



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

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**

## COLD SHARED PLATES

<b>green salad</b> (GF) (V) mixed greens, avocado, tomato, cucumber, house made gluten free ginger dressing	8.5
<b>hamachi jalapeno*</b>	14
<b>horenso gomaae</b> (GF) (V) boiled spinach, sesame sauce	5.5
<b>poke salad*</b> diced tuna, salmon, yellowtail, cucumber, sesame seed on mixed greens choice of sauce : regular or sweet spicy	15.5
<b>sea foie gras with scallop*</b> layered sea scallop, monkfish foie gras, miso reduction	8.5
<b>seaweed salad</b> (V) 2 kinds of seaweeds, sanbaizu rice vinaigrette	6.5

## WARM SHARED PLATES

<b>agedashi tofu</b> lightly battered tofu, bonito flakes, tempura sauce	7
<b>chicken kara-age</b> marinated japanese style fried boneless chicken	8.5
<b>crab avocado spring roll</b> w/ ginger salsa	8
<b>edamame</b> (GF) (V) boiled soybean, sea salt	4.5
<b>gindara (black cod) miso-yaki</b>	15
<b>glazed garlic short ribs</b> broiled beef short ribs w/ sweet soy	13
<b>asparagus &amp; shiitake mushroom salad</b> (GF) (V) tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce	11
<b>geoduck butter yaki</b> geoduck, spinach and shiitake mushroom broiled with butter sauce	14.5
<b>gyoza</b> pan-fried pork & veggie dumpling, 6pc	11.5
<b>hamachi kama</b> (GF) broiled yellowtail collar w/ ponzu sauce	12.5
<b>roasted garlic calamari salad</b> lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce	12
<b>spicy tofu</b> (GF) (V) lightly battered tofu, spicy tomato garlic sauce	7
<b>vegetable gyoza</b> (V) battered vegetable stuffed spinach dumplings, garlic ponzu sauce	7.5

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

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

**\*Consuming raw or undercooked aquatic foods may increase  
your risk of foodborne illness.**

## NIGIRI SUSHI AND SASHIMI\*

nigiri: 2 pc, sashimi: 5 pc per order

	nigiri	sashimi
<b>TUNA</b>		
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
<b>YELLOWTAIL</b>		
hamachi (GF) yellowtail	6.5	13
kanpachi (GF) amberjack	7	14
<b>SALMON</b>		
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
<b>WHITE FISH</b>		
white fish of the day (GF)	6.5	13
<b>MACKEREL</b>		
katsuo (GF) bonito	7	14
shime saba (GF) vinegar-pickled mackerel	6	12
<b>SHELLFISH</b>		
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
<b>EEL</b>		
anago sea eel	7	17
unagi eel	6.5	17
<b>OTHERS</b>		
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

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**

## MAKI/ROLL SUSHI

<b>12th man roll (cooked)*</b>		15
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
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna		
<b>bonito bonito*</b>		13
bonito, green onion, cucumber, shiso leaf, yamagobo (burdock)		
<b>california roll*</b>	w/ crab salad	8
	w/ snow crab* (GFA)	9.5
	w/ king crab* (GFA)	11.5
<b>caterpillar roll*</b>		12
eel, flying fish roe, cucumber topped w/ avocado		
<b>copy roll*</b>		14
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>fire tail roll*</b>		10
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño		
<b>futomaki*</b>		7.5
tamago, shiitake mushroom, spinach		
<b>hairy salmon roll*</b>		12
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>		12
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		
<b>kaisen futomaki*</b>		15
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber		

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**

<b>kitsune roll</b> inari (sweet bean curd), avocado, asparagus, cream cheese	10
<b>lake union roll*</b> shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	13
<b>lobster tail roll*</b> battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	16.5
<b>mama mia*</b> shrimp tempura, crab salad, avocado, cream cheese, topped with seared salmon, mayonnaise, jalapeno. Sprinkled parmesan cheese, crushed red pepper	15
<b>marin roll (seared)*</b> crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	14
<b>negihama roll*</b> (GF) chopped yellowtail, scallions	9.5
<b>negitoro roll*</b> (GF) chopped tuna, scallions	10.5
<b>ocean alexander roll*</b> spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	13
<b>rainbow roll*</b> assorted fishes, crab salad, flying fish roe, mayo, avocado	13
<b>rosanna roll*</b> chopped scallop and crab salad, flying fish roe, avocado, mayo	9
<b>salmon roll*</b> (GF)	5.5
<b>sockeye salmon roll*</b> (GF)	6.5
<b>salmon skin roll*</b> (GF)	6
<b>sashimi roll*</b> (GF) tuna, salmon, snow crab, avocado wrapped w/ cucumber, ginger ponzu	14
<b>seattle roll*</b> salmon, avocado, flying fish roe, cucumber	8
<b>spicy mango roll*</b> shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	13.5
<b>spicy salmon roll*</b>	8
<b>spicy tuna roll*</b>	8
<b>spicy tuna roll w/ avocado*</b> avocado on the top of spicy tuna roll	10
<b>spider roll*</b> lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	10

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**

<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
<b>tekka maki*</b> (GF) tuna roll	5.5
<b>tropical roll*</b> orange, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	11
<b>una-kyu roll*</b> eel, cucumber	8

## VEGETABLE SUSHI

<b>midori</b> (V) avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	14
<b>avocado &amp; cucumber roll</b> (GF) (V)	6.5
<b>garden roll</b> (V) asparagus, cucumber, lettuce, avocado, wasabi mayo	10
<b>golden tofu roll (cooked)</b> (V) battered; inari tofu, cream cheese, avocado	9
<b>green bean tempura &amp; cucumber roll</b> (V)	6.5
<b>inari</b> sweet bean curd (V)	4.5
<b>kappa roll</b> cucumber roll (GF) (V)	5
<b>natto &amp; cucumber roll</b> (GF) (V)	6.5
<b>pumpkin tempura roll</b> (V)	6.5
<b>shinko maki</b> pickled roll (V)	5
<b>ume &amp; shiso maki</b> (V) plum paste & shiso leaf	5
<b>veggie roll</b> (V) japanese pickles, cucumber	6.5

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**

## 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 (\$4.5 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)

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

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

**\*Consuming raw or undercooked aquatic foods may increase  
your risk of foodborne illness.**

## NOODLE

<b>nabeyaki udon w/ king crab</b>	19
scallop, shrimp tempura, egg, shiitake mushroom, fish cake	
<b>udon</b>	
kake (plain)	10
chicken	15
kitsune (inari age)	13
niku (savory sukiyaki beef)	16
shrimp tempura	15
veggie tempura	14.5
<b>veggie yakisoba</b>	15
stir-fried wheat flour noodle w/ vegetables	
<b>seafood yakisoba</b>	18
stir-fried wheat flour noodle w/ scallop, shrimp, vegetables	

## SIDE

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

• 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.

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

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

**\*Consuming raw or undercooked aquatic foods may increase your risk of foodborne illness.**