



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
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.

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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) boiled spinach, sesame sauce	5.5
poke salad* diced tuna, salmon, yellowtail, cucumber, sesame seed on mixed greens choice of sauce : regular or sweet spicy	15.5
sea foie gras with scallop* layered sea scallop, monkfish foie gras, miso reduction	8.5
seaweed salad (V) 2 kinds of seaweeds, sanbaizu rice vinaigrette	6.5

WARM SHARED PLATES

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

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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		
katsuo (GF) bonito	7	14
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)	12.5	25
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

12th 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		
bonito bonito*		13
bonito, green onion, cucumber, shiso leaf, yamagobo (burdock)		
california roll*	w/ crab salad	8
	w/ snow crab* (GFA)	9.5
	w/ king crab* (GFA)	13.5
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 inari (sweet bean curd), avocado, asparagus, cream cheese	10
lake union roll* shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	13
lobster tail roll* battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	16.5
mama mia* shrimp tempura, crab salad, avocado, cream cheese, topped with seared salmon, mayonnaise, jalapeno. Sprinkled parmesan cheese, crushed red pepper	15
marin roll (seared)* crab salad, flying fish roe, avocado, cream cheese, scallions, topped w/ seared salmon, wasabi aioli	14
negihama roll* (GF) chopped yellowtail, scallions	9.5
negitoro roll* (GF) chopped tuna, scallions	10.5
ocean alexander roll* spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	13
rainbow roll* assorted fishes, crab salad, flying fish roe, mayo, avocado	13
rosanna roll* chopped scallop and crab salad, flying fish roe, avocado, mayo	9
salmon roll* (GF)	5.5
sockeye salmon roll* (GF)	6.5
salmon skin roll* (GF)	6
sashimi roll* (GF) tuna, salmon, albacore tuna, snow crab, avocado wrapped w/ cucumber, ginger ponzu	14
seattle roll* salmon, avocado, flying fish roe, cucumber	8
spicy mango roll* shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	13.5
spicy salmon roll*	8
spicy tuna roll*	8
spicy tuna roll w/ avocado* avocado on the top of spicy tuna roll	10

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spider roll* lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	10
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, cucumber	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) or
asari (clam) miso soup (\$1 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
scallop, shrimp tempura, egg, shiitake mushroom, fish cake	
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
stir-fried wheat flour noodle w/ vegetables	
seafood yakisoba	18
stir-fried wheat flour noodle w/ scallop, shrimp, vegetables	

SIDE

extra shiso leaf (GF)	1
fresh wasabi (GF)	2.5
house salad (GF) (V)	2.5
mixed greens, cucumber, gluten free ginger dressing	
steamed rice (GF)	2.5
sushi rice	3
tsukemono moriawase (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.

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