



## 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)



## OMAKASE

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

Reservation Only



## COMBINATION

Sushi Combo A  
(CA Roll, 3pc Sushi)

Sushi Sampler (8pc)

Sushi Combo B  
(Crunch Roll, 4pc Sushi)

Sashimi Sampler (6pc)



## 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



## 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 fishs, 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

**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