



I LOVE SUSHI ON LAKE UNION  
EST. 1992

## OMAKASE

chefs' special

<b>omakase sashimi appetizer*</b> (GFA) 9pc	27
<b>omakase sashimi*</b> (GFA) 16pc	48
<b>omakase sushi*</b> (GFA) 8pc	27
<b>omakase sushi*</b> (GFA) 15pc	48
<b>omakase sushi &amp; sashimi*</b> (GFA) 10pc sushi & 6pc sashimi	58

## SOUP

<b>miso soup</b>	2.75
<b>asari (manila clam) miso soup</b>	4.75
<b>king crab miso soup</b>	14
<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	12
<b>hamachi jalapeno*</b>	17.5
<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	16.5
<b>sea foie gras with scallop*</b> layered sea scallop, monkfish foie gras, miso reduction	14
<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>	16.5
<i>shrimp and assorted vegetable</i>	
<b>vegetable tempura (V)</b>	14
<i>assorted vegetable</i>	

## WARM SHARED PLATES

<b>agedashi tofu</b>	8
<i>lightly battered tofu, bonito flakes, tempura sauce</i>	
<b>chicken kara-age</b>	9
<i>marinated japanese style fried boneless chicken</i>	
<b>crab avocado spring roll</b>	9
<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>	15
<i>broiled beef short ribs w/ sweet soy</i>	
<b>asparagus &amp; shiitake mushroom salad (GF) (V)</b>	15
<i>tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce</i>	
<b>gyoza</b>	13.5
<i>pan-fried pork &amp; veggie dumpling, 6pc</i>	
<b>hamachi kama (GF)</b>	15
<i>broiled yellowtail collar w/ ponzu sauce</i>	
<b>roasted garlic calamari salad</b>	16
<i>lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce</i>	
<b>spicy tofu (GF) (V)</b>	8
<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 (GFA) albacore tuna	8	16
o-toro (GFA) bluefin marbled fatty	16	31.5
chutoro (GFA) bluefin medium fatty	13	25
maguro (GFA) tuna	8	16
katsuo (GFA) bonito	7.5	15
<b>“YELLOWTAIL”</b>		
hamachi (GFA) yellowtail	8	16
kanpachi (GFA) amberjack	7.5	15
<b>“SALMON”</b>		
aburi sake (GFA) seared salmon	7	14
beni sake (GFA) sockeye salmon	8	16
ikura salmon roe	7.5	15
sake (GFA) salmon	7	14
<b>“WHITE FISH”</b>		
shiromi (GFA) white fish	7	14.5
<b>“MACKEREL”</b>		
shime saba (GFA) vinegar-pickled mackerel	6.5	13
<b>“SHELLFISH”</b>		
amaebi (GFA) sweet shrimp	8	19.5
ebi (GFA) shrimp	6	12
hotate (GFA) scallop	7	14
snow crab (GFA)	8.5	17
<b>“EEL”</b>		
anago sea eel	8.5	22
unagi eel	7	18
<b>OTHERS</b>		
ankimo (GFA) monkfish liver paste	7.5	9 (3pc)
ika (GFA) squid	6	12
tako (GFA) octopus	6	12
tamago (GFA) egg omelette	6	11
tobiko flying fish roe	6	12
uni (GFA) sea urchin	15	30

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## MAKI/ROLL SUSHI

<b>1 2th man roll (cooked)*</b>	16.5
battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli	
<b>ahi poke salad roll* (GF)</b>	14
albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce	
<b>barcelona roll*</b>	16.5
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)	10
<b>caterpillar roll*</b>	14
eel, flying fish roe, cucumber topped w/ avocado	
<b>copy roll*</b>	15.5
crab salad, flying fish roe, scallop, avocado, mayo, topped w/ salmon	
<b>crunchy roll*</b>	12
shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce	
<b>dragon roll*</b>	14.5
shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado	
<b>ebi tempura roll*</b>	9.5
shrimp tempura, flying fish roe, avocado, cucumber, mayo	
<b>fairview roll (seared)* dine in only</b>	16
shrimp tempura, flying fish roe, asparagus, topped w/ seared crab & scallop	
<b>fire tail roll*</b>	13
chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño	
<b>futomaki*</b>	8.5
tamago, shiitake mushroom, spinach	
<b>hairy salmon roll*</b>	14.5
spicy tuna, avocado, ponzu, topped w/ salmon, wasabi flying fish roe, bonito flake	
<b>hokkaido roll* (GFA)</b>	15
chopped salmon, cucumber, avocado topped w/ scallop, salmon roe, bonito flakes	
<b>i love crunchy roll (cooked)*</b>	14.5
tempura style, avocado, cream cheese, choice of crab or eel	
<b>jalaback roll*</b>	16.5
shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa	
<b>kaisen futomaki*</b>	17
traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber	

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<b>kitsune roll</b>	12
inari (sweet bean curd), avocado, asparagus, cream cheese	
<b>lake union roll*</b>	17
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
<b>mango california roll* (GFA)</b>	12
california roll, topped w/ fresh mango, berry sauce	
<b>marin roll (seared)*</b>	15.5
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
<b>negihama roll* (GF)</b>	10.5
chopped yellowtail, scallions	
<b>negitoro roll* (GF)</b>	11.5
chopped tuna, scallions	
<b>ocean alexander roll*</b>	17
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
<b>rainbow roll* (GFA)</b>	15
assorted fishes, crab salad, flying fish roe, mayo, avocado	
<b>rikki rikki roll*</b>	18
snow crab, shibazuke (pickled eggplant), cilantro, chive, cucumber, topped w/ salmon, avocado. yuzu (Japanese citrus) vinaigrette	
<b>rosanna roll*</b>	11
chopped scallop and crab salad, flying fish roe, avocado, mayo	
<b>salmon roll* (GF)</b>	6
<b>sockeye salmon roll* (GF)</b>	7.5
<b>salmon skin roll* (GF)</b>	7.5
<b>sashimi roll* (GF)</b>	16
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>	15
shrimp tempura, salmon, shrimp, mango, 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>	12
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	12
<b>sunshine roll*</b> spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	15.5
<b>super dragon roll (cooked)</b> broiled eel FILLET, shrimp tempura, flying fish roe	22
<b>tekka maki* (GF)</b> tuna roll	6
<b>tropical roll*</b> mango, avocado, flying fish roe, topped w/ salmon, mango, wasabi mayo, blueberry soy	12.5
<b>truffle scallop roll*</b> shrimp tempura, avocado, cucumber topped w/ seared scallop, brushed w/ truffle oil	17
<b>una-kyu roll*</b> eel, cucumber	9.5

## 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>	7.5
<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	10
<b>green bean tempura &amp; cucumber roll (V)</b>	7.5
<b>inari sweet bean curd (V)</b>	4.75
<b>kappa maki cucumber roll (GF) (V)</b>	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>	7.5
<b>shinko maki pickled roll (V)</b>	5.5
<b>ume &amp; shiso maki (V)</b> plum paste & shiso leaf	5.5
<b>veggie roll (V)</b> japanese pickles, cucumber	7.5

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## BENTO

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

**\*\*No Substitution\*\***

**garden bento (V)** 22  
mixed greens, edamame, veggie tempura w/ macha sea salt,  
inari (sweet bean curd), spicy tofu, no miso soup

**lake union bento\*** 27  
shrimp & veggie tempura, chicken teriyaki, california roll, salad,  
rice, choice of miso soup

**i love sushi premium bento\*** 42  
sashimi: tuna, salmon, sweet shrimp.  
broiled fish: salmon teriyaki  
tempura: shrimp, scallop, veggies  
sushi: tuna, yellowtail, albacore, shrimp & choice of miso soup

## ENTRÉES

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

**\*\*No Substitution\*\***

**chirashi\* (GFA)** 29.5  
assorted raw on sushi rice

**sashimi\* (GFA)** 33  
albacore, yellowtail, sockeye salmon, salmon, white fish, tuna,  
scallop, rice

**mt. fuji\* (GFA)** 30  
9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon,  
salmon roe, octopus, mackerel, sweet shrimp, albacore tuna  
and tuna roll

**mt. rainier\* (GFA)** 30  
9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail,  
scallop, eel, shrimp and california roll

**chicken katsu entrée** 21  
chicken cutlet, rice

**chicken teriyaki entrée** 19.5  
gluten free teriyaki sauce, rice

**saba shioyaki entrée** 21  
broiled mackerel w/ sea salt, rice

**salmon teriyaki entrée** 27  
gluten free teriyaki sauce, rice

**tempura entrée** 21  
5pc shrimp and veggies, rice

**tonkatsu entrée** 22.5  
center cut fresh pork loin cutlet, rice

**unaju** 29.5  
broiled fresh water eel on steamed rice, sansho pepper

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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** 16  
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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