

## SUSHI & SASHIMI

(Price per piece)

Tuna	3.50	Sweet Shrimp	M/P
Toro	M/P	Botan Ebi	4.75
White Tuna	3.50	Scallop	3.00
Spicy Tuna	3.75	Shrimp	3.00
Super White Tuna	3.75	Sea Urchin	6.00
Yellowtail	3.75	Salmon Caviar	3.50
Salmon	3.50	Tobiko Caviar	3.00
Smoked Salmon	3.50	Surf Clam	2.75
Fluke	3.00	Squid	2.75
Striped Bass	3.00	Octopus	2.75
Spanish Mackerel	2.75	Kani	2.00
Mackerel	2.75	King Crab	5.00
Tamago	2.25	Salmon Toro	4.25
Smoked Eel	3.50	Yellowtail Toro	4.75
Eel Avocado	3.75		

## SUSHI ROLLS & HAND ROLLS

Tuna Roll	4.75	Tuna Avocado Roll	5.75
California Roll	4.50	Crunchy Spicy Salmon Roll	6.75
Salmon Jalapeño Roll	6.75	Shrimp Tempura Roll	6.75
Salmon Avocado Roll	5.75	Spicy Crab Caviar Roll	9.50
Kamikaze Roll	7.50	Spicy Seafood Tempura Roll	9.50
Philadelphia Roll	6.75	Salmon Skin Roll	5.75
Chef's Special Roll	10.50	Yellowtail Scallion Roll	6.75
Haru Wasabi Roll	10.50	Toro Scallion Roll	M/P
Rock Shrimp Avocado Roll	6.25	Vegetable Tempura Roll	6.50
Boston Roll	6.75	Vegetable Roll	5.75
Eel Avocado Roll	7.00	Shiitake Cucumber Roll	4.75
Eel Cucumber Roll	7.00	Avocado Roll	3.50
Spicy Tuna Roll	6.75	Ume Shiso Roll	3.50
Cucumber Roll	3.25	Kanpyo Roll	3.50
Oshinko Roll	3.50		

*Brown rice sushi and extra sauces available for an additional charge*

*Consuming raw or undercooked MEATS, POULTRY, SEAFOOD, SHELLFISH or EGGS may increase your risk of foodborne illness, especially if you have certain medical conditions.*

## SOUPS

Miso Soup	2.75	Lemongrass Hot & Sour Soup	7.00
With tofu, seaweed and scallions		With shrimp and scallops	

## SALADS

Field Green Salad	6.00	Tangerine Duck Salad	9.75
With ginger dressing		With crispy wontons and California greens	
Wafu Seaweed Salad	8.50	Calamari Salad	9.50
With sesame soy vinaigrette		Lightly fried, with miso lime dressing	
Sashimi Salad	14.50		
With Haru's special dressing			

## COLD APPETIZERS

Symphony	15.00	Lobster Mango Ceviche	15.00
Layered tower of spicy tuna, salmon tartare, king crab and caviar		Fresh lobster, mango and sweet peppers wrapped in whitefish and served with citrus ceviche sauce	
Salmon Tartare	10.00	Sashimi Ceviche	10.00
With yuzu ponzu sauce and a touch of fresh jalapeño		Citrus-marinated seafood salad with king crab, shrimp, octopus and striped bass	
Yellowtail Tartare	11.00	Tuna Ceviche	12.50
With sesame lemon sauce		Tuna, grape tomatoes, red onion, avocado and green apple in a citrus ceviche sauce	
Red & White Tuna Tartare	10.00	Sunomono	12.00
With miso lemon sauce		Sashimi and seaweed salad with sweet sake vinaigrette	
Tuna Tartare	10.00	Sashimi Cucumber Rolls	
With miso vinaigrette and quail egg		Tuna or Salmon	11.00
Tuna Tataki	12.75	Yellowtail or Spicy Tuna	12.00
Seared tuna with avocado salad and spicy soy vinaigrette		Eel or King Crab	14.00
White Tuna Tataki	12.75	Toro	M/P
Seared white tuna with lemon soy vinaigrette		Hijiki	6.25
Spinach Sesame	5.75	Cooked Japanese black seaweed	
Cold steamed spinach with sesame sauce			

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*Some dishes contain nuts, sesame, shellfish, soy, wheat, garlic, onions, ginger, etc. Please inform your server if you have any food allergies.*

## HOT APPETIZERS

<b>Edamame</b> Steamed soybeans, lightly salted	<b>5.50</b>	<b>Rock Shrimp Tempura</b> With spicy creamy sauce	<b>12.00</b>
<b>Trio Yakitori</b> Grilled chicken, filet mignon and salmon	<b>10.00</b>	<b>Miso Black Cod</b> With grilled asparagus	<b>14.00</b>
<b>Sea Bass Yakitori</b> With stir-fried maroni noodles, carrots, zucchini and a touch of sake	<b>10.00</b>	<b>Shrimp &amp; Mushroom Shumai</b> With spicy soy vinaigrette	<b>8.00</b>
<b>House Tempura Roll</b> Eel, shrimp, salmon and asparagus	<b>10.00</b>	<b>King Crab Dumplings</b> Steamed, with spicy soy vinaigrette	<b>9.00</b>
<b>Grilled Spicy Chicken</b> With steamed vegetables	<b>8.50</b>	<b>Crispy Calamari</b> With spicy peanut sauce	<b>9.50</b>
<b>Agedashi Tofu</b> Crispy tofu with ginger, scallions and bonito flakes	<b>6.00</b>	<b>Beef Negimaki</b> Grilled sliced beef and scallion roll	<b>9.75</b>
<b>Vegetable Dumplings</b>	<b>6.75</b>	<b>Tempura</b>	
<b>Haru Spring Rolls</b>		<b>Shrimp</b>	<b>8.75</b>
<b>Vegetable</b> with pickled plum sauce	<b>6.00</b>	<b>Vegetable</b>	<b>7.50</b>
<b>Seafood</b> with green tea sauce	<b>7.50</b>	<b>Shrimp &amp; Vegetable</b>	<b>10.00</b>
<b>Salmon</b> with spicy peanut sauce	<b>7.50</b>	<b>Chicken</b>	<b>8.00</b>

## HOT ENTREES

<b>Grilled Salmon Teriyaki</b> With shiitake mushrooms and taro chips	<b>19.50</b>	<b>Chilean Sea Bass</b> With ume plum sauce and mei fun noodles	<b>23.00</b>
<b>Wok-Seared Tuna</b> With walnut garlic sauce	<b>22.50</b>	<b>Grilled Spicy Garlic Shrimp</b> Marinated in hot chili sauce	<b>21.50</b>
<b>Chicken Teriyaki</b> With steamed vegetables	<b>17.00</b>	<b>Grilled Filet Mignon</b> With roasted vegetables and teriyaki sauce	<b>24.00</b>
<b>Crispy Duck</b> With ginger scallion pancakes	<b>25.00</b>	<b>Shrimp &amp; Vegetable Tempura</b> 6 jumbo shrimp, shiitake mushroom, asparagus and yam	<b>19.75</b>
<b>Chicken Katsu</b> Panko-cruste, with Asian salsa	<b>18.00</b>	<b>New York Strip Steak</b> 10 oz. steak with roasted vegetables and ginger sauce	<b>22.00</b>

## MAKI ENTREES (3 ROLLS)

<b>Kabuki</b> Yellowtail scallion roll, tuna roll and California roll	<b>15.75</b>	<b>Sumo</b> Spicy tuna roll, eel cucumber roll and salmon avocado roll	<b>18.75</b>
<b>Samurai</b> Spicy tuna roll, yellowtail jalapeño roll and crunchy spicy salmon roll	<b>19.75</b>		

## SUSHI ENTREES

<b>Sushi</b> 2 tuna, whitefish, salmon, yellowtail, sawara, shrimp, tobiko and tuna roll or California roll	<b>22.75</b>	<b>Vegetarian Sushi</b> Shiitake, kaiware, tofu, avocado, namatake mushroom, asparagus, inari and avocado cucumber roll	<b>16.50</b>
<b>Sashimi</b> 3 tuna, 2 whitefish, 2 salmon, 2 yellowtail, 2 sawara and kani cucumber	<b>25.75</b>	<b>Harumi</b> 2 tuna, 2 salmon, 2 yellowtail and California roll or tuna roll	<b>21.75</b>
<b>Sushi &amp; Sashimi</b> 3 tuna, whitefish, salmon, 2 yellowtail, 2 sawara, shrimp, eel cucumber handroll and California roll	<b>26.50</b>	<b>Tekka Don</b> 7 tuna sashimi on a bed of sushi rice	<b>21.75</b>
<b>Sushi for Two</b> 2 tuna, 2 super white tuna, 2 yellowtail, 3 salmon, 2 eel, tobiko, California roll, yellowtail scallion caviar roll, spicy tuna roll and tuna roll	<b>56.00</b>	<b>Hamachi Don</b> 6 yellowtail sashimi on a bed of sushi rice	<b>21.75</b>
<b>Sushi &amp; Sashimi for Two</b> 4 tuna, 2 super white tuna, 4 salmon, 2 shrimp, 2 yellowtail, 2 eel, eel cucumber roll, tuna avocado caviar roll and crunchy spicy salmon roll	<b>58.00</b>	<b>Tekka/Hamachi Don</b> 4 tuna and 4 yellowtail sashimi on a bed of sushi rice	<b>25.75</b>
		<b>Chirashi Sushi</b> 2 tuna, whitefish, salmon, sawara, yellowtail, shrimp, 2 kani, octopus, tobiko and 2 tamago sashimi on a bed of sushi rice	<b>21.75</b>

## SPECIAL ROLLS

<b>Rainbow Roll</b> Shrimp, striped bass, yellowtail, tuna and salmon wrapped around kani and avocado	<b>17.00</b>	<b>Double Toro Roll</b> Yellowtail toro, salmon toro, asparagus, carrot and cucumber	<b>18.00</b>
<b>Dragon Roll</b> Eel and avocado wrapped around kani, cucumber and kaiware	<b>17.00</b>	<b>Spicy Titanic Roll</b> Salmon, avocado and caviar wrapped around spicy tuna and tempura flakes	<b>18.00</b>
<b>Park Avenue Roll</b> Gold leaf, mango, avocado and spicy red and white tuna	<b>18.00</b>	<b>Phoenix Roll</b> Spicy tuna, shrimp tempura, cucumber and kaiware	<b>18.00</b>
<b>Spider Roll</b> Soft shell crab tempura, lettuce and caviar	<b>15.00</b>	<b>Hatsu Yume Roll</b> Super white tuna, crab, asparagus, cucumber and caviar	<b>18.00</b>

*For your convenience, an optional 18% gratuity will be added to parties of 6 or more*