

SOUP

miso soup (GF)	2.5
asari (manila clam) miso soup (GF)	4.5
king crab miso soup (GF)	7.5
nameko mushroom miso soup (GF)	4.5

COLD SHARED PLATES

pacific northwest sampler* (GFA) 15.5 6 pcs of nigiri sushi from pacific northwest region; sweet shrimp, wild sockeye salmon, king salmon w/ salmon roe, snow crab, scallop, albacore tuna	
pacific northwest sashimi sampler* (GFA) 15.95 8 pcs of sashimi from pacific northwest region; wild sockeye salmon, king salmon w/ salmon roe, sweet shrimp, scallop, albacore tuna	
green salad (GF) 7.5 green mix, avocado, tomato, cucumber, house made gluten free ginger dressing	
hamachi sashimi w/ jalapeno* (GF) 12.5	
horenso gomaae (GF) 5 boiled spinach, sesame sauce	
mozuku (GF) 4.5 seaweed from okinawa, sanbaizu vinaigrette	
sashimi roll* (GF) 13.5 tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
sea foie gras with scallop* (GFA) 7.5 layered sea scallop, monkfish foie gras, miso reduction	
seafood poke* (GF) 12.5 assorted fishes, cucumber, spicy sesame soy	
seaweed salad 6 2 kinds of seaweeds, house made gluten free rice vinaigrette	
snow crab salad* 10.5 crab salad, flying fish roe, cucumber, tomato, green mix, house made gluten free ginger dressing, citrus mayo	
sumiso salad* (GF) 6 choice of octopus, whelk clam, shrimp or crab, thinly sliced cucumber, seaweed, miso vinaigrette	
sunomono salad* (GF) 6 choice of octopus, whelk clam, shrimp or crab, thinly sliced cucumber, seaweed, house made gluten free rice vinaigrette	
tataki salad* (GF) 12 choice of tuna, salmon or albacore tuna, green mix, japanese ginger salsa sauce	
veggie sampler 13.5 4 pcs of nigiri; avocado, shiitake, inari, ume shiso and kitsune roll	

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WARM SHARED PLATES

agedashi tofu lightly battered tofu, bonito flakes, tempura sauce	6.5
chicken tatsuta-age marinated japanese style fried boneless chicken	7.5
crab avocado spring roll w/ ginger salsa sauce	7.5
edamame (GF) boiled soybean, sea salt	4.5
grilled asparagus & shiitake mushroom (GF) tomato, cucumber, celery, green mix, eggplant, garlic ponzu sauce	10
gyoza house made shrimp and pork dumplings, spicy dipping sauce	10.5
hamachi kama (GF) broiled yellowtail collar, house ponzu sauce	11.5
roasted garlic calamari salad lightly battered calamari, green mix, cashew nuts, roasted garlic sauce	10
saba shioyaki (GF) broiled mackerel w/ sea salt	12
spicy tofu (GF) lightly battered tofu, spicy tomato garlic sauce	6.5
tofu and vegetables lightly battered organic tofu, shiitake mushroom, carrot, scallion, grated daikon radish	7
vegetable gyoza battered vegetable stuffed spinach dumplings, spicy dipping sauce	6.5

TEMPURA

shrimp & vegetable tempura shrimp and assorted vegetable tempura	13.5
vegetable tempura assorted vegetable tempura	8.5
asparagus 3.5	tofu 2.5
carrot 2.5	eel 5.5
enoki mushroom 3.5	salmon 5
green bean 2.5	eggplant 2.5
scallop 5.5	lobster tail 14
shrimp 3.5	onion 2.5
pumpkin 2.5	squid 3.5
soft shell crab 8.5	white fish 5
shiitake mushroom 3.5	

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OMAKASE* (GFA)

executive chef Taneda's featured fish of the day

omakase nigiri sushi - \$ 40, 45, 50 and up

omakase sashimi - \$ 40, 45, 50 and up

omakase nigiri & sashimi - \$ 45, 50 and up

omakase chirashi zushi - \$ 34

assorted sashimi, japanese pickles, kinshi tamago (thin egg threads)
on sushi rice

NIGIRI SUSHI AND SASHIMI*

nigiri: 2 pcs, sashimi: 5 pcs per order

	nigiri	sashimi
TUNA		
bincho maguro (GF) albacore tuna	5.5	11
chutoro (GF) fatty tuna	11.5	23
maguro (GF) tuna	5.5	11
YELLOWTAIL		
hamachi (GF) yellowtail	6	12
kampachi (GF) amberjack	6.5	13
SALMON		
aburi sake (GF) seared salmon	6	12
beni sake (GF) wild sockeye salmon	7	14
ikura salmon roe	5.5	11
sake (GF) atlantic salmon	5.5	11
WHITE FISH served w/ classic ponzu sauce		
hirame (GF) flounder	5.5	11
madai (GF) japanese snapper	6.5	13
MACKEREL		
aji (GF) spanish mackerel	6.5	13
shime saba (GF) vinegar-pickled mackerel	5.5	11
SHELLFISH		
amaebi (GFA) sweet shrimp w/ battered heads	7	17.5
awabi (GF) abalone	9	18
ebi (GF) shrimp	4.5	11
hotate (GF) scallop	6	12
king crab (GF)	9	18
snow crab (GF)	6	12
tsubugai (GF) whelk clam	5.5	11
EEL		
anago (GF) sea eel	6.5	16
unagi eel	6	15
OTHER		
ankimo (GF) monkfish liver paste	6.5	8 (3pc)
ika (GF) squid	4.5	9
tako (GF) octopus	5	10
tamago (GF) egg omelette	4	8
tobiko flying fish roe	5	10
uni ((GF) sea urchin	8.5	17
vegetable nigiri sushi or roll		3.5
each additional item for roll		1
avocado (GF) asparagus(GF) cucumber (GF) eggplant		
inari (fried tofu) kaiware (GF) kanpyo mt. yam		
pumpkin shiitake takuan (GF) ume&shiso (GF)		
yamagobo (burdock)		

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MAKI/ROLL SUSHI

lake union signature roll

1 2th man roll*	12.5
shrimp tempura, crab salad topped w/ avocado, spicy aioli	
ahi poke salad roll* (GF)	11.5
albacore tuna, tuna, cucumber, scallion, green mix, poke sauce	
caterpillar roll*	11.5
broiled eel, flying fish roe, cucumber, avocado	
copy roll*	13.5
salmon, flying fish roe, crab salad, scallop, mayo, sliced lemon	
crunchy roll*	9.5
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
dragon roll*	12.5
broiled eel, shrimp tempura, flying fish roe, cucumber, avocado	
fairview roll* dine in only	13.5
scallop, seared crab, shrimp tempura, flying fish roe, asparagus	
garden roll	9.5
asparagus, cucumber, lettuce, avocado, wasabi mayo	
golden tofu roll	8.5
battered; inari tofu, cream cheese, avocado	
fruits roll w/ red bean paste*	7.5
a dessert roll. mango, avocado, soy paper, strawberry	
go mariners! roll*	9.5
salmon, shrimp, avocado, flying fish roe, mayo, wrapped w/ cucumber	
go sounders! roll*	14
soft shell crab, cucumber, kaiware, topped w/ yellowtail, habanero masago. served w/ ponzu sauce	
hairy salmon roll*	11.5
spicy tuna, salmon, avocado, ponzu, bonito flake, wasabi flying fish roe	
jalaback roll*	13
shrimp tempura, yellowtail, avocado, jalapeño, ginger salsa sauce	
kitsune roll	9.5
inari tofu, avocado, asparagus, radish sprout, cream cheese	
lake union roll*	12.5
shrimp tempura, crab salad, avocado, ginger salsa, albacore tuna	
lobster tail roll*	16.5
battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	
marin roll*	13.5
seared salmon, crab salad, flying fish roe, avocado, cream cheese scallions, cucumber, wasabi aioli	
ocean alexander roll*	12.5
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
paradise roll*	9.5
salmon, tuna, yellowtail, flying fish roe, avocado, spicy sauce	

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rainbow roll* assorted fishes, crab salad, flying fish roe, mayo, avocado	12.5
red caterpillar roll* ahi tuna, eel tempura, asparagus, cream cheese, spicy mayo	13.5
rock n roll* chopped yellowtail, flying fish roe, cucumber, scallion	7.5
rosanna roll* chopped scallop and snow crab, flying fish roe, avocado, mayo	8.5
spicy mango roll* shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	12.5
super rainbow roll* spicy crab, tuna sockeye salmon, yellowtail, scallop, sweet shrimp, 4 kinds of flying fish roe	14.5
super spider roll* <i>dine in only</i> lightly battered soft shell crab, spicy tuna, asparagus, avocado, spicy mayo, cucumber, flying fish roe, crunchy tempura bit	14
sushi tempura roll* <i>dine in only</i> lightly battered sushi roll, salmon, crab salad, avocado	10.5
sushi train roll* <i>dine in only</i> pressed sushi w/ scallop, crab, flying fish roe, topped w/ seared salmon, sprinkled w/ sea salt & japanese spice mixture, squeeze of lemon	12.5
tropical roll* salmon, flying fish roe, strawberry, avocado, mango, wasabi mayo, blueberry soy sauce	10.5
veggie roll assorted japanese pickles, cucumber, radish sprout	5.5

classic roll

alaska roll* (GF) salmon skin, sesame seed, cucumber, radish sprout	5.5
california roll* w/ crab salad	7.5
w/ snow crab* (GFA)	8.5
w/ king crab* (GFA)	10.5
cucumber roll (GF)	3.5
ebi tempura roll* shrimp tempura, flying fish roe, avocado, cucumber, mayo	7.5
negihama roll* (GF) chopped yellowtail, scallions	6.5
negitoro roll* (GF) chopped tuna, scallions	7.5
pickled roll (GF) oshinko maki	3.5
salmon roll* (GF)	4.5
sockeye salmon roll* (GF)	6
seattle roll* salmon, avocado, flying fish roe, cucumber	7.5
spicy salmon roll*	7.5

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spicy tuna roll*	7.5
spicy tuna, cucumber and avocado roll*	8.5
spider roll* lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	9.5
tuna roll* (GF)	4.5
tuna, cucumber and avocado roll* (GF)	8.75

ENTREES

served with house salad and choice of miso soup, nameko miso soup (\$ 1 extra), asari miso soup (\$ 1 extra) or king crab miso soup (\$ 3 extra)

mt. fuji* (GFA) 10 pcs of nigiri sushi; tuna, yellowtail, whelk clam, scallop, salmon, salmon roe, octopus, mackerel, sweet shrimp, albacore tuna and tuna roll	25
mt. rainier* (GFA) 9 pcs of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail, scallop, eel, shrimp and california roll	25
chirashi zushi dinner* (GFA) assorted sashimi, japanese pickles on sushi rice	25
salmon lover's don dinner* (GFA) sockeye salmon, king salmon, salmon roe on sushi rice	23
sashimi dinner* (GFA) albacore tuna, yellowtail, salmon, white fish, tuna, whelk clam, scallop, rice	28
sushi sampler* (GFA) executive chef Taneda's featured fish of the day 12 kinds of nigiri sushi	31
sushi & sashimi sampler* (GFA) executive chef Taneda's featured fish of the day 10 kinds of nigiri sushi, 6 kinds of sashimi	40
chicken katsu dinner chicken cutlet, rice	17
chicken teriyaki dinner (GFA) house made gluten free teriyaki sauce, rice	17
salmon teriyaki or shioyaki dinner (GFA) broiled salmon w/ house made gluten free teriyaki sauce or sea salt, rice	24
tempura dinner 5 pcs shrimp and assorted veggie tempura, rice	18
tonkatsu dinner center cut pork loin cutlet, rice	17

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BENTO DINNER

garden bento	18
green salad, edamame, veggie tempura w/ green tea sea salt, inari (sweet bean curd) zushi, spicy tofu, no miso soup	
lake union bento dinner*	23
shrimp & veggie tempura, chicken teriyaki, california roll, house salad, rice, miso soup	
i love sushi bento dinner*	37
manila clam miso soup, rice	
sashimi: tuna, salmon, sweet shrimp	
broiled fish: salmon teriyaki	
tempura: shrimp, scallop, veggie	
sushi: tuna, yellowtail, albacore, shrimp	
dessert: mochi ice cream	

SIDE ORDER

extra shiso leaf (GF)	0.5
fresh wasabi (GF)	2.5
house salad (GF)	2.5
green mix, cucumber, house made gluten free ginger dressing	
steamed rice (GF)	2.5
tsukemono moriawase (GFA)	5
assorted japanese pickles	

In regards to the utmost safety for our customers, certain raw items will no longer be allowed to be taken home; those items are marked throughout the menu as "dine in only". Please feel free to ask your server for any questions and thank you for accommodating our standards.

We use 100% pure canola oil and pure olive oil only and donate it to a local recycler.

We proudly serve the highest quality short grain rice, hikari with furusato vinegar.

Prices and menu are subject to change without notice.

18% of gratuity may be added to parties of 6 or more and to unsigned credit card slip.

\$ 10 minimum for all credit card transactions.

Please no split checks 3 or more.

*Disclaimer:

Please make sure with your server that you would have the item as Gluten Free.

I Love Sushi on Lake Union has made an effort to provide our customers gluten free items, but please keep in mind that any items prepared without gluten items are made in a common kitchen/ sushi bar that handles many other wheat products. During normal kitchen operations, there is a possibility for the gluten free items to come into contact with wheat gluten/proteins. Therefore, we do NOT recommend to the customers with celiac disease and unlikely, we are unable to guarantee that any menu item is completely gluten free.

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