



I LOVE SUSHI ON LAKE UNION  
EST. 1992

## OMAKASE chefs' special

<b>omakase sashimi appetizer*</b> (GFA) 9pc	26.5
<b>omakase sashimi*</b> (GFA) 16pc	47
<b>omakase sushi*</b> (GFA) 8pc	26.5
<b>omakase sushi*</b> (GFA) 15pc	47
<b>omakase sushi &amp; sashimi*</b> (GFA) 10pc sushi & 6pc sashimi	55

## SOUP

<b>miso soup</b>	2.75
<b>asari (manila clam) miso soup</b>	4.75
<b>king crab miso soup</b>	9.5
<b>nameko mushroom miso soup</b>	4.75

## COLD SHARED PLATES

<b>green salad</b> (GF) (V) mixed greens, avocado, tomato, cucumber, house made gf ginger dressing	10
<b>hamachi jalapeno*</b>	17
<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	16
<b>sea foie gras with scallop*</b> layered sea scallop, monkfish foie gras, miso reduction	9
<b>seaweed salad</b> (V) 2 kinds of seaweeds, sanbaizu rice vinaigrette	6.5

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

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## TEMPURA

<b>shrimp &amp; vegetable tempura</b>	15.5
<i>shrimp and assorted vegetable</i>	
<b>vegetable tempura (V)</b>	11.5
<i>assorted vegetable</i>	

## WARM SHARED PLATES

<b>agedashi tofu</b>	7.5
<i>lightly battered tofu, bonito flakes, tempura sauce</i>	
<b>chicken kara-age</b>	8.75
<i>marinated japanese style fried boneless chicken</i>	
<b>crab avocado spring roll</b>	8.75
<i>w/ ginger salsa</i>	
<b>edamame (GF) (V)</b>	5.5
<i>boiled soybean, sea salt</i>	
<b>gindara (black cod) miso-yaki</b>	17
<b>glazed garlic short ribs</b>	14.5
<i>broiled beef short ribs w/ sweet soy</i>	
<b>asparagus &amp; shiitake mushroom salad (GF) (V)</b>	12.5
<i>tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce</i>	
<b>gyoza</b>	12
<i>pan-fried pork &amp; veggie dumpling, 6pc</i>	
<b>hamachi kama (GF)</b>	13.5
<i>broiled yellowtail collar w/ ponzu sauce</i>	
<b>roasted garlic calamari salad</b>	14
<i>lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce</i>	
<b>spicy tofu (GF) (V)</b>	7.5
<i>lightly battered tofu, spicy tomato garlic sauce</i>	
<b>vegetable gyoza (V)</b>	8
<i>battered vegetable stuffed spinach dumplings, garlic ponzu sauce</i>	

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## 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	16	31.5
chutoro (GF) bluefin medium fatty	13	25
maguro (GF) tuna	8	16
<b>"YELLOWTAIL"</b>		
hamachi (GF) yellowtail	8	16
kanpachi (GF) amberjack	7.5	15
<b>"SALMON"</b>		
aburi sake (GF) seared salmon	7	14
beni sake (GF) sockeye salmon	8	16
ikura salmon roe	7.5	15
sake (GF) salmon	7	14
<b>"WHITE FISH"</b>		
shiromi (GF) white fish	7	14.5
<b>"MACKEREL"</b>		
katsuo (GF) bonito	7.5	15
shime saba (GF) vinegar-pickled mackerel	6.5	13
<b>"SHELLFISH"</b>		
amaebi (GFA) sweet shrimp	8	19.5
ebi (GF) shrimp	6	12
hotate (GF) scallop	7	14
king crab (GF)	13	26
snow crab (GF)	8.5	17
<b>"EEL"</b>		
anago sea eel	8.5	22
unagi eel	7	18
<b>OTHERS</b>		
ankimo (GF) monkfish liver paste	7.5	9 (3pc)
ika (GF) squid	6	12
tako (GF) octopus	6	12
tamago (GF) egg omelette	6	11
tobiko flying fish roe	6	12
uni (GF) sea urchin	11	22.5

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## MAKI/ROLL SUSHI

<b>1 2th man roll (cooked)*</b>	16
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
<b>ahi poke salad roll* (GF)</b>	13.5
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
<b>barcelona roll*</b>	16
chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna	
<b>california roll*</b>	
w/ crab salad	8.5
w/ snow crab* (GFA)	9.75
w/ king crab* (GFA)	14
<b>caterpillar roll*</b>	13
eel, flying fish roe, cucumber topped w/ avocado	
<b>copy roll*</b>	15
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon	
<b>crunchy roll*</b>	11
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
<b>dragon roll*</b>	13.5
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
<b>ebi tempura roll*</b>	8.5
shrimp tempura, flying fish roe, avocado, cucumber, mayo	
<b>fairview roll (seared)* dine in only</b>	15
scallop, shrimp tempura, flying fish roe, asparagus, topped w/ seared crab	
<b>fire tail roll*</b>	11
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño	
<b>futomaki*</b>	8
tamago, shiitake mushroom, spinach	
<b>hairy salmon roll*</b>	13.5
spicy tuna, avocado, ponzu, bonito flake topped w/ salmon wasabi flying fish roe	
<b>hokkaido roll*</b>	14
chopped salmon, cucumber, avocado topped w/ scallop, salmon roe, bonito flakes	
<b>i love crunchy roll (cooked)*</b>	13
tempura style, avocado, cream cheese, choice of crab or eel	
<b>jalaback roll*</b>	16
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	

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<b>kaisen futomaki*</b>	16
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	
<b>kitsune roll</b>	11
inari (sweet bean curd), avocado, asparagus, cream cheese	
<b>lake union roll*</b>	16.5
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
<b>lobster tail roll*</b>	18
battered lobster tail, flying fish roe, avocado, cucumber, spicy sauce	
<b>mango california roll*</b>	11
california roll, topped w/ fresh mango, berry sauce	
<b>marin roll (seared)*</b>	15
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
<b>negihama roll* (GF)</b>	10
chopped yellowtail, scallions	
<b>negitoro roll* (GF)</b>	11
chopped tuna, scallions	
<b>ocean alexander roll*</b>	16
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
<b>rainbow roll*</b>	14
assorted fishes, crab salad, flying fish roe, mayo, avocado	
<b>rosanna roll*</b>	10
chopped scallop and crab salad, flying fish roe, avocado, mayo	
<b>salmon roll* (GF)</b>	6
<b>sockeye salmon roll* (GF)</b>	7
<b>salmon skin roll* (GF)</b>	7
<b>sashimi roll* (GF)</b>	15
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
<b>seattle roll*</b>	8.5
salmon, avocado, flying fish roe, cucumber	
<b>spicy mango roll*</b>	14.5
shrimp tempura, salmon, shrimp, mango, cashew, avocado, sweet & spicy sauce	
<b>spicy salmon roll*</b>	8.5
<b>spicy tuna roll*</b>	8.5
<b>spicy tuna roll w/ avocado*</b>	11
avocado on the top of spicy tuna roll	

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<b>spider roll*</b> lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	11.5
<b>sunshine roll*</b> spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	14.5
<b>super dragon roll (cooked)</b> broiled eel FILLET, shrimp tempura, flying fish roe	20
<b>sushi train roll*</b> scallop, crab, flying fish roe, topped w/ seared salmon. sprinkled w/ sea salt & japanese spice mixture	15
<b>tekka maki*</b> (GF) tuna roll	5.5
<b>tropical roll*</b> strawberry, avocado topped w/ salmon, flying fish roe, mango, wasabi mayo, blueberry soy sauce	12
<b>una-kyu roll*</b> eel, cucumber	9

## VEGETABLE SUSHI

<b>midori (V)</b> avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	15
<b>avocado &amp; cucumber roll (GF) (V)</b>	7
<b>garden roll (V)</b> asparagus, cucumber, lettuce, avocado, wasabi mayo	11
<b>golden tofu roll (cooked) (V)</b> battered; inari tofu, cream cheese, avocado	9.5
<b>green bean tempura &amp; cucumber roll (V)</b>	7
<b>inari</b> sweet bean curd (V)	4.75
<b>kappa roll</b> cucumber roll (GF) (V)	5.5
<b>mango, avocado &amp; cucumber roll (GF) (V)</b>	9
<b>natto &amp; cucumber roll (GF) (V)</b>	7.5
<b>pumpkin tempura roll (V)</b>	7
<b>shinko maki</b> pickled roll (V)	5.5
<b>ume &amp; shiso maki (V)</b> plum paste & shiso leaf	5.5
<b>veggie roll (V)</b> japanese pickles, cucumber	7

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## BENTO

<b>garden bento (V)</b>	22
<i>mixed greens, edamame, veggie tempura w/ macha sea salt, inari (sweet bean curd), spicy tofu, no miso soup</i>	
<b>lake union bento*</b>	26
<i>shrimp &amp; veggie tempura, chicken teriyaki, california roll, salad, rice, choice of miso soup</i>	
<b>i love sushi premium bento*</b>	42
<i>sashimi: tuna, salmon, sweet shrimp broiled fish: salmon teriyaki tempura: shrimp, scallop, veggie sushi: tuna, yellowtail, albacore, shrimp &amp; choice of miso soup</i>	

## ENTRÉES

*served with choice of miso soup; nameko miso soup (\$2 extra), or asari (clam) miso soup (\$2 extra)*

<b>chirashi*</b> (GFA)	29
<i>assorted raw on sushi rice</i>	
<b>sashimi *</b> (GFA)	31
<i>albacore, yellowtail, sockeye salmon, salmon, white fish, tuna, scallop, rice</i>	
<b>mt. fuji*</b> (GFA)	29
<i>9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon, salmon roe, octopus, mackerel, sweet shrimp, albacore tuna and tuna roll</i>	
<b>mt. rainier*</b> (GFA)	29
<i>9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail, scallop, eel, shrimp and california roll</i>	
<b>chicken katsu entrée</b>	20
<i>chicken cutlet, rice</i>	
<b>chicken teriyaki entrée</b>	19
<i>gluten free teriyaki sauce, rice</i>	
<b>saba shioyaki entrée</b>	20
<i>broiled mackerel w/ sea salt, rice</i>	
<b>salmon teriyaki entrée</b>	26
<i>gluten free teriyaki sauce, rice</i>	
<b>tempura entrée</b>	19.5
<i>5pc shrimp and veggies, rice</i>	
<b>tonkatsu entrée</b>	21
<i>center cut fresh pork loin cutlet, rice</i>	
<b>unaju</b>	29.5
<i>broiled fresh water eel on steamed rice, sansho pepper</i>	

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## NOODLE

**nabeyaki udon w/ king crab** 20  
scallop, shrimp tempura, egg, shiitake mushroom, fish cake

### udon

**kake** (plain) 11  
**chicken** 15.5  
**kitsune** (inari age) 14  
**niku** (savory sukiyaki beef) 16.5  
**shrimp tempura** 16  
**veggie tempura** 15

**veggie yakisoba** 15.5  
stir-fried wheat flour noodle w/ vegetables

**seafood yakisoba** 18.5  
stir-fried wheat flour noodle w/ scallop, shrimp, vegetables

## SIDE

**extra shiso leaf** (GF) 1

**fresh wasabi** (GF) 2.5

**house salad** (GF) (V) 3  
mixed greens, cucumber, gluten free ginger dressing

**steamed rice** (GF) 2.5

**sushi rice** (GF) 3

**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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