



APPETIZERS

Agedashi Tofu
Baked Green Mussel
Edamame
Green Salad
Gyoza

Seaweed Salad
Soft Shell Crab
Sunomono Salad
Yellowtail Kama



TEMPURA

Mixed Tempura (6pcs)
Shrimp Tempura (6pcs)

Calamari Tempura
Vegetable Tempura (5pcs)



SASHIMI SALAD

Mixed seasonal sprouts, fruits and edible flowers with fresh fishes.

Tuna
Salmon

Yellowtail
Assorted



NIGIRI SUSHI

Albacore
Avocado
Real Crab
Eel
Inari
Mackerel
Octopus
Salmon
Ikura

Shrimp
Scallop
Sea Urchin
Halibut
Massago
Madai
Squid
Hokigai
Ama Ebi

Tamago
Tobiko
Tuna
Whitefish
Yellowtail
Quail Egg
Toro
Blue Fin



SASHIMI

Tuna (5pc)
Salmon (5pc)
Albacore (5pc)
Yellowtail (5pc)

Toro
Blue Fin
Haru Beach (3x3)
Haru Island (5x4)
(Chef's Choice)



COMBINATION

Sushi Combo A
(CA Roll, 3pc Sushi)

Sushi Sampler (8pc)

Sushi Combo B
(Crunch Roll, 4pc Sushi)

Sashimi Sampler (6pc)



OMAKASE

Japanese style tasting sushi course. Served chef's secret and special sushi.

Reservation Only



RAMEN

Topped with pork chashu, bamboo shoots, water crests, soft boiled egg, green onion, bean sprout, and ginger.

Spicy Seafood
Kuro
Tonkotsu

Miso
Shoyu



TERIYAKI

Grilled fresh meat/fish served with fresh organic salad with traditional style teriyaki sauce.

Bulgogi (Beef)
Salmon

Shrimp
Scallop



TEPPANYAKI

Fresh meat/seafood grilled with cabbage, onion, carrot, long bean, snow pea, bean sprout, and bell peppers with aged soy sauce based teppanyaki sauce served on hot plate.

Bulgogi (Beef)
Salmon
Shrimp

Seafood
Scallop



HIBACHI

Sauteed fresh seafood with garlic butter, soy sauce based special hibachi sauce, truffle oil, fresh sprout, sun dried tomato, cranberry, pine nut.

Scallop
Shrimp

Seafood
Mushroom



SPECIAL ROLL

Avocado Heart

Stuffed Avocado With Soft Shell Crab, Crab, Massago, Crunch

Baked Salmon Roll

Baked Salmon On Top, Cream Cheese, Avocado, Gobo

Blue Mountain Roll

Baked Whitefish On Top,spicy tuna,cucumber, Sprout, Miso-sauce

Boston Roll

Masago On Top, Salmon, Avocado

Caterpillar Roll

Avocado On Top, Eel, Cucumber

Caliente Roll

Spicy Tuna On Top, Spicy Yellowtail, Jalapeno With Spicy Dynamite Sauce

Crunch Dragon Roll

Spicy Tuna With Scallion On Top, Shrimp Tempura, Crab

Double Dragon Roll

Eel, Avocado On Top, Eel, Cucumber, Avocado Fried

Dragon Roll

Eel, Avocado On Top, Shrimp Tempura, Crab

Dynamite Roll

Salmon, Scallop On Top, CA-roll, Baked With Garlic Sauce

Energy Roll

Yellowtail, Eel, Gobo, Avocado, Cucumber, Sprout, Masago

Fire Cracker Roll

Spicy Tuna With Scallion On Top, Spicy Scallop

Hawaiian Roll

Fresh Tuna With Cilantro On Top , CA-roll, Ponzu Sauce

Haru Protein Roll

ASSORTED fishes, sprouts, roll with cucumber.

Lobster Roll

Garlic Sauce Baked Baby Lobster On Top, CA-roll

Malibu Roll

Whitefish, Shiso On Top, Spicy Tuna With Ponzu Sauce

Mountain Roll

Garlic Sauce Baked Salmon On Top, Spicy Tuna

Pink Roll

Salmon On Top, Spicy Salmon, Soy Paper, Dynamite Sauce

Rainbow Roll

Tuna, Salmon, Albacore, Shrimp, Avocado On Top, CA-roll

Red Dragon Roll

Fresh Tuna, Avocado On Top, CA-roll

Sexy Roll

Spicy Tuna,Tobiko, Massago, Garlic Sauce, Crunch On Top, Spicy Shrimp Tempura

Haru Roll

Fresh Tuna, Crispy Garlic, Karashi Sauce On Top, Spicy Tuna, Asparagus Tempura

Spider Roll

Soft Shell Crab Tempura, Crab, Avocado, Cucumber, Sprout, Gobo

Sunrise Roll

Salmon, Sliced Lemon On Top, CA-roll

Super Mexican Roll

Avocado, Spicy Dynamite Sauce On Top, Shrimp Tempura, Spicy Tuna, Avocado

Temptation Roll

Assorted Fish, Four Sauces On Top, Spicy Tuna, Shrimp Tempura

Tiger Roll

Shrimp On Top, Shrimp Tempura, Avocado, Crab, Cucumber

Whitesnow Roll

Albacore, Avocado On Top, Albacore, Cucumber, Scallion, Sprout, Ponzu



SUSHI ROLL

Avocado Roll

California Roll

Crab, Cucumber, Avocado

Crazy Boy Roll

Deep Fried California Roll

Crunch Roll

Shrimp Tempura, Crab, Avocado, Crunchy On Top, Eel Sauce

Cucumber Roll

Eel & Cucumber Roll

Philadelphia Roll

Salmon, Avocado, Cream Cheese.

Gampyo Roll

Soy Marinated Pumpkin

Shrimp Tempura Roll

Shrimp Tempura, Crab, Avocado, Cucumber

Spicy Scallop Roll

Scallops, Cucumber

Spicy Tuna Roll

Spicy Tuna, Cucumber

Tuna Roll

Salmon Roll

Vegetable Roll

Avocado, Cucumber, Gobo, Gampyo, Inari, Sprout

Ai Roll

Fresh Salmon, Gobo, Crab, Avocado, Cucumber

La Jolla Roll

Deep Fried Philadelphia Roll

Mushroom Ball

Deep Fried Stuffed Shitake Mushrooms With Spicy Tuna, Crab

Jalapeno Bomb

Deep Fried Stuffed Jalapeno With Spicy Tuna, Crab

Vegetable Tempura Roll

Sweet Potato, Kabocha, Long Bean, Onion



HAND ROLL

California H/R

Eel & Cucumber H/R

Shrimp Tempura H/R

Spicy Scallop H/R

Spicy Tuna H/R



H A R U

SUSHI



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