



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.

**\*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	9.5
<b>hamachi jalapeno*</b>	16
<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>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	8	16
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	7.5	15
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)	12.5	25
snow crab (GF)	8	16
<b>EEL</b>		
anago sea eel	8	20
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	10.5	21

(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)	13.5
<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>		14.5
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	15
<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, 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	15
<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, albacore tuna, 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

(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>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, cucumber	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

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

<b>chirashi*</b> (GFA)	28
assorted raw on sushi rice	
<b>sashimi *</b> (GFA)	30
albacore, yellowtail, sockeye salmon, salmon, white fish, tuna, scallop, rice	
<b>mt. fuji*</b> (GFA)	28
9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon, salmon roe, octopus, mackerel, sweet shrimp, albacore tuna and tuna roll	
<b>mt. rainier*</b> (GFA)	28
9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail, scallop, eel, shrimp and california roll	
<b>chicken katsu entrée</b>	19
chicken cutlet, rice	
<b>chicken teriyaki entrée</b>	18
gluten free teriyaki sauce, rice	
<b>saba shioyaki entrée</b>	19
broiled mackerel w/ sea salt, rice	
<b>salmon teriyaki entrée</b>	25
gluten free teriyaki sauce, rice	
<b>tempura entrée</b>	19
5pc shrimp and veggies, rice	
<b>tonkatsu entrée</b>	18.5
center cut fresh pork loin cutlet, rice	
<b>unaju</b>	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

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.

(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.**