



I LOVE SUSHI ON LAKE UNION
EST. 1992

OMAKASE chefs' special

omakase sashimi appetizer* (GFA) 9pc	27
omakase sashimi* (GFA) 16pc	48
omakase sushi* (GFA) 8pc	27
omakase sushi* (GFA) 15pc	48
omakase sushi & sashimi* (GFA) 10pc sushi & 6pc sashimi	58

SOUP

miso soup	2.75
asari (manila clam) miso soup	4.75
king crab miso soup	14
nameko mushroom miso soup	4.75

COLD SHARED PLATES

green salad (GF) (V) mixed greens, avocado, tomato, cucumber, house made gf ginger dressing	12
hamachi jalapeno*	17.5
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	16.5
sea foie gras with scallop* layered sea scallop, monkfish foie gras, miso reduction	14
seaweed salad (V) 2 kinds of seaweeds, sanbaizu rice vinaigrette	6.5

(GF) gluten free; please read disclaimer on last page.
(GFA) gluten free available, please ask your server.

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TEMPURA

shrimp & vegetable tempura	16.5
<i>shrimp and assorted vegetable</i>	
vegetable tempura (V)	14
<i>assorted vegetable</i>	

WARM SHARED PLATES

agedashi tofu	8
<i>lightly battered tofu, bonito flakes, tempura sauce</i>	
chicken kara-age	9
<i>marinated japanese style fried boneless chicken</i>	
crab avocado spring roll	9
<i>w/ ginger salsa</i>	
edamame (GF) (V)	5.5
<i>boiled soybean, sea salt</i>	
gindara (black cod) miso-yaki	17
glazed garlic short ribs	15
<i>broiled beef short ribs w/ sweet soy</i>	
asparagus & shiitake mushroom salad (GF) (V)	15
<i>tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce</i>	
gyoza	13.5
<i>pan-fried pork & veggie dumpling, 6pc</i>	
hamachi kama (GF)	15
<i>broiled yellowtail collar w/ ponzu sauce</i>	
roasted garlic calamari salad	16
<i>lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce</i>	
spicy tofu (GF) (V)	8
<i>lightly battered tofu, spicy tomato garlic sauce</i>	
vegetable gyoza (V)	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
“TUNA”		
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
“YELLOWTAIL”		
hamachi (GFA) yellowtail	8	16
kanpachi (GFA) amberjack	7.5	15
“SALMON”		
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
“WHITE FISH”		
madai (GFA) sea bream	12	24
suzuki (GFA) sea bass	8	16
“MACKEREL”		
shime saba (GFA) vinegar-pickled mackerel	6.5	13
“SHELLFISH”		
amaebi (GFA) sweet shrimp	8	19.5
ebi (GFA) shrimp	6	12
hotate (GFA) scallop	7	14
snow crab (GFA)	8.5	17
“EEL”		
anago sea eel	8.5	22
unagi eel	7	18
OTHERS		
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

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

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kitsune roll	12
inari (sweet bean curd), avocado, asparagus, cream cheese	
lake union roll*	17
shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa	
mango california roll* (GFA)	12
california roll, topped w/ fresh mango, berry sauce	
marin roll (seared)*	15.5
crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli	
negihama roll* (GF)	10.5
chopped yellowtail, scallions	
negitoro roll* (GF)	11.5
chopped tuna, scallions	
ocean alexander roll*	17
spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce	
rainbow roll* (GFA)	15
assorted fishes, crab salad, flying fish roe, mayo, avocado	
rikki rikki roll*	18
snow crab, shibazuke (pickled eggplant), cilantro, chive, cucumber, topped w/ salmon, avocado. yuzu (Japanese citrus) vinaigrette	
rosanna roll*	11
chopped scallop and crab salad, flying fish roe, avocado, mayo	
salmon roll* (GF)	6
sockeye salmon roll* (GF)	7.5
salmon skin roll* (GF)	7.5
sashimi roll* (GF)	16
tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger ponzu	
seattle roll*	8.5
salmon, avocado, flying fish roe, cucumber	
spicy mango roll*	15
shrimp tempura, salmon, shrimp, mango, avocado, sweet & spicy sauce	
spicy salmon roll*	8.5
spicy tuna roll*	8.5
spicy tuna roll w/ avocado*	12
avocado on the top of spicy tuna roll	

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spider roll* lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber	12
sunshine roll* spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette	15.5
super dragon roll (cooked) broiled eel FILLET, shrimp tempura, flying fish roe	22
tekka maki* (GF) tuna roll	6
tropical roll* mango, avocado, flying fish roe, topped w/ salmon, mango, wasabi mayo, blueberry soy	12.5
truffle scallop roll* shrimp tempura, avocado, cucumber topped w/ seared scallop, brushed w/ truffle oil	17
una-kyu roll* eel, cucumber	9.5

VEGETABLE SUSHI

midori (V) avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	15
avocado & cucumber roll (GF) (V)	7.5
garden roll (V) asparagus, cucumber, lettuce, avocado, wasabi mayo	11
golden tofu roll (cooked) (V) battered; inari tofu, cream cheese, avocado	10
green bean tempura & cucumber roll (V)	7.5
inari sweet bean curd (V)	4.75
kappa maki cucumber roll (GF) (V)	5.5
mango, avocado & cucumber roll (GF) (V)	9
natto & cucumber roll (GF) (V)	7.5
pumpkin tempura roll (V)	7.5
shinko maki pickled roll (V)	5.5
ume & shiso maki (V) plum paste & shiso leaf	5.5
veggie roll (V) 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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