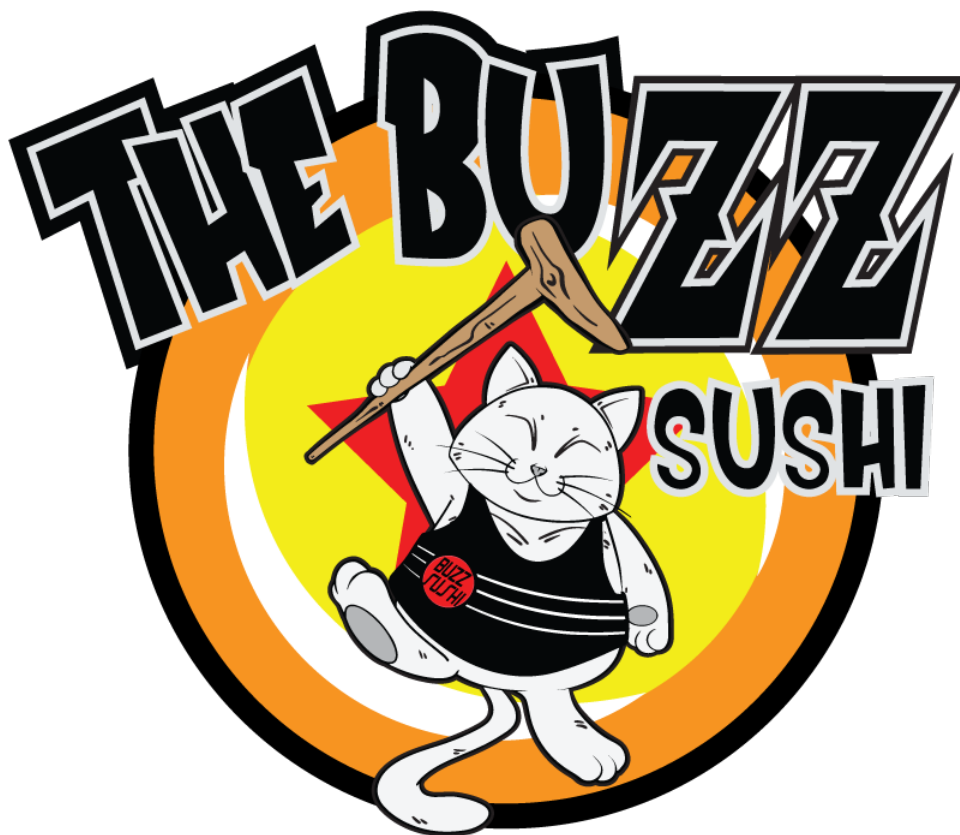




831-201-7168

1005 Cedar St. • Santa Cruz, CA 95060

www.thebuzzsushi.com

 THE BUZZ SUSHI

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SCAN FOR ONLINE MENU

STARTERS

MOON'S CARPACCIO \$17.50

↑ GF

Thinly sliced vegan fish with avocado, ponzu, green onion, rayu, cilantro, jalapeños & nuts.

*BUZZ CARPACCIO \$17.50

GF

Thinly sliced tuna with ponzu, rayu, green onion, cilantro, jalapeños & tobiko.

EDAMAME \$5

↑ GF

Steamed, salted soybeans with lemon. Add spicy garlic seasoning +\$3.

GYOZA (4 PC) \$7.50

↑ option

Steamed pork or vegetable potstickers.

SHUMAI (4 PC) \$8.25

Steamed shrimp dumplings.

MISO SOUP \$3.50

↑ GF

BOWL OF RICE \$3.50

↑ GF

HOUSE SALAD \$6.55

↑ GF

Mixed greens with THE BUZZ dressing.

WAKAME SALAD \$9.05

↑ GF

Seaweed salad.

SUNOMONO \$6.70

↑ GF

Cucumber over a bed of radish with ponzu sauce & sesame seeds.

IKA SANSAI \$12.50

GF

Marinated, seasoned squid salad.

AGEDASHI TOFU \$12.25

↑ GF

Tempura tofu topped with green onion & seaweed, served with tempura sauce.

BUFFALO TEMPEH \$16

↑ GF

Marinated, baked tempeh with house-made buffalo sauce, THE BUZZ dressing & celery.

KAMA \$14.25

GF

Yellowtail or salmon collar with sea salt & ponzu sauce. Subject to availability.

*TEMPURA VEGGIES \$13

↑ GF

Crispy seasonal vegetables in a light tempura batter, served with house tempura dipping sauce.

*POKE NACHOS \$13.95

↑ option GF

Chips with marinated, blackened seared tuna or vegan fish, avocado, mango, jalapeños, red onion, cilantro, THE BUZZ dressing & tobiko.

KARAAGE FRIED CHICKEN \$10.25

Marinated fried chicken served with THE BUZZ dressing.

SASHIMI

Starter · 6 pieces \$19.10 | Entrée · 10 pieces \$27.50
Entrées include miso soup, salad & rice.

*SEARED SHIRO MAGURO

GF

White tuna.

*SAKE

GF

Salmon.

*MAGURO

GF

Tuna.

*HAMACHI

GF

Yellowtail.

*COMBO SASHIMI

GF

Chef's choice selection.

NIGIRI ZUSHI

Served in pairs over rice.

TUNA

↑ GF

Plant-based.

\$8.85

SALMON

↑ GF

Plant-based.

\$8.85

TERIYAKI

TOFU

NIGIRI

↑ GF

\$7.15

INARI

↑

Bean curd.

\$6.50

*SAKE

GF

Salmon.

\$8.85

*SMOKED

SAKE

GF

Smoked salmon.

\$8.65

*MAGURO

GF

Tuna.

\$8.95

*HAMACHI

GF

Yellowtail.

\$8.97

*SEARED

SHIRO

MAGURO

GF

White tuna.

\$8.95

*UNAGI

Freshwater BBQ eel.

\$9.90

TAMAGO

Egg cake.

\$6

EBI

GF

Cooked shrimp.

\$6.75

*SABA

GF

Mackerel.

\$6.75

*SPICY

HOTOTATE

GF

Spicy scallops.

\$8.50

*TOBIKO

GF

Flying fish roe.

\$7.95

DONBURI

Served with rice, salad & miso soup.

CHIRASHI **\$29.95** PLANT-BASED DON

 **GF**

Assorted fresh vegan sashimi, vegetables & garnish.

PLANT-BASED **\$20** CHICKEN & SHRIMP DON

 **GF**

Plant-based chicken & plant-based shrimp, sautéed seasonal vegetables & teriyaki sauce.

TOFU TERIYAKI DON & **\$17.95** VEGGIES

 **GF**

Grilled tofu, sautéed seasonal vegetables & teriyaki sauce.

*CHIRASHI DON **\$30**

GF

Assorted fresh sashimi & garnish.

*UNAGI DON **\$30.95**

Grilled BBQ eel.

CHICKEN TERIYAKI **\$18.99** DON

GF

Grilled chicken, sautéed seasonal vegetables & teriyaki sauce.

SALMON SHIOYAKI **\$19.45** DON

GF

Japanese-style salt-grilled salmon & garnish.

CHICKEN KATSU **\$19.25**

Crispy panko-breaded chicken over steamed rice with a soft-boiled egg, kimchi, tonkatsu sauce & garnish.

SKIRT STEAK TERIYAKI **\$21.99**

GF

Marinated skirt steak, pan-seared to medium, with sautéed seasonal vegetables & teriyaki sauce.

SABA SHIOYAKI **\$17.25**

GF

Mackerel seasoned Japanese-style and grilled, served on a plate with garnish & steamed rice on the side. Contains fish bones.

THE BUZZ SPECIAL

VEGAN OMAKASE \$33.25



GF

Chef's choice vegan selection.

THE GOLDEN BUZZER \$33.25

Omakase-style selection.

SUSHI LUNCH SPECIAL \$18.99

Served until 4:00 p.m. Chef's choice roll & 3 pieces of nigiri, served with miso soup.

KIDS BENTO \$14.50

Little Box, Big Yum! Choose chicken teriyaki, crispy tofu teriyaki, chicken katsu or salmon teriyaki. Every choice includes steamed rice, edamame & 2 gyoza.

UDON & RAMEN

VEGAN NABEYAKI UDON \$16.65



Thick Japanese udon noodles in a savory plant-based broth with tofu, vegetables & beet tempura.

NABEYAKI UDON \$18.45

Thick Japanese noodles in a savory broth with chicken, egg, vegetables & crispy shrimp tempura.

MISO RAMEN \$14.45



option

Rich miso broth, Japanese ramen noodles, shiitake mushrooms, green onion & kimchi. Choose vegetable gyoza, pork gyoza or chicken katsu (+\$4).

VEGAN ROLLS

AVOKYU

↑ GF

Avocado & cucumber.

\$7.99

KAPPA MAKI

↑ GF

Cucumber.

\$5.99

AVOCADO ROLL

↑ GF

YAM ROLL

↑ GF

Steamed yam, avocado, cucumber & unagi sauce.

\$7.99

\$9.98

SPICY TOFUNA ROLL

↑ GF

Spicy tofu, cucumber & spicy mayo.

\$10

EBI IN THE ROCKS

↑ GF

Vegan shrimp, avocado, cucumber & unagi sauce.

\$12.50

CHEATING MYSELF

↑ GF

Vegan chicken, fried yam & teriyaki tofu, topped with sun-dried tomato, avocado, THE BUZZ dressing & unagi sauce.

\$15.50

THE RAINBOW GOBLIN

↑ GF

Seasoned shredded tofu, avocado & cucumber, topped with chef's choice vegan fish, mango, beets, unagi sauce & spicy mayo.

\$17

BULMA

↑ GF

Spicy tofu, vegan shrimp & cucumber, topped with avocado, vegan tuna, green onion, crunch, THE BUZZ dressing & unagi sauce.

\$17

ALCATRAZ ESCAPE

↑ GF

Cream cheese, seasoned shredded tofu & vegan shrimp, topped with vegan salmon, avocado, jalapeños, spicy mayo & unagi sauce.

\$17

MISSING PIECE

↑ GF

Shiitake mushrooms, deep-fried asparagus, basil & fresh garlic, topped with avocado, nuts & unagi sauce.

\$15.25

VEGAN ROLLS

CUERNO DE CHIVO \$15.75

↑ GF

Steamed pumpkin, avocado, spicy nuts, shiso & fresh garlic, topped with spicy tofu, jalapeño, green onion, THE BUZZ dressing & unagi sauce.

HAWAII \$10

↑ GF

Mango, nuts & avocado.

101 EAST \$15.50

↑ GF

Shiitake mushrooms, sweet-spicy nuts, basil & asparagus, topped with avocado, smoked beets, green onion, THE BUZZ dressing, habanero sauce & unagi sauce.

FISHY PHILLYS \$12.75

↑ GF

Vegan salmon, cream cheese & avocado.

ALL MINE (FUTOMAKI) \$14

↑ GF

Half-sheet nori with spicy tofu, avocado, spicy nuts, basil, shiitake mushrooms, pumpkin, smoked beets, THE BUZZ dressing & unagi sauce.

MIRRA (BAKED) \$15.70

↑ GF

Steamed yam, nuts & avocado, topped with shiitake mushrooms, pesto sauce, green onion & unagi sauce.

VALERIAN VIBE (TORCHED) \$15.75

↑ GF

Mango, cream cheese & seasoned shredded tofu, topped with sun-dried tomato, sweet pesto sauce, green onion, crunch, mango sake vinaigrette & unagi sauce.

GOLDEN GREEN CALI (TEMPURA) \$11.90

↑ GF

Seasoned shredded tofu, avocado & unagi sauce.

THE HOT BOX (TEMPURA) \$16

↑ GF

Vegan cream cheese, steamed asparagus, avocado & sweet-spicy nuts, topped with spicy tofu, green onion, unagi sauce & THE BUZZ dressing.

FOGATA (TEMPURA FUTOMAKI) \$14

↑ GF

Cactus, steamed pumpkin, seasoned shredded tofu, jalapeño, cilantro, pesto sauce & unagi sauce.

SUSHI ROLLS

CALIFORNIA ROLL **\$8.75**

Krab salad & avocado.

SNOW CRAB CALI **\$13.25**

GF

Snow crab, avocado & cucumber.

***PHILADELPHIA** **\$12.50**

GF

Salmon, cream cheese & avocado.

***ROCK N' ROLL** **\$13**

Eel, avocado & unagi sauce.

***SPICY TUNA** **\$10.25**

GF

Spicy tuna & cucumber.

EBI TEMPURA **\$10.95**

Shrimp tempura, avocado, cucumber & unagi sauce.

***NEGIHAMA** **\$7.50**

GF

Yellowtail & green onion.

***TEKKA MAKI** **\$7.50**

GF

Tuna.

***SAKE MAKI** **\$7.50**

GF

Salmon.

***SALMON & HAMACHI
HAND ROLL (TEMAKI)** **\$8.99**

GF

Salmon, hamachi, green onion & avocado.

***SPICY SCALLOP HAND
ROLL (TEMAKI)** **\$8.75**

GF

Spicy scallops, cucumber & crunch.

***SPICY SALMON HAND
ROLL (TEMAKI)** **\$8.90**

GF

Diced salmon tossed in spicy sauce & green onion.

THE BUZZ ROLLS

*TONANTZIN

\$16.99

GFA

Hamachi, shrimp tempura, cilantro & avocado, topped with habanero tuna, crunch, green onion, THE BUZZ dressing & unagi sauce.

*SHENLONG

\$18.25

GF

Snow crab, cucumber & avocado, topped with spicy scallops, crunch, pickled red onion & unagi sauce.

*TIME CHAMBER

\$18.85

Habanero tuna, avocado & basil, topped with unagi eel, green onion, THE BUZZ dressing & unagi sauce.

*HWY 1

\$17.50

Mango, unagi eel & nuts, topped with avocado & unagi sauce.

*TRUNK

\$16.75

GF

Hamachi, cucumber, fresh garlic, lemon & basil, topped with avocado, seaweed, habanero sauce, mango sake vinaigrette & unagi sauce.

*SANTA CRUZ ROLL

\$17.50

GFA

Shrimp tempura, spicy tuna & cucumber, topped with maguro, avocado, tobiko, green onion, crunch, THE BUZZ dressing & unagi sauce.

*CARIBBEAN ROLL

\$17.65

GFA

Shrimp tempura, avocado & cucumber, topped with tuna, salmon, mango, tobiko, nuts, mango sake vinaigrette, unagi sauce & habanero sauce.

*ESTENO

\$15.99

GF

Shiitake mushrooms, nuts & fried asparagus, topped with hamachi, jalapeño, avocado, green onion, sweet pesto sauce & unagi sauce.

*JUREL

\$14.55

GF

Mackerel, cucumber, yamagobo, lemon, shiso, garlic & green onion, rolled in furikake and topped with green onion, bonito flakes & ponzu sauce.

*ROMULA

\$16.95

GF

Snow crab & cream cheese, topped with seared salmon, jalapeño, spicy mayo & unagi sauce.

THE BUZZ ROLLS

***FLYING NIMBUS** **\$14.55** **(FUTOMAKI)**

GF

Half-sheet nori with salmon, hamachi, cucumber, fresh garlic & basil, topped with green onion & ponzu sauce.

***TWIN SALMON ROLL** **\$16.99**

GFA

Salmon skin, cucumber, yamagobo & shiso, topped with salmon, lemon, togarashi, bonito flakes, THE BUZZ dressing & ponzu sauce.

***TEMPLO DE KARIN** **\$16.99**

GFA

Shrimp tempura, cream cheese, avocado & nuts, topped with smoked salmon, sriracha & unagi sauce.

***RAINBOW ROLL** **\$18.55**

GF

Snow crab, cucumber & avocado, topped with chef's choice fish.

***RAIN OF TLALOC** **\$17.99**

GFA

Smoked salmon, shrimp tempura & roasted jalapeño, topped with habanero snow crab, green onion, ponzu sauce, THE BUZZ dressing & unagi sauce.

***ANDROID 18** **\$17.65**

GF

Salmon, cucumber, lemon, nuts, basil & fresh garlic, topped with seared shiro maguro, avocado, green onion & ponzu sauce.

***LOVE ME NOT** **\$19** **(TEMPURA)**

GF

Hamachi, spicy tuna & avocado, topped with habanero snow crab, shredded coconut, green onion, THE BUZZ dressing & unagi sauce.

***CIELO ROTO** **\$17.50** **(TEMPURA)**

Krab, steamed asparagus & roasted jalapeño, topped with spicy scallops, habanero sauce, pesto sauce & unagi sauce.

SECRET WEAPON **\$17.10** **(BAKED)**

GFA

Spicy krab, mango & shrimp tempura, topped with salmon, spicy mayo, tobiko, green onion & unagi sauce.

CAPSULE CORP **\$17.10** **(BAKED)**

GF

Spicy tuna, cream cheese & avocado, topped with salmon, spicy mayo, habanero sauce, green onion & unagi sauce.

SOFT BEVERAGES

TONALLI MOCKTAIL • 16 OZ \$13

GF

Alcohol-free blackberry mojito base, sparkling water, ginger beer, lime juice, fresh spearmint & a pinch of salt.

MALINCHE KAVA • 16 OZ \$13

GF

Kava infusion with guava kombucha, fresh orange juice, apple-based vegan honey & a Tajín rim.

TEPACHE • 16 OZ \$10

GF

House-made traditional Mexican fermented pineapple drink, tangy & lightly sweet. Served in a jar.

GINGER OR GUAVA BEER \$6.90

GF

Non-alcoholic ginger or guava beer. Crisp & refreshing.

BOTTLED WATER \$6

SODA \$3.55

Pepsi, Diet Pepsi or 7UP.

SPARKLING WATER \$5

RAMUNE SODA \$4.10

Classic Japanese marble soda in assorted fruity flavors.

HOT TEA \$4.25

Assorted organic teas. Ask for today's selection.

ICED TEA \$4.25

Classic iced tea, crisp & refreshing.

LEMONADE \$4.55

Classic lemonade, sweet & tangy.

ARNOLD PALMER \$4.55

Half iced tea & half lemonade, crisp & balanced.

BEER & SAKE

SAPPORO ON TAP • 16 OZ \$8.55

Crisp, refreshing Japanese lager.

SAKE BOMB \$6.55

8 oz Sapporo on tap & 2 oz hot sake.

HARD KOMBUCHA ON TAP • 16 OZ \$10

Rotating flavors.

KIRIN BOTTLE • 12 OZ \$6.15

Smooth Japanese lager.

ASAHI BOTTLE • 21 OZ \$9.15

Dry Japanese lager.

HOT SAKE \$12.55

Served warm.

NIGORI \$17.65

Unfiltered & creamy.

KIKUSUI \$20

Delicate floral aromas, subtle fruitiness & a silky finish.

KIKU TARU \$18

Dry & smooth with delicate cedar aromas.

WINE \$

Ask for our selection.

CIDER \$

Ask for our selection.

DESSERT

Served with whipped cream, sweet sauce & nuts.

ASSORTED MOCHI ICE CREAM

\$4

Colorful, chewy rice cakes filled with ice cream.

EXTRAS & ADD-ONS

EXTRA SAUCES

\$1

SIDE KIMCHI

\$5

FRESH WASABI

\$5

SIDE AVOCADO

\$3

LEMON WEDGES

\$1.50

All additional sides & extras are subject to an extra charge.

NOTICE TO GUESTS

Items marked with an asterisk (*) indicate dishes prepared with raw fish.

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

Allergen advisory: Food may contain or come into contact with fish, shellfish, soy, tree nuts, sesame, peanuts, wheat, eggs or milk.

A 20% gratuity will be automatically added to parties of 5 or more. A maximum of 3 separate payments is allowed per table.

An optional 15% gratuity may be applied to dine-in checks with the tip line left blank. An optional 5% gratuity may be applied to takeout orders.