



I LOVE SUSHI ON LAKE UNION
EST. 1992

OMAKASE/ NEW

chefs' special

omakase sashimi appetizer* (GFA) 9pc	25
omakase sashimi* (GFA) 16pc	45
omakase sushi* (GFA) 8pc	25
omakase sushi* (GFA) 15pc	45
omakase sushi & sashimi* (GFA) 10pc sushi & 6pc sashimi	50

SOUP

miso soup	2.75
asari (manila clam) miso soup	4.75
king crab miso soup	8.5
nameko mushroom miso soup	4.75

TEMPURA

shrimp & vegetable tempura shrimp and assorted vegetable	14.5
vegetable tempura (V) assorted vegetable	10

COLD SHARED PLATES

green salad (GF) (V) mixed greens, avocado, tomato, cucumber, house made gluten free ginger dressing	8.5
hamachi jalapeno*	14
horenso gomaae (GF) (V)	5.5

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boiled spinach, sesame sauce

poke salad* 15.5
diced tuna, salmon, yellowtail, cucumber, sesame seed on mixed greens choice of sauce : regular or sweet spicy

sea foie gras with scallop* 8.5
layered sea scallop, monkfish foie gras, miso reduction

seaweed salad (V) 6.5
2 kinds of seaweeds, sanbaizu rice vinaigrette

WARM SHARED PLATES

agedashi tofu 7
lightly battered tofu, bonito flakes, tempura sauce

chicken kara-age 8.5
marinated japanese style fried boneless chicken

crab avocado spring roll 8
w/ ginger salsa

edamame (GF) (V) 4.5
boiled soybean, sea salt

gindara (black cod) miso-yaki 15

glazed garlic short ribs 13
broiled beef short ribs w/ sweet soy

asparagus & shiitake mushroom salad (GF) (V) 11
tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce

gyoza 11.5
pan-fried pork & veggie dumpling, 6pc

hamachi kama (GF) 12.5
broiled yellowtail collar w/ ponzu sauce

roasted garlic calamari salad 12
lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce

spicy tofu (GF) (V) 7
lightly battered tofu, spicy tomato garlic sauce

vegetable gyoza (V) 7.5
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	6	12
o-toro (GF) bluefin marbled fatty	15	30
chutoro (GF) bluefin medium fatty	12	24
maguro (GF) tuna	7	14
YELLOWTAIL		
hamachi (GF) yellowtail	6.5	13
kanpachi (GF) amberjack	7	14
SALMON		
aburi sake (GF) seared salmon	6.5	13
beni sake (GF) sockeye salmon	7.5	15
ikura salmon roe	7	14
sake (GF) atlantic salmon	6	12
WHITE FISH		
white fish of the day (GF)	6.5	13
MACKEREL		
shime saba (GF) vinegar-pickled mackerel	6	12
SHELLFISH		
amaebi (GFA) sweet shrimp	7.5	18.5
ebi (GF) shrimp	5.5	13
hotate (GF) scallop	6.5	13
king crab (GF)	10.5	21
snow crab (GF)	8	16
EEL		
anago sea eel	7	17
unagi eel	6.5	17
OTHERS		
ankimo (GF) monkfish liver paste	7	8.5 (3pc)
ika (GF) squid	5.5	11
tako (GF) octopus	5.5	11
tamago (GF) egg omelette	5	10
tobiko flying fish roe	5.5	11
uni (GF) sea urchin	9	18

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MAKI/ROLL SUSHI

1 2th man roll (cooked)*	15
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
ahi poke salad roll* (GF)	12
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
barcelona roll*	15
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna	
california roll*	
w/ crab salad	8
w/ snow crab* (GFA)	9.5
w/ king crab* (GFA)	11.5
caterpillar roll*	12
eel, flying fish roe, cucumber topped w/ avocado	
copy roll*	14
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon	
crunchy roll*	10
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
dragon roll*	13
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
ebi tempura roll*	8
shrimp tempura, flying fish roe, avocado, cucumber, mayo	
fire tail roll*	10
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño	
futomaki*	7.5
tamago, shiitake mushroom, spinach	
hairy salmon roll*	12
spicy tuna, avocado, ponzu, bonito flake topped w/ salmon wasabi flying fish roe	
hokkaido roll*	13
chopped salmon, cucumber, avocado tolled w/ scallop, salmon roe, bonito flakes	
i love crunchy roll (cooked)*	12
tempura style, avocado, cream cheese, choice of crab or eel	
jalaback roll*	13.5
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	
kaisen futomaki*	15
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	

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kitsune roll	10
inari (sweet bean curd), avocado, asparagus, cream cheese	
lake union roll*	13
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)*	14
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
negihama roll* (GF)	9.5
chopped yellowtail, scallions	
negitoro roll* (GF)	10.5
chopped tuna, scallions	
ocean alexander roll*	13
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
rainbow roll*	13
assorted fishes, crab salad, flying fish roe, mayo, avocado	
rosanna roll*	9
chopped scallop and crab salad, flying fish roe, avocado, mayo	
salmon roll* (GF)	5.5
sockeye salmon roll* (GF)	6.5
salmon skin roll* (GF)	6
sashimi roll* (GF)	14
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
seattle roll*	8
salmon, avocado, flying fish roe, cucumber	
spicy mango roll*	13.5
shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	
spicy salmon roll*	8
spicy tuna roll*	8
spicy tuna roll w/ avocado*	10
avocado on the top of spicy tuna roll	
spider roll*	10
lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	

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sunshine roll* spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	13.5
super dragon roll (cooked) broiled eel FILLET, shrimp tempura, flying fish roe	19
tekka maki* (GF) tuna roll	5.5
tropical roll* orange, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	11
una-kyu roll* eel, cucumber	8

VEGETABLE SUSHI

midori (V) avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	14
avocado & cucumber roll (GF) (V)	6.5
garden roll (V) asparagus, cucumber, lettuce, avocado, wasabi mayo	10
golden tofu roll (cooked) (V) battered; inari tofu, cream cheese, avocado	9
green bean tempura & cucumber roll (V)	6.5
inari sweet bean curd (V)	4.5
kappa roll cucumber roll (GF) (V)	5
natto & cucumber roll (GF) (V)	6.5
pumpkin tempura roll (V)	6.5
shinko maki pickled roll (V)	5
ume & shiso maki (V) plum paste & shiso leaf	5
veggie roll (V) 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) 30
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** 19
chicken cutlet, rice
- chicken teriyaki entrée** 18
gluten free teriyaki sauce, rice
- saba shioyaki entrée** 19
broiled mackerel w/ sea salt, rice
- salmon teriyaki entrée** 25
gluten free teriyaki sauce, rice
- tempura entrée** 19
5pc shrimp and veggies, rice
- tonkatsu entrée** 18.5
center cut fresh pork loin cutlet, rice
- unaju** 29
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	19
<i>scallop, shrimp tempura, egg, shiitake mushroom, fish cake</i>	
udon	
kake (plain)	10
chicken	15
kitsune (inari age)	13
niku (savory sukiyaki beef)	16
shrimp tempura	15
veggie tempura	14.5
veggie yakisoba	15
<i>stir-fried wheat flour noodle w/ vegetables</i>	
seafood yakisoba	18
<i>stir-fried wheat flour noodle w/ scallop, shrimp, vegetables</i>	

SIDE

extra shiso leaf (GF)	1
fresh wasabi (GF)	2.5
house salad (GF) (V)	2.5
<i>mixed greens, cucumber, gluten free ginger dressing</i>	
steamed rice (GF)	2.5
sushi rice	3
tsukemono moriawase (V)	5.5
<i>assorted japanese pickles</i>	

• Prices and menu are subject to change without notice.

****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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