



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

green salad (GF) (V) mixed greens, avocado, tomato, cucumber, house made gf ginger dressing	14
hamachi jalapeno*	18.5
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	18.5
sea foie gras with scallop* layered sea scallop, monkfish foie gras, miso reduction	16
seaweed salad (V) 2 kinds of seaweeds, sanbaizu rice vinaigrette	6.5
sunomono salad (ebi, tako, or kani)* light and refreshing cucumber salad 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

shrimp & vegetable tempura	16.5
shrimp and assorted vegetable	
vegetable tempura (V)	14
assorted vegetable	

WARM SHARED PLATES

agedashi tofu	8
lightly battered tofu, bonito flakes, tempura sauce	
chicken kara-age	9.5
marinated japanese style fried boneless chicken	
crab avocado spring roll	9
w/ ginger salsa	
edamame (GF) (V)	5.5
boiled soybean, sea salt	
gindara (black cod) miso-yaki	18
glazed garlic short ribs	16
broiled beef short ribs w/ sweet soy	
asparagus & shiitake mushroom salad (GF) (V)	18
tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce	
gyoza	14.5
pan-fried pork & veggie dumpling, Gpc	
hamachi kama (GF)	16
broiled yellowtail collar w/ ponzu sauce	
roasted garlic calamari salad	18
lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce	
spicy tofu (GF) (V)	8.5
lightly battered tofu, spicy tomato garlic sauce	
vegetable gyoza (V)	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
hirame (GFA) flounder	16	32

“MACKEREL”

shime saba (GFA) vinegar-pickled mackerel	7.5	15
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“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

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

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

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

VEGETABLE SUSHI

midori (V) avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)	18
avocado & cucumber roll (GF) (V)	8
garden roll (V) asparagus, cucumber, lettuce, avocado, wasabi mayo	12
green bean tempura & cucumber roll (V)	8
inari sweet bean curd (V) 2pcs	4.75
kappa maki cucumber roll (GF) (V)	6
mango, avocado & cucumber roll (GF) (V)	10
natto & cucumber roll (GF) (V)	8
pumpkin tempura roll (V)	8
shinko maki pickled roll (V)	6
ume & shiso maki (V) plum paste & shiso leaf	6
veggie roll (V) 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****

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

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