



I LOVE SUSHI ON LAKE UNION  
EST. 1992

## OMAKASE/ NEW

chefs' special

<b>omakase sashimi appetizer*</b> (GFA) 9pc	22
<b>omakase sashimi*</b> (GFA) 16pc	40
<b>omakase sushi*</b> (GFA) 8pc	22
<b>omakase sushi*</b> (GFA) 15pc	40
<b>omakase sushi &amp; sashimi*</b> (GFA) 10pc sushi & 6pc sashimi	45
<b>dream of chirashi*</b> delectable & freshest raw adorning sushi rice in miniature bowls in a shokado premium bento box	35
<b>dream of bento*</b> delectable & freshest raw and cooked dishes in miniature bowls in a shokado premium bento box	35
<b>sashimi carpaccio*</b> tuna, salmon, yellowtail, mixed greens w/ garlic flavored olive oil	13

## SOUP

<b>miso soup</b>	2.5
<b>asari (manila clam) miso soup</b>	4.5
<b>king crab miso soup</b>	7.5
<b>nameko mushroom miso soup</b>	4.5

## TEMPURA

<b>shrimp &amp; vegetable tempura</b> shrimp and assorted vegetable	14
<b>vegetable tempura (V)</b> assorted vegetable	9.5

(GF) gluten free; please read disclaimer on last page.

(GFA) gluten free available, please ask your server.

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## COLD SHARED PLATES

<b>green salad (GF) (V)</b>	8.5
mixed greens, avocado, tomato, cucumber, house made gluten free ginger dressing	
<b>hamachi jalapeno*</b>	14
<b>horenso gomaae (GF) (V)</b>	5
boiled spinach, sesame sauce	
<b>poke salad*</b>	15
diced tuna, salmon, yellowtail, cucumber, sesame seed on mixed greens choice of sauce : regular or sweet spicy	
<b>sea foie gras with scallop*</b>	8
layered sea scallop, monkfish foie gras, miso reduction	
<b>seaweed salad (V)</b>	6.5
2 kinds of seaweeds, sanbaizu rice vinaigrette	

## WARM SHARED PLATES

<b>agedashi tofu</b>	6.5
lightly battered tofu, bonito flakes, tempura sauce	
<b>chicken kara-age</b>	7.5
marinated japanese style fried boneless chicken	
<b>crab avocado spring roll</b>	7.5
w/ ginger salsa	
<b>edamame (GF) (V)</b>	4.5
boiled soybean, sea salt	
<b>gindara (black cod) miso-yaki</b>	14.5
<b>glazed garlic short ribs</b>	12
broiled beef short ribs w/ sweet soy	
<b>asparagus &amp; shiitake mushroom salad (GF) (V)</b>	11
tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce	
<b>gyoza</b>	11
pan-fried pork & veggie dumpling, 6pc	
<b>hamachi kama (GF)</b>	11.5
broiled yellowtail collar w/ ponzu sauce	
<b>roasted garlic calamari salad</b>	11.5
lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce	
<b>spicy tofu (GF) (V)</b>	6.5
lightly battered tofu, spicy tomato garlic sauce	
<b>vegetable gyoza (V)</b>	6.5
battered vegetable stuffed spinach dumplings, garlic ponzu sauce	

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# NIGIRI SUSHI AND SASHIMI\*

nigiri: 2 pc, sashimi: 5 pc per order

	nigiri	sashimi
<b>TUNA</b>		
<b>bincho maguro</b> (GF) albacore tuna	5.5	11
<b>o-toro</b> (GF) bluefin marbled fatty	14.5	29
<b>chutoro</b> (GF) bluefin medium fatty	11.5	23
<b>maguro</b> (GF) tuna	6.5	13
<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) sockeye salmon	7	14
<b>ikura</b> salmon roe	6.5	13
<b>sake</b> (GF) atlantic salmon	5.5	11
<b>WHITE FISH</b>		
<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	7	17.5
<b>ebi</b> (GF) shrimp	4.5	9
<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>OTHERS</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

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## MAKI/ROLL SUSHI

<b>1 2th man roll (cooked)*</b>	14.75
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
<b>ahi poke salad roll* (GF)</b>	12
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
<b>barcelona roll*</b>	15.5
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna	
<b>california roll*</b>	
w/ crab salad	7.5
w/ snow crab* (GFA)	8.5
w/ king crab* (GFA)	10.5
<b>caterpillar roll*</b>	12
eel, flying fish roe, cucumber topped w/ avocado	
<b>copy roll*</b>	14.5
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon	
<b>crunchy roll*</b>	10
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
<b>dragon roll*</b>	13
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
<b>ebi tempura roll*</b>	8
shrimp tempura, flying fish roe, avocado, cucumber, mayo	
<b>fairview roll (seared)* dine in only</b>	13.5
scallop, shrimp tempura, flying fish roe, asparagus, topped w/ seared crab	
<b>fire tail roll*</b>	11
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño	
<b>futomaki*</b>	8
tamago, shiitake mushroom, spinach	
<b>hairy salmon roll*</b>	12.5
spicy tuna, avocado, ponzu, bonito flake topped w/ salmon wasabi flying fish roe	
<b>hokkaido roll*</b>	13
chopped salmon, cucumber, avocado tolled w/ scallop, salmon roe, bonito flakes	
<b>i love crunchy roll (cooked)*</b>	11.5
tempura style, avocado, cream cheese, choice of crab or eel	
<b>jalaback roll*</b>	13.5
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	

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<b>kaisen futomaki*</b>	15
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	
<b>kitsune roll</b>	10
inari (sweet bean curd), avocado, asparagus, cream cheese	
<b>lake union roll*</b>	13
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
<b>lobster tail roll*</b>	17.5
battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	
<b>marin roll (seared)*</b>	14
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
<b>negihama roll* (GF)</b>	9.5
chopped yellowtail, scallions	
<b>negitoro roll* (GF)</b>	10.5
chopped tuna, scallions	
<b>ocean alexander roll*</b>	13.5
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
<b>rainbow roll*</b>	13.5
assorted fishes, crab salad, flying fish roe, mayo, avocado	
<b>rosanna roll*</b>	9.5
chopped scallop and crab salad, flying fish roe, avocado, mayo	
<b>salmon roll* (GF)</b>	5
<b>sockeye salmon roll* (GF)</b>	6
<b>salmon skin roll* (GF)</b>	5.5
<b>sashimi roll* (GF)</b>	13.5
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
<b>seattle roll*</b>	7.5
salmon, avocado, flying fish roe, cucumber	
<b>spicy mango roll*</b>	13.5
shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	
<b>spicy salmon roll*</b>	8
<b>spicy tuna roll*</b>	8
<b>spicy tuna roll w/ avocado*</b>	10.5
avocado on the top of spicy tuna roll	

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<b>spider roll*</b> lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	10
<b>sunshine roll*</b> spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	13.5
<b>super dragon roll (cooked)</b> broiled eel FILLET, shrimp tempura, flying fish roe	19.5
<b>sushi train roll*</b> scallop, crab, flying fish roe, topped w/ seared salmon. sprinkled w/ sea salt & japanese spice mixture	12.5
<b>tekka maki*</b> (GF) tuna roll	5
<b>tropical roll*</b> strawberry, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	11.5
<b>una-kyu roll*</b> eel, cucumber	8

## VEGETABLE SUSHI

<b>midori (V)</b> avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	13.5
<b>avocado &amp; cucumber roll (GF) (V)</b>	6.5
<b>garden roll (V)</b> asparagus, cucumber, lettuce, avocado, wasabi mayo	10.5
<b>golden tofu roll (cooked) (V)</b> battered; inari tofu, cream cheese, avocado	9.5
<b>green bean tempura &amp; cucumber roll (V)</b>	6.5
<b>inari</b> sweet bean curd (V)	3.5
<b>kappa roll</b> cucumber roll (GF) (V)	4.5
<b>natto &amp; cucumber roll (GF) (V)</b>	6.5
<b>pumpkin tempura roll (V)</b>	6.5
<b>shinko maki</b> pickled roll (V)	4.5
<b>ume &amp; shiso maki (V)</b> plum paste & shiso leaf	4.5
<b>veggie roll (V)</b> japanese pickles, cucumber	6.5

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## BENTO

**garden bento (V)** 20  
mixed greens, edamame, veggie tempura w/ macha sea salt, inari (sweet bean curd), spicy tofu, no miso soup

**lake union bento\*** 25  
shrimp & veggie tempura, chicken teriyaki, california roll, salad, rice, choice of miso soup

## ENTRÉES

served with choice of miso soup; nameko miso soup (\$ 1 extra), asari (clam) miso soup (\$ 1 extra) or king crab miso soup (\$3 extra)

**chirashi\* (GFA)** 28  
assorted raw on sushi rice

**sashimi\* (GFA)** 29  
albacore, yellowtail, sockeye salmon, salmon, white fish, tuna, scallop, rice

**mt. fuji\* (GFA)** 28  
9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon, salmon roe, octopus, mackerel, sweet shrimp, albacore tuna and tuna roll

**mt. rainier\* (GFA)** 28  
9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail, scallop, eel, shrimp and california roll

**chicken katsu entrée** 17  
chicken cutlet, rice

**chicken teriyaki entrée** 17  
gluten free teriyaki sauce, rice

**saba shioyaki entrée** 18  
broiled mackerel w/ sea salt, rice

**salmon teriyaki entrée** 25  
gluten free teriyaki sauce, rice

**tempura entrée** 18.5  
5pc shrimp and veggies, rice

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

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

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## NOODLE

**nabeyaki udon w/ king crab** 18  
scallop, shrimp tempura, egg, shiitake mushroom, fish cake

### udon

kake (plain) 10.5  
chicken 14.5  
kitsune (inari age) 12.5  
niku (savory sukiyaki beef) 15.5  
shrimp tempura 15.5  
veggie tempura 14

**veggie yakisoba** 14.5  
stir-fried wheat flour noodle w/ vegetables

**seafood yakisoba** 18  
stir-fried wheat flour noodle w/ scallop, shrimp, vegetables

## SIDE

**extra shiso leaf (GF)** 0.5

**fresh wasabi (GF)** 2.5

**house salad (GF) (V)** 2.5  
mixed greens, cucumber, gluten free ginger dressing

**steamed rice (GF)** 2.5

**tsukemono moriawase (V)** 5  
assorted japanese pickles

In regards to the utmost safety for our customers, certain raw items will not 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.

- 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.

**\*\*Gluten Free and other allergies:**

We do NOT recommend any of our food to customers with celiac disease and/or any allergies. It is unlikely that we can guarantee that any menu item is 100% wheat free and/or any ingredient free due to the risk of cross-contamination.

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