



I LOVE SUSHI ON LAKE UNION  
EST. 1992

### OMAKASE chefs' special

|                                 |    |
|---------------------------------|----|
| omakase sashimi* (GFA) 16pc     | 55 |
| omakase sushi* (GFA) 10pc       | 65 |
| omakase sushi* (GFA) 14pc       | 85 |
| omakase premium chirashi* (GFA) | 48 |

### SOUP

|                               |      |
|-------------------------------|------|
| miso soup                     | 2.75 |
| asari (manila clam) miso soup | 5    |
| nameko mushroom miso soup     | 5    |

### COLD SHARED PLATES

|                                                                                                                                         |      |
|-----------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>green salad</b> (GF) (V)<br>mixed greens, avocado, tomato, cucumber,<br>house made gf ginger dressing                                | 14   |
| <b>hamachi jalapeno*</b>                                                                                                                | 18.5 |
| <b>horenso gomaae</b> (GF) (V)<br>boiled spinach, sesame sauce                                                                          | 5.5  |
| <b>poke salad*</b><br>diced tuna, salmon, yellowtail, cucumber, sesame seed on<br>mixed greens choice of sauce : regular or sweet spicy | 18.5 |
| <b>sea foie gras with scallop*</b><br>layered sea scallop, monkfish foie gras, miso reduction                                           | 16   |
| <b>seaweed salad</b> (V)<br>2 kinds of seaweeds, sanbaizu rice vinaigrette                                                              | 6.5  |
| <b>sunomono salad (ebi, tako, or kani)*</b><br>light and refreshing cucumber salad<br>made with choice of shrimp, octopus, or snow crab | 12   |

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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 |
| shrimp and assorted vegetable         |      |
| <b>vegetable tempura (V)</b>          | 14   |
| assorted vegetable                    |      |

## WARM SHARED PLATES

|                                                                            |      |
|----------------------------------------------------------------------------|------|
| <b>agedashi tofu</b>                                                       | 8    |
| lightly battered tofu, bonito flakes, tempura sauce                        |      |
| <b>chicken kara-age</b>                                                    | 9.5  |
| marinated japanese style fried boneless chicken                            |      |
| <b>crab avocado spring roll</b>                                            | 9    |
| w/ ginger salsa                                                            |      |
| <b>edamame (GF) (V)</b>                                                    | 5.5  |
| boiled soybean, sea salt                                                   |      |
| <b>gindara (black cod) miso-yaki</b>                                       | 18   |
| <b>glazed garlic short ribs</b>                                            | 16   |
| broiled beef short ribs w/ sweet soy                                       |      |
| <b>asparagus &amp; shiitake mushroom salad (GF) (V)</b>                    | 18   |
| tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce       |      |
| <b>gyoza</b>                                                               | 14.5 |
| pan-fried pork & veggie dumpling, Gpc                                      |      |
| <b>hamachi kama (GF)</b>                                                   | 16   |
| broiled yellowtail collar w/ ponzu sauce                                   |      |
| <b>roasted garlic calamari salad</b>                                       | 18   |
| lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce |      |
| <b>spicy tofu (GF) (V)</b>                                                 | 8.5  |
| lightly battered tofu, spicy tomato garlic sauce                           |      |
| <b>vegetable gyoza (V)</b>                                                 | 8.5  |
| battered vegetable stuffed spinach dumplings, garlic ponzu sauce           |      |

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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                  | 9   | 18   |
| katsuo (GFA) bonito                | 7.5 | 15   |

### “YELLOWTAIL”

|                          |     |    |
|--------------------------|-----|----|
| hamachi (GFA) yellowtail | 9   | 18 |
| kanpachi (GFA) amberjack | 7.5 | 15 |

### “SALMON”

|                                |     |    |
|--------------------------------|-----|----|
| aburi sake (GFA) seared salmon | 7.5 | 15 |
| beni sake (GFA) sockeye salmon | 8   | 16 |
| ikura salmon roe               | 8.5 | 17 |
| 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 | 7.5 | 15 |
|-------------------------------------------|-----|----|

### “SHELLFISH”

|                           |     |    |
|---------------------------|-----|----|
| amaebi (GFA) sweet shrimp | 10  | 20 |
| ebi (GFA) shrimp          | 7   | 14 |
| hotate (GFA) scallop      | 9   | 18 |
| snow crab (GFA)           | 8.5 | 17 |
| king crab (GFA)           | 16  | 32 |

### “EEL”

|               |    |    |
|---------------|----|----|
| anago sea eel | 11 | 22 |
| unagi eel     | 9  | 18 |

### OTHERS

|                                   |     |         |
|-----------------------------------|-----|---------|
| ankimo (GFA) monkfish liver paste | 7.5 | 9 (3pc) |
| ika (GFA) squid                   | 6   | 12      |
| tako (GFA) octopus                | 7   | 14      |
| tamago (GFA) egg omelette         | 6   | 11      |
| tobiko flying fish roe            | 6   | 12      |
| uni ((GFA) sea urchin             | mp  | mp      |

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## MAKI/ROLL SUSHI

|                                                                                       |      |
|---------------------------------------------------------------------------------------|------|
| <b>1 2th man roll (cooked)*</b>                                                       | 18   |
| battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli                   |      |
| <b>ahi poke salad roll* (GF)</b>                                                      | 16.5 |
| albacore tuna, tuna, cucumber, scallion, mixed greens, poke sauce                     |      |
| <b>barcelona roll*</b>                                                                | 18   |
| chopped fatty tuna, scallion, cucumber, takuan, shiso leaf, topped with blue fin tuna |      |
| <b>california roll*</b>                                                               | 8.5  |
| w/ crab salad                                                                         |      |
| w/ snow crab* (GFA)                                                                   | 11   |
| w/ king crab* (GFA)                                                                   | 20   |
| <b>caterpillar roll*</b>                                                              | 15   |
| eel, flying fish roe, cucumber topped w/ avocado                                      |      |
| <b>copy roll*</b>                                                                     | 16.5 |
| crab salad, flying fish roe, scallop, avocado, mayo, lemon, topped w/ salmon          |      |
| <b>crunchy roll*</b>                                                                  | 13   |
| shrimp tempura, flying fish roe, avocado, crunchy tempura bit, spicy sauce            |      |
| <b>dragon roll*</b>                                                                   | 15   |
| shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado                      |      |
| <b>ebi tempura roll*</b>                                                              | 10   |
| shrimp tempura, flying fish roe, avocado, cucumber, mayo                              |      |
| <b>fairview roll (seared)* dine in only</b>                                           | 18   |
| shrimp tempura, flying fish roe, asparagus, topped w/ seared crab & scallop           |      |
| <b>fire tail roll*</b>                                                                | 14   |
| chopped yellowtail, cucumber, green onion topped w/ habanero masago and jalapeño      |      |
| <b>futomaki*</b>                                                                      | 9    |
| tamago, shiitake mushroom, spinach                                                    |      |
| <b>golden tofu roll (cooked)</b>                                                      | 11   |
| battered; inari tofu, cream cheese, avocado                                           |      |
| <b>hairy salmon roll*</b>                                                             | 16   |
| spicy tuna, avocado, ponzu, topped w/ salmon, wasabi flying fish roe, bonito flake    |      |
| <b>hokkaido roll* (GFA)</b>                                                           | 18   |
| chopped salmon, cucumber, avocado topped w/ scallop, salmon roe, bonito flakes        |      |
| <b>i love crunchy roll (cooked)*</b>                                                  | 16   |
| tempura style, avocado, cream cheese, choice of crab or eel                           |      |
| <b>jalaback roll*</b>                                                                 | 18   |
| shrimp tempura, avocado, jalapeño, topped w/ yellowtail, ginger salsa                 |      |

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|                                                                                                                                   |      |
|-----------------------------------------------------------------------------------------------------------------------------------|------|
| <b>kaisen futomaki*</b>                                                                                                           | 20   |
| traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber                       |      |
| <b>kitsune roll</b>                                                                                                               | 13   |
| inari (sweet bean curd), avocado, asparagus, cream cheese                                                                         |      |
| <b>lake union roll*</b>                                                                                                           | 18   |
| shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa                                                        |      |
| <b>mango california roll* (GFA)</b>                                                                                               | 13.5 |
| california roll, topped w/ fresh mango, berry sauce                                                                               |      |
| <b>marin roll (seared)*</b>                                                                                                       | 18   |
| crab salad, flying fish roe, avocado, cream cheese, scallions, cucumber, topped w/ seared salmon, wasabi aioli                    |      |
| <b>negihama roll* (GF)</b>                                                                                                        | 11.5 |
| chopped yellowtail, scallions                                                                                                     |      |
| <b>negitoro roll* (GF)</b>                                                                                                        | 13   |
| chopped tuna, scallions                                                                                                           |      |
| <b>ocean alexander roll*</b>                                                                                                      | 18   |
| spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mixture, jalapeño, garlic ponzu sauce |      |
| <b>rainbow roll* (GFA)</b>                                                                                                        | 17   |
| 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>                                                                                                              | 12   |
| chopped scallop and crab salad, flying fish roe, avocado, mayo                                                                    |      |
| <b>salmon roll* (GF)</b>                                                                                                          | 7    |
| <b>sockeye salmon roll* (GF)</b>                                                                                                  | 8.5  |
| <b>salmon skin roll* (GF)</b>                                                                                                     | 8    |
| <b>sashimi roll* (GF)</b>                                                                                                         | 17   |
| 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>                                                                                                          | 16   |
| shrimp tempura, salmon, shrimp, mango, avocado, sweet & spicy sauce                                                               |      |
| <b>spicy salmon roll*</b>                                                                                                         | 8.5  |
| <b>spicy tuna roll*</b>                                                                                                           | 8.5  |

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|                                                                                                                                      |     |
|--------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>spicy tuna roll w/ avocado*</b><br>avocado on the top of spicy tuna roll                                                          | 13  |
| <b>spider roll*</b><br>lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber                                    | 14  |
| <b>sunshine roll*</b><br>spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette | 17  |
| <b>super dragon roll (cooked)</b><br>broiled eel FILLET, shrimp tempura, flying fish roe                                             | 24  |
| <b>tekka maki*</b> (GF)<br>tuna roll                                                                                                 | 7.5 |
| <b>tropical roll*</b><br>mango, avocado, flying fish roe, topped w/ salmon, mango, wasabi mayo, blueberry soy                        | 14  |
| <b>truffle scallop roll*</b><br>shrimp tempura, avocado, cucumber, spicy mayo, topped w/ seared scallop, brushed w/ truffle oil      | 18  |
| <b>una-kyu roll*</b><br>eel, cucumber                                                                                                | 11  |

## VEGETABLE SUSHI

|                                                                                        |      |
|----------------------------------------------------------------------------------------|------|
| <b>midori</b> (V)<br>avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd) | 18   |
| <b>avocado &amp; cucumber roll</b> (GF) (V)                                            | 8    |
| <b>garden roll</b> (V)<br>asparagus, cucumber, lettuce, avocado, wasabi mayo           | 12   |
| <b>green bean tempura &amp; cucumber roll</b> (V)                                      | 8    |
| <b>inari</b> sweet bean curd (V)<br>2pcs                                               | 4.75 |
| <b>kappa maki</b> cucumber roll (GF) (V)                                               | 6    |
| <b>mango, avocado &amp; cucumber roll</b> (GF) (V)                                     | 10   |
| <b>natto &amp; cucumber roll</b> (GF) (V)                                              | 8    |
| <b>pumpkin tempura roll</b> (V)                                                        | 8    |
| <b>shinko maki</b> pickled roll (V)                                                    | 6    |
| <b>ume &amp; shiso maki</b> (V)<br>plum paste & shiso leaf                             | 6    |
| <b>veggie roll</b> (V)<br>japanese pickles, cucumber                                   | 8    |

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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\*\***

|                                                                                                                                                                                                       |    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>garden bento (V)</b>                                                                                                                                                                               | 24 |
| mixed greens, edamame, veggie tempura w/ macha sea salt,<br>inari (sweet bean curd), spicy tofu, no miso soup                                                                                         |    |
| <b>lake union bento*</b>                                                                                                                                                                              | 28 |
| shrimp & veggie tempura, chicken teriyaki, california roll, salad,<br>rice, choice of miso soup                                                                                                       |    |
| <b>i love sushi premium bento*</b>                                                                                                                                                                    | 44 |
| sashimi: tuna, salmon, sweet shrimp.<br>broiled fish: salmon teriyaki w/ side of horensogomae<br>tempura: shrimp, scallop, veggies<br>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\*\***

|                                                                                                                                                   |    |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>deluxe sushi assortment*</b>                                                                                                                   | 54 |
| fatty tuna, tuna, salmon, yellowtail, white fish, scallop, king<br>crab<br>sweet shrimp, fresh water eel and uni & ikura mini-don                 |    |
| <b>chirashi* (GFA)</b>                                                                                                                            | 30 |
| assorted raw on sushi rice                                                                                                                        |    |
| <b>sashimi* (GFA)</b>                                                                                                                             | 35 |
| albacore, yellowtail, sockeye salmon, salmon, white fish, tuna,<br>scallop, rice                                                                  |    |
| <b>mt. fuji* (GFA)</b>                                                                                                                            | 32 |
| 9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon,<br>salmon roe, octopus, mackerel, sweet shrimp, albacore tuna<br>and tuna roll |    |
| <b>mt. rainier* (GFA)</b>                                                                                                                         | 32 |
| 9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail,<br>scallop, eel, shrimp and california roll                                    |    |
| <b>chicken katsu</b>                                                                                                                              | 22 |
| chicken cutlet, rice                                                                                                                              |    |
| <b>chicken teriyaki</b>                                                                                                                           | 20 |
| gluten free teriyaki sauce, rice                                                                                                                  |    |
| <b>saba shioyaki</b>                                                                                                                              | 22 |
| broiled mackerel w/ sea salt, rice                                                                                                                |    |
| <b>salmon teriyaki</b>                                                                                                                            | 28 |
| gluten free teriyaki sauce, rice                                                                                                                  |    |
| <b>tempura</b>                                                                                                                                    | 24 |
| 5pc shrimp and veggies, rice                                                                                                                      |    |
| <b>tonkatsu</b>                                                                                                                                   | 24 |
| center cut fresh pork loin cutlet, rice                                                                                                           |    |
| <b>unaju</b>                                                                                                                                      | 34 |

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broiled fresh water eel on steamed rice, sansho pepper

## NOODLE

**nabeyaki udon w/ king crab** 22  
scallop, shrimp tempura, egg, shiitake mushroom, fish cake

### udon

kake (plain) 12  
chicken 16  
kitsune (inari age) 14  
niku (savory sukiyaki beef) 17  
shrimp tempura 16  
veggie tempura 16

**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)** 6  
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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