THE BUZZ SUSHI

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1005 Cedar St. · Santa Cruz, CA 95060

www.thebuzzsushi.com

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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**
GFA
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 **$8.85**
GF
Plant-based.

SALMON **$8.85**
GF
Plant-based.

TERIYAKI TOFU NIGIRI **$7.15**
GF

INARI **$6.50**
Bean curd.

***SAKE** **$8.85**
GF
Salmon.

***SMOKED SAKE** **$8.65**
GF
Smoked salmon.

***MAGURO** **$8.95**
GF
Tuna.

***HAMACHI** **$8.97**
GF
Yellowtail.

***SEARED SHIRO MAGURO** **$8.95**
GF
White tuna.

***UNAGI** **$9.90**
Freshwater BBQ eel.

TAMAGO **$6**
Egg cake.

EBI **$6.75**
GF
Cooked shrimp.

***SABA** **$6.75**
GF
Mackerel.

***SPICY HOTOTATE** **$8.50**
GF
Spicy scallops.

***TOBIKO** **$7.95**
GF
Flying fish roe.

DONBURI

Served with rice, salad & miso soup.

CHIRASHI PLANT-BASED DON **$29.95**
GF
Assorted fresh vegan sashimi, vegetables & garnish.

PLANT-BASED CHICKEN & SHRIMP DON **$20**
GF
Plant-based chicken & plant-based shrimp, sautéed seasonal vegetables & teriyaki sauce.

TOFU TERIYAKI DON & VEGGIES **$17.95**
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 DON **$18.99**
GF
Grilled chicken, sautéed seasonal vegetables & teriyaki sauce.

SALMON SHIOYAKI DON **$19.45**
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 **$7.99**
GF
Avocado & cucumber.

KAPPA MAKI **$5.99**
GF
Cucumber.

AVOCADO ROLL **$7.99**
GF

YAM ROLL **$9.98**
GF
Steamed yam, avocado, cucumber & unagi sauce.

SPICY TOFUNA ROLL **$10**
GF
Spicy tofu, cucumber & spicy mayo.

EBI IN THE ROCKS **$12.50**
GF
Vegan shrimp, avocado, cucumber & unagi sauce.

CHEATING MYSELF **$15.50**
GF
Vegan chicken, steamed yam & teriyaki tofu, topped with sun-dried tomato, avocado, THE BUZZ dressing & unagi sauce.

THE RAINBOW GOBLIN **$17**
GF
Seasoned shredded tofu, avocado & cucumber, topped with chef's choice vegan fish, mango, beets, unagi sauce & spicy mayo.

BULMA **$17**
GF
Spicy tofu, vegan shrimp & cucumber, topped with avocado, vegan tuna, green onion, crunch, THE BUZZ dressing & unagi sauce.

ALCATRAZ ESCAPE **$17**
GF
Cream cheese, seasoned shredded tofu & vegan shrimp, topped with vegan salmon, avocado, jalapeños, spicy mayo & unagi sauce.

MISSING PIECE **$15.25**
GF
Shiitake mushrooms, steamed asparagus, basil & fresh garlic, topped with avocado, nuts & unagi sauce.

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
GFA

Seasoned shredded tofu, avocado & unagi sauce.

THE HOT BOX (TEMPURA) — $16
GFA

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

FOGATA (TEMPURA FUTOMAKI) — $14
GFA

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 (FUTOMAKI)** **$14.55**
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 (TEMPURA)** **$19**
GFA
Hamachi, spicy tuna & avocado, topped with habanero snow crab, shredded coconut, green onion, THE BUZZ dressing & unagi sauce.

***CIELO ROTO (TEMPURA)** **$17.50**
GFA
Krab, steamed asparagus & roasted jalapeño, topped with spicy scallops, habanero sauce, pesto sauce & unagi sauce.

SECRET WEAPON (BAKED) **$17.10**
GFA
Spicy krab, mango & shrimp tempura, topped with salmon, spicy mayo, tobiko, green onion & unagi sauce.

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