

## SOUP

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

## COLD SHARED PLATES

<b>pacific northwest sampler*</b> (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	
<b>pacific northwest sashimi sampler*</b> (GFA)	15.95
8 pcs of sashimi from pacific northwest region; wild sockeye salmon, king salmon w/ salmon roe, sweet shrimp, scallop, albacore tuna	
<b>hawaiian poke*</b>	12.5
diced tuna, salmon, yellowtail, octopus, cucumber, sesame seed choice of sauce : regular or spicy poke sauce	
<b>green salad</b> (GF)	7.5
mixed greens, avocado, tomato, cucumber, house made gluten free ginger dressing	
<b>hamachi sashimi w/ jalapeno*</b> (GF)	12.5
<b>horenso gomaae</b> (GF)	5
boiled spinach, sesame sauce	
<b>sashimi roll*</b> (GF)	13.5
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
<b>sashimi salad*</b> (GFA)	12.5
mixed greens, tuna, salmon, scallop, crab salad, tobiko w/ GF ginger dressing	
<b>sea foie gras with scallop*</b> (GFA)	7.5
layered sea scallop, monkfish foie gras, miso reduction	
<b>seaweed salad</b>	6
2 kinds of seaweeds, sanbaizu rice vinaigrette	
<b>snow crab salad*</b>	10.5
crab salad, flying fish roe, cucumber, tomato, mixed green, house made gluten free ginger dressing, citrus mayo	
<b>sunomono salad*</b> (GF)	9
sockeye salmon, shrimp, snow crab, octopus, seaweed salad choice of sauce: sanbaizu rice vinaigrette or yuzu (japanese citrus) miso vinaigrette	
<b>tataki salad*</b> (GF)	12
choice of tuna, salmon or albacore tuna, mixed greens, japanese ginger salsa sauce	
<b>veggie sampler</b>	13.5
4 pcs of nigiri; avocado, shiitake, inari, ume shiso and kitsune roll	

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## WARM SHARED PLATES

<b>agedashi tofu</b> lightly battered tofu, bonito flakes, tempura sauce	6.5
<b>gindara (black cod) miso-yaki</b>	12.5
<b>chicken tatsuta-age</b> marinated japanese style fried boneless chicken	7.5
<b>crab avocado spring roll</b> w/ ginger salsa sauce	7.5
<b>edamame (GF)</b> boiled soybean, sea salt	4.5
<b>glazed garlic short ribs appetizer</b> broiled short ribs	11
<b>grilled asparagus &amp; shiitake mushroom (GF)</b> tomato, cucumber, celery, green mix, eggplant, garlic ponzu sauce	10
<b>gyoza</b> house made shrimp and pork dumplings, spicy dipping sauce	10.5
<b>hamachi kama (GF)</b> broiled yellowtail collar, classic ponzu sauce	11.5
<b>roasted garlic calamari salad</b> lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce	10
<b>saba shioyaki (GF)</b> broiled mackerel w/ sea salt	12
<b>spicy tofu (GF)</b> lightly battered tofu, spicy tomato garlic sauce	6.5
<b>tofu and vegetables</b> lightly battered organic tofu, shiitake mushroom, carrot, scallion, grated daikon radish	7
<b>vegetable gyoza</b> battered vegetable stuffed spinach dumplings, garlic ponzu sauce	6.5

## TEMPURA

<b>shrimp &amp; vegetable tempura</b> shrimp and assorted vegetable tempura	13.5		
<b>vegetable tempura</b> assorted vegetable tempura	8.5		
<b>asparagus</b>	3.5	<b>tofu</b>	2.5
<b>carrot</b>	2.5	<b>eel</b>	5.5
<b>eggplant</b>	2.5	<b>enoki mushroom</b>	3.5
<b>green bean</b>	2.5	<b>lobster tail</b>	14
<b>onion</b>	2.5	<b>pumpkin</b>	2.5
<b>scallop</b>	5.5	<b>shiitake mushroom</b>	3.5
<b>shrimp</b>	3.5	<b>soft shell crab</b>	8.5
<b>squid</b>	3.5		

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## OMAKASE\* (GFA)

executive chef Taneda's featured fish of the day

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

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

**omakase nigiri & sashimi** - \$ 45, 55 and up

**omakase chirashi zushi** - \$ 34

assorted sashimi, japanese pickles on sushi rice

## NIGIRI SUSHI AND SASHIMI\*

nigiri: 2 pcs, sashimi: 5 pcs per order

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

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## MAKI/ROLL SUSHI

### lake union signature roll

<b>1 2th man roll*</b>	12.5
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
<b>ahi poke salad roll* (GF)</b>	11.5
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
<b>barcelona roll*</b>	14.5
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna	
<b>caterpillar roll*</b>	11.5
eel, flying fish roe, cucumber topped w/ avocado	
<b>copy roll*</b>	13.5
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon, sliced lemon	
<b>crunchy roll*</b>	9.5
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
<b>dragon roll*</b>	12.5
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
<b>fairview roll* dine in only</b>	13.5
scallop, shrimp tempura, flying fish roe, asparagus, topped w/ seared crab	
<b>garden roll</b>	9.5
asparagus, cucumber, lettuce, avocado, wasabi mayo	
<b>golden tofu roll</b>	8.5
battered; inari tofu, cream cheese, avocado	
<b>go mariners! roll*</b>	9.5
salmon, shrimp, avocado, flying fish roe, mayo, wrapped w/ cucumber	
<b>go sounders! roll*</b>	14
soft shell crab, cucumber topped w/ yellowtail, habanero masago, ponzu sauce	
<b>hairy salmon roll*</b>	11.5
spicy tuna, avocado, ponzu, bonito flake topped w/ salmon wasabi flying fish roe	
<b>jalaback roll*</b>	13
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	
<b>kitsune roll</b>	9.5
inari tofu, avocado, asparagus, radish sprout, cream cheese	
<b>kaisen futomaki*</b>	14.5
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	
<b>lake union roll*</b>	12.5
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
<b>lobster tail roll*</b>	16.5
battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	
<b>marin roll*</b>	13.5
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
<b>ocean alexander roll*</b>	12.5
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	

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<b>paradise roll*</b> salmon, tuna, yellowtail, flying fish roe, avocado, spicy sauce	9.5
<b>rainbow roll*</b> assorted fishes, crab salad, flying fish roe, mayo, avocado	12.5
<b>red caterpillar roll*</b> eel tempura, asparagus, cream cheese topped w/ tuna, spicy mayo	13.5
<b>rock n roll*</b> chopped yellowtail, flying fish roe, cucumber, scallion	7.5
<b>rosanna roll*</b> chopped scallop and snow crab, flying fish roe, avocado, mayo	8.5
<b>spicy mango roll*</b> shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	12.5
<b>spicy tuna rainbow roll*</b> spicy tuna, cucumber, topped with tuna, yellowtail, shrimp, king salmon, albacore tuna, gluten free yuzu (japanese citrus) miso vinaigrette	14.5
<b>super dragon roll</b> broiled eel FILLET, shrimp tempura, flying fish roe	18
<b>super rainbow roll*</b> spicy crab topped w/ tuna sockeye salmon, yellowtail, scallop, sweet shrimp, 4 kinds of flying fish roe	14.5
<b>super spider roll* dine in only</b> battered soft shell crab, asparagus, avocado, cucumber, flying fish roe topped w/ spicy tuna, spicy mayo, crunchy tempura bit	14
<b>sunshine roll*</b> spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	13
<b>sushi tempura roll* dine in only</b> battered sushi roll, salmon, crab salad, avocado	10.5
<b>sushi train roll* dine in only</b> pressed sushi w/ scallop, crab, flying fish roe, topped w/ seared salmon, sprinkled w/ sea salt & japanese spice mixture, squeeze of lemon	12.5
<b>tropical roll*</b> strawberry, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	10.5
<b>veggie roll</b> assorted japanese pickles, cucumber	5.5

### classic roll

<b>alaska roll* (GF)</b> salmon skin, sesame seed, cucumber	5.5
<b>california roll*</b>	
w/ crab salad	7.5
w/ snow crab* (GFA)	8.5
w/ king crab* (GFA)	10.5
<b>cucumber roll (GF)</b>	3.5
<b>ebi tempura roll*</b> shrimp tempura, flying fish roe, avocado, cucumber, mayo	7.5
<b>negihama chumaki* (GF)</b> chopped yellowtail, scallions	8.5
<b>negitoro chumaki* (GF)</b> chopped tuna, scallions	10

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<b>pickled roll</b> (GF) oshinko maki	3.5
<b>salmon roll*</b> (GF)	4.5
<b>sockeye salmon roll*</b> (GF)	6
<b>seattle roll*</b>	7.5
salmon, avocado, flying fish roe, cucumber	
<b>spicy salmon roll*</b>	7.5
<b>spicy tuna roll*</b>	7.5
<b>spicy tuna roll w/ avocado*</b>	9.5
avocado on the top of spicy tuna roll	
<b>spider roll*</b>	9.5
lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	
<b>tuna roll*</b> (GF)	4.5

## ENTRÉES

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)

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

## ENTRÉES continued >>>

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**tonkatsu entrée** 17  
center cut pork loin cutlet, rice

**unaju** 28  
broiled fresh water eel on steamed rice, sancho pepper. served with tamago yaki, chicken tatsuta-age (japanese style fried chicken), tsukemono (japanese pickles)

## BENTO ENTRÉES

**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 entrée \*** 23  
shrimp & veggie tempura, chicken teriyaki, california roll, salad, rice, choice of miso soup

**i love sushi bento entrée\*** 37  
sashimi: tuna, salmon, sweet shrimp  
broiled fish: salmon teriyaki  
tempura: shrimp, scallop, veggie  
sushi: tuna, yellowtail, albacore, shrimp  
choice of miso soup: miso soup, asari miso soup, nameko miso soup (\$ 1 extra), or king crab miso soup (\$ 3 extra)  
dessert: mochi ice cream

## SIDE ORDER

**extra shiso leaf (GF)** 0.5

**fresh wasabi (GF)** 2.5

**house salad (GF)** 2.5  
mixed greens, 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 vegetable 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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