



I LOVE SUSHI ON LAKE UNION
EST. 1992

OMAKASE/ NEW

chefs' special

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

SOUP

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

TEMPURA

shrimp & vegetable tempura shrimp and assorted vegetable	13.5
vegetable tempura (V) assorted vegetable	9

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

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

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COLD SHARED PLATES

green salad (GF) (V)	7.5
mixed greens, avocado, tomato, cucumber, house made gluten free ginger dressing	
hamachi jalapeno*	12.5
horenso gomaae (GF) (V)	5
boiled spinach, sesame sauce	
poke salad*	15
diced tuna, salmon, yellowtail, cucumber, sesame seed on mixed greens choice of sauce : regular or sweet spicy	
sea foie gras with scallop*	7.5
layered sea scallop, monkfish foie gras, miso reduction	
seaweed salad (V)	6
2 kinds of seaweeds, sanbaizu rice vinaigrette	

WARM SHARED PLATES

agedashi tofu	6.5
lightly battered tofu, bonito flakes, tempura sauce	
chicken kara-age	7.5
marinated japanese style fried boneless chicken	
crab avocado spring roll	7.5
w/ ginger salsa	
edamame (GF) (V)	4.5
boiled soybean, sea salt	
gindara (black cod) miso-yaki	14
glazed garlic short ribs	12
broiled beef short ribs w/ sweet soy	
asparagus & shiitake mushroom salad (GF) (V)	10
tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce	
gyoza	10.5
pan-fried pork & veggie dumpling, 6pc	
hamachi kama (GF)	11.5
broiled yellowtail collar w/ ponzu sauce	
roasted garlic calamari salad	11
lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce	
spicy tofu (GF) (V)	6.5
lightly battered tofu, spicy tomato garlic sauce	
vegetable gyoza (V)	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
TUNA		
bincho maguro (GF) albacore tuna	5.5	11
o-toro (GF) bluefin marbled fatty	14.5	29
chutoro (GF) bluefin medium fatty	11.5	23
maguro (GF) tuna	6.5	13
YELLOWTAIL		
hamachi (GF) yellowtail	6	12
kanpachi (GF) amberjack	6.5	13
SALMON		
aburi sake (GF) seared salmon	6	12
beni sake (GF) sockeye salmon	7	14
ikura salmon roe	6.5	13
sake (GF) atlantic salmon	5.5	11
WHITE FISH		
madai (GF) sea bream	6.5	13
MACKEREL		
aji (GF) horse mackerel	6.5	13
shime saba (GF) vinegar-pickled mackerel	5.5	11
SHELLFISH		
amaebi (GFA) sweet shrimp	7	17.5
ebi (GF) shrimp	4.5	9
hotate (GF) scallop	6	12
king crab (GF)	9	18
snow crab (GF)	6	12
EEL		
anago sea eel	6.5	16
unagi eel	6	15
OTHERS		
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

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MAKI/ROLL SUSHI

12th man roll (cooked)*	14
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
ahi poke salad roll* (GF)	11.5
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
barcelona roll*	14.5
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna	
california roll*	
w/ crab salad	7.5
w/ snow crab* (GFA)	8.5
w/ king crab* (GFA)	10.5
caterpillar roll*	11.5
eel, flying fish roe, cucumber topped w/ avocado	
copy roll*	13.5
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon	
crunchy roll*	9.5
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
dragon roll*	12.5
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
ebi tempura roll*	7.5
shrimp tempura, flying fish roe, avocado, cucumber, mayo	
fairview roll (seared)* dine in only	13.5
scallop, shrimp tempura, flying fish roe, asparagus, topped w/ seared crab	
fire tail roll*	9
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño	
futomaki*	7
tamago, shiitake mushroom, spinach	
hairy salmon roll*	11.5
spicy tuna, avocado, ponzu, bonito flake topped w/ salmon wasabi flying fish roe	
hokkaido roll*	12.5
chopped salmon, cucumber, avocado tolled w/ scallop, salmon roe, bonito flakes	
i love crunchy roll (cooked)*	11
tempura style, avocado, cream cheese, choice of crab or eel	
jalaback roll*	13
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	

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kaisen futomaki*	14.5
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	
kitsune roll	9.5
inari (sweet bean curd), avocado, asparagus, cream cheese	
lake union roll*	12.5
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
lobster tail roll*	16.5
battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	
marin roll (seared)*	13.5
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
negihama roll* (GF)	9
chopped yellowtail, scallions	
negitoro roll* (GF)	10
chopped tuna, scallions	
ocean alexander roll*	12.5
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
rainbow roll*	12.5
assorted fishes, crab salad, flying fish roe, mayo, avocado	
rosanna roll*	8.5
chopped scallop and crab salad, flying fish roe, avocado, mayo	
salmon roll* (GF)	4.5
sockeye salmon roll* (GF)	6
salmon skin roll* (GF)	5.5
sashimi roll* (GF)	13.5
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
seattle roll*	7.5
salmon, avocado, flying fish roe, cucumber	
spicy mango roll*	13
shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	
spicy salmon roll*	7.5
spicy tuna roll*	7.5
spicy tuna roll w/ avocado*	9.5
avocado on the top of spicy tuna roll	

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spider roll* lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	9.5
sunshine roll* spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	13
super dragon roll (cooked) broiled eel FILLET, shrimp tempura, flying fish roe	18.5
sushi train roll* scallop, crab, flying fish roe, topped w/ seared salmon. sprinkled w/ sea salt & japanese spice mixture	12.5
tekka maki* (GF) tuna roll	4.75
tropical roll* strawberry, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	10.5
una-kyu roll* eel, cucumber	7.5

VEGETABLE SUSHI

midori (V) avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	13
avocado & cucumber roll (GF) (V)	6
garden roll (V) asparagus, cucumber, lettuce, avocado, wasabi mayo	9.5
golden tofu roll (cooked) (V) battered; inari tofu, cream cheese, avocado	8.5
green bean tempura & cucumber roll (V)	6
inari sweet bean curd (V)	3.5
kappa roll cucumber roll (GF) (V)	4.5
natto & cucumber roll (GF) (V)	6
pumpkin tempura roll (V)	6
shinko maki pickled roll (V)	4.5
ume & shiso maki (V) plum paste & shiso leaf	4.5
veggie roll (V) japanese pickles, cucumber	6

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BENTO

garden bento (V) 19
mixed greens, edamame, veggie tempura w/ macha sea salt, inari (sweet bean curd), spicy tofu, no miso soup

lake union bento* 24
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) 27
assorted raw on sushi rice

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

mt. fuji* (GFA) 27
9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon, salmon roe, octopus, mackerel, sweet shrimp, albacore tuna and tuna roll

mt. rainier* (GFA) 27
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 24
gluten free teriyaki sauce, rice

tempura entrée 18
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
chicken 14
kitsune (inari age) 12
niku (savory sukiyaki beef) 15
shrimp tempura 15
veggie tempura 13.5

veggie yakisoba 14
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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