

## SUSHI & SASHIMI

(Price per piece)

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

## 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		

## MAKI ENTREES (3 ROLLS)

<b>Kabuki</b> Yellowtail scallion roll, tuna roll and California roll	15.75	<b>Sumo</b> Spicy tuna roll, eel cucumber roll and salmon avocado roll	18.75
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Brown rice sushi and extra sauces available for an additional charge

## SOUPS

<b>Miso Soup</b> With tofu, seaweed and scallions	2.75	<b>Lemongrass Hot &amp; Sour Soup</b> With shrimp and scallops	7.00
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## SALADS

<b>Field Green Salad</b> With ginger dressing	6.00	<b>Tangerine Duck Salad</b> With crispy wontons and California greens	9.75
<b>Wafu Seaweed Salad</b> With sesame soy vinaigrette	8.50	<b>Calamari Salad</b> Lightly fried, with miso lime dressing	9.50
<b>Sashimi Salad</b> With Haru's special dressing	15.00	<b>Seafood Salad</b> King crab, shrimp and lobster in a light citrus dressing	16.50

## COLD APPETIZERS

<b>Lobster Mango Ceviche</b> Fresh lobster, mango and sweet peppers wrapped in whitefish and served with citrus ceviche sauce	15.00	<b>Tour of Fusion</b> Tasting platter of tuna ceviche, super white tuna carpaccio, whitefish ceviche and salmon carpaccio	24.00
<b>Symphony</b> Layered tower of spicy tuna, salmon tartare, king crab and caviar	15.00	<b>Sashimi Ceviche</b> Citrus-marinated seafood salad with king crab, shrimp, octopus and striped bass	10.00
<b>Tuna Tataki</b> Seared tuna with avocado salad and spicy soy vinaigrette	12.75	<b>Tuna Ceviche</b> Tuna, grape tomatoes, red onion, avocado and green apple in a citrus ceviche sauce	12.50
<b>White Tuna Tataki</b> Seared white tuna with lemon soy vinaigrette	12.75	<b>Sunomono</b> Sashimi and seaweed salad with sweet sake vinaigrette	12.00
<b>Hijiki</b> Cooked Japanese black seaweed	6.25	<b>Sashimi Cucumber Rolls</b> <b>Tuna or Salmon</b> 11.00 <b>Yellowtail or Spicy Tuna</b> 12.00 <b>Eel or King Crab</b> 14.00 <b>Toro</b> M/P	
<b>Tartares</b> <b>Tuna</b> with miso vinaigrette and quail egg 10.00 <b>Salmon</b> with citrus jalapeño sauce 10.00 <b>Red &amp; White Tuna</b> with miso lemon sauce 10.00 <b>Yellowtail</b> with sesame lemon sauce 11.00 <b>Chu-Toro</b> with ponzu sauce 25.00		<b>Spinach Sesame</b> Cold steamed spinach with sesame sauce	5.75

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

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>Miso Black Cod</b> With grilled asparagus	<b>14.00</b>
<b>Rock Shrimp Tempura</b> With spicy creamy sauce	<b>12.00</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>Trio Yakitori</b> Grilled chicken, filet mignon and salmon	<b>10.00</b>
<b>Spicy Sirloin Steak</b> With asparagus, shiitake mushrooms and Asian pepper sauce	<b>12.50</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>Beef Negimaki</b> Grilled sliced beef and scallion roll	<b>9.75</b>
<b>King Crab Dumplings</b> Steamed, with spicy soy vinaigrette	<b>9.00</b>	<b>House Tempura Roll</b> Eel, shrimp, salmon and asparagus	<b>10.00</b>
<b>Edamame Dumplings</b> With shiitake mushroom and spicy pepper broth	<b>8.00</b>	<b>Agedashi Tofu</b> Crispy tofu with ginger, scallions and bonito flakes	<b>6.00</b>
<b>Mad Crab</b> Broiled king crab and shrimp in a creamy chili pepper sauce	<b>16.00</b>	<b>Tempura</b>	
<b>Haru Spring Rolls</b>		<b>Chicken</b>	<b>8.00</b>
<b>Vegetable</b> with pickled plum sauce	<b>6.00</b>	<b>Shrimp</b>	<b>8.75</b>
<b>Seafood</b> with green tea sauce	<b>7.50</b>	<b>Vegetable</b>	<b>7.50</b>
		<b>Shrimp &amp; Vegetable</b>	<b>10.00</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 wasabi mashed potatoes and teriyaki sauce	<b>24.00</b>
<b>Crispy Duck</b> With ginger scallion pancakes	<b>24.00</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>Rib Eye Steak</b> With roasted vegetables and ginger sauce	<b>23.50</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>Kiss of Fire Roll</b> Super white tuna, salmon, jalapeño peppers and wasabi tobiko wrapped around crunchy spicy tuna and more jalapeños	<b>16.00</b>	<b>Park Avenue Roll</b> Gold leaf, mango, avocado and spicy red and white tuna	<b>18.00</b>
<b>Super Dynamite Roll</b> Tempura-style tuna, freshwater eel and asparagus roll with sriracha, spicy mayo and eel sauces	<b>13.00</b>	<b>Spider Roll</b> Soft shell crab tempura, lettuce and caviar	<b>15.00</b>
<b>Lobster Roll</b> Lobster, Boston lettuce, spicy mayo, avocado, cucumber, mango and tobiko	<b>15.00</b>	<b>Double Toro Roll</b> Yellowtail toro, salmon toro, asparagus, carrot and cucumber	<b>18.00</b>
<b>Rainbow Roll</b> Shrimp, striped bass, yellowtail, tuna and salmon wrapped around kani and avocado	<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>Dragon Roll</b> Eel and avocado wrapped around kani, cucumber and kaiware	<b>17.00</b>	<b>Phoenix Roll</b> Spicy tuna, shrimp tempura, cucumber and kaiware	<b>18.00</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*