

Sushi List

Niigata offers different fish varieties each season. Enjoy a wide selection of red-fleshed fish, white-fleshed fish, blue-backed fish, and more.

Feel free to point to the pictures on this page when ordering.

※Note: These photos are examples only. Presentation may differ at each restaurant.

■ Niigata's Seasonal Specialties



メジ鮪
Young Bluefin Tuna
MEJIMAGURO

Exceptionally tasty



柳鰯
Willowy Flounder
YANAGIGAREI

Good as sushi, sashimi, or semi-dried and grilled



喉黒
Blackthroat Sea Perch
NODOGURO

This high-quality fish is a deliciously fatty Niigata specialty.



寒鰯
Coldwater Yellowtail
KANBURI

Niigata winters bring delicious yellowtail to the waters around Sado Island.



南蛮海老
Northern Shrimp
NANBANEBI

Sweet-tasting shrimp that seem to melt in your mouth



槍烏賊
Spear Squid
YARIIKA

In season during autumn and winter



■ Other Seasonal Varieties



目張
Rockfish
MEBARU

Also tasty cooked or as sashimi



鯛
Sea Bream
TAI

Well-known, white-fleshed fish from the waters off Sado Island



鯧
Silver Sand Borer
KISU

Known for its delicate flavor



鱸
Sea Bass
SUZUKI

A well-known Niigata white-fleshed fish



穴子
Saltwater Eel
ANAGO

Soft in texture, eaten with special sweet sauce



鮪
Bluefin Tuna
CHUTORO

A very popular part of the tuna, with just the right amount of fat



鮑
Abalone
AWABI

Delicious shellfish with a subtle sweetness



鰯
Jack Mackerel
AJI

Jack mackerel from the Japan Sea is particularly tasty.



鰯烏賊
Japanese Common Squid
SURUMEIKA

Uniquely sweet in taste



楚蟹
Snow Crab
ZUWAIGANI

A wintertime favorite



鰯
Sardine
IWASHI

Deliciously fatty when in season



水蛸
Octopus
MIZUDAKO

Distinctly soft and smooth in texture



秋醬蝦
Akiame Shrimp
AKAHIGE

Very delicious; related to sakura shrimp



蜆
Japanese Ivory Shell
BAIGAI

A shellfish with a uniquely crunchy texture



鰨
Flounder
HIRAME

A white-meat fish with a springy texture