



I LOVE SUSHI ON LAKE UNION  
EST. 1992

## OMAKASE chefs' special

**omakase sashimi\*** (GFA) 16pc

**omakase sushi\*** (GFA) 10pc

**omakase sushi\*** (GFA) 14pc

**omakase premium chirashi\*** (GFA)

## SOUP

**miso soup**

**asari (manila clam) miso soup**

**nameko mushroom miso soup**

## COLD SHARED PLATES

**crispy rice\*** *dine in only*

crispy rice topped with jalapeño, fried onion and ginger  
salsa, choice of spicy tuna or spicy salmon

**green salad** (GF) (V)

mixed greens, avocado, tomato, cucumber,  
house made gf ginger dressing

**hamachi jalapeno\*** (GF)

**horenso gomaae** (GF) (V)

boiled spinach, sesame sauce

**poke salad\*** (GFA)

diced tuna, salmon, yellowtail, cucumber, sesame seed on  
mixed greens choice of sauce : regular or sweet spicy

**sea foie gras with scallop\***

layered sea scallop, monkfish foie gras, miso reduction

**seaweed salad** (V)

2 kinds of seaweeds, sanbaizu rice vinaigrette

**sunomono salad (ebi, tako, or kani)\***

light and refreshing cucumber salad  
made with choice of shrimp, octopus, or snow crab

(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**

shrimp and assorted vegetable

### **vegetable tempura (V)**

assorted vegetable

## WARM SHARED PLATES

### **agedashi tofu**

lightly battered tofu, bonito flakes, tempura sauce

### **chicken kara-age**

marinated japanese style boneless fried chicken

### **crab avocado spring roll**

crunchy crab salad spring roll w/ ginger salsa

### **edamame (GF) (V)**

boiled soybean, sea salt

### **gindara (black cod) miso-yaki**

### **glazed garlic short ribs**

broiled beef short ribs w/ sweet soy

### **asparagus & shiitake mushroom salad (GF) (V)**

tomato, cucumber, celery, mixed greens, eggplant, garlic ponzu sauce

### **gyoza**

pan-fried pork & veggie dumpling, Gpc

### **hamachi kama (GF)**

broiled yellowtail collar w/ ponzu sauce

### **roasted garlic calamari salad**

lightly battered calamari, mixed greens, cashew nuts, roasted garlic sauce

### **spicy tofu (GF) (V)**

lightly battered tofu, spicy tomato garlic sauce

### **vegetable gyoza (V)**

battered vegetable stuffed spinach dumplings, garlic ponzu sauce

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## NIGIRI SUSHI AND SASHIMI\*

nigiri: 1 pc, sashimi: 3 pc per order

### “TUNA”

**bincho maguro** (GFA) albacore tuna

**o-toro** (GFA) bluefin marbled fatty

**chutoro** (GFA) bluefin medium fatty

**maguro** (GFA) tuna

**fresh katsuo** (GFA) bonito

### “YELLOWTAIL”

**hamachi** (GFA) yellowtail

**hamachi toro** (GFA) yellowtail belly

**kanpachi** (GFA) amberjack

### “SALMON”

**aburi sake** (GFA) seared salmon

**beni sake** (GFA) sockeye salmon

**ikura** salmon roe

**sake** (GFA) salmon

**sake toro** (GFA) salmon belly

### “WHITE FISH”

**madai** (GFA) sea bream

**hirame** (GFA) flounder

### “MACKEREL”

**shime saba** (GFA) vinegar-pickled mackerel

**aji** (GFA) horse mackerel

### “SHELLFISH”

**amaebi** (GFA) sweet shrimp

**ebi** (GFA) shrimp

**hotate** (GFA) scallop

**snow crab** (GFA)

### “EEL”

**anago** sea eel

**unagi** eel

### OTHERS

**ankimo** (GFA) monkfish liver paste

**ika** (GFA) squid

**tako** (GFA) octopus

**tamago** (GFA) egg omelette

**tobiko** flying fish roe

**uni** (GFA) sea urchin

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## MAKI/ROLL SUSHI

### 12th man roll (cooked)\*

battered; shrimp tempura, crab salad topped w/ avocado, spicy aioli

### ahi poke salad roll\* (GF)

albacore tuna, cucumber, topped w/ tuna, mixed greens, sesame seeds  
poke sauce

### barcelona roll\* (GFA)

chopped fatty tuna, scallion, cucumber, takuan, shiso leaf,  
topped with blue fin tuna

california roll\*      w/ crab salad  
                                 w/ snow crab\* (GFA)

### caterpillar roll\*

eel, flying fish roe, cucumber topped w/ avocado, nitsume

### copy roll\*

crab salad, flying fish roe, scallop, avocado, mayo,  
topped w/ salmon, lemon

### crunchy roll\*

shrimp tempura, flying fish roe, avocado, topped w/ crunchy  
tempura flakes, spicy sauce

### dragon roll\*

shrimp tempura, flying fish roe, cucumber topped w/ eel, avocado, nitsume

### ebi tempura roll\*

shrimp tempura, flying fish roe, avocado, cucumber, mayo

### fairview roll (seared)\*    dine in only

shrimp tempura, flying fish roe, asparagus, topped w/  
seared scallop & crab salad, nitsume

### fire tail roll\*

chopped yellowtail, cucumber, green onion topped w/ habanero  
masago and jalapeño

### futomaki\*

tamago, shiitake mushroom, spinach

### golden tofu roll (cooked)

battered; inari tofu, cream cheese, avocado

### hairy salmon roll\*

spicy tuna, avocado, topped w/ salmon, wasabi flying fish roe, ponzu  
fried onion

### hokkaido roll\* (GFA)

chopped salmon, cucumber, avocado, topped w/ scallop, salmon roe,  
bonito flakes

### i love crunchy roll (cooked)\*

battered; avocado, cream cheese, aioli, nitsume, choice of crab or eel

### jalaback roll\*

shrimp tempura, avocado, jalapeño, topped w/ yellowtail, fried onion,  
ginger salsa

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**kaisen futomaki\* (GFA)**

traditional style roll; tuna, sockeye salmon, yellowtail, scallop, shrimp, salmon roe, shiso leaf, cucumber

**kitsune roll**

avocado, asparagus, cream cheese, topped w/ inari (sweet bean curd)

**lake union roll\***

shrimp tempura, crab salad, avocado, topped w/ albacore tuna, ginger salsa

**mango california roll\* (GFA)**

california roll, topped w/ fresh mango, house blueberry soy

**marin roll (seared)\***

crab salad, flying fish roe, avocado, cream cheese, cucumber, topped w/ seared salmon, scallions, wasabi aioli

**negihama roll\* (GF)**

chopped yellowtail, scallions

**negitoro roll\* (GF)**

chopped blue fin tuna, scallions

**ocean alexander roll\***

spicy tuna, cilantro, yamagobo (burdock), cucumber, topped w/ albacore tuna, japanese spice mix, jalapeño, garlic ponzu sauce

**rainbow roll\* (GFA)**

crab salad, flying fish roe, topped w/ salmon, tuna, yellowtail, albacore tuna, shrimp, avocado

**rikki rikki roll\***

snow crab, shibazuke (pickled eggplant), cilantro, cucumber topped w/ salmon, avocado, yuzu (Japanese citrus) vinaigrette

**rosanna roll\***

chopped scallop and crab salad, flying fish roe, avocado, mayo

**salmon roll\* (GF)****sockeye salmon roll\* (GF)****salmon skin roll\* (GF)****sashimi roll\* (GF)**

tuna, salmon, snow crab, avocado wrapped w/cucumber, ginger salsa

**seattle roll\* (GFA)**

salmon, avocado, cucumber, flying fish roe

**spicy mango roll\***

shrimp tempura, topped w/ salmon, shrimp, mango, avocado, sweet & spicy sauce

**spicy salmon roll\*****spicy tuna roll\***

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**spicy tuna roll w/ avocado\***

avocado on the top of spicy tuna roll

**spider roll\***

lightly battered soft shell crab, flying fish roe, avocado, mayo, cucumber

**sunshine roll\* (GFA)**

spicy tuna, cucumber topped w/ sockeye salmon, avocado, gluten free yuzu (japanese citrus) miso vinaigrette

**super dragon roll (cooked)**

shrimp tempura, flying fish roe, topped w/ broiled eel FILLET

**tekka maki\* (GF)**

tuna roll

**tropical roll\***

mango, avocado, flying fish roe, topped w/ salmon, mango, wasabi aioli & house blueberry soy

**truffle scallop roll\* dine in only**

shrimp tempura, avocado, cucumber, topped w/ seared scallop brushed w/ truffle oil, spicy aioli

**una-kyu roll\***

eel, cucumber

**VEGETABLE SUSHI**

**midori (V)**

avocado & cucumber roll, cucumber roll, 2 inari (sweet bean curd)

**avocado & cucumber roll (GF) (V)**

**garden roll (GFA) (V)**

asparagus, cucumber, lettuce, topped w/ avocado, wasabi aioli

**green bean tempura & cucumber roll (V)**

**inari sweet bean curd (V)**

2pcs

**kappa maki cucumber roll (GF) (V)**

**mango, avocado & cucumber roll (GF) (V)**

w/ house blueberry soy

**natto & cucumber roll (GF) (V)**

**pumpkin tempura roll (V)**

**shinko maki pickled daikon roll (V)**

**ume & shiso maki (V)**

plum paste & shiso leaf, cucumber

**veggie roll (V)**

japanese pickles, cucumber

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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)**

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

### **lake union bento\***

shrimp & veggie tempura, chicken teriyaki, california roll, salad,  
rice, choice of miso soup

### **i love sushi premium bento\***

sashimi: tuna, salmon, sweet shrimp.

broiled fish: salmon teriyaki w/ side of horensō gomae

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\***

fatty tuna, tuna, salmon, yellowtail, white fish, scallop,  
snow crab, sweet shrimp, eel and uni & ikura mini-don

### **chirashi\* (GFA)**

assorted sashimi on sushi rice

### **sashimi\* (GFA)**

albacore, yellowtail, sockeye salmon, salmon, white fish, tuna,  
scallop, rice

### **mt. fuji\* (GFA)**

9pc of nigiri sushi and tamago; tuna, yellowtail, scallop, salmon,  
salmon roe, octopus, mackerel, sweet shrimp, albacore tuna  
and tuna roll

### **mt. rainier\***

9 pc of nigiri sushi; 2 tuna, 2 salmon, albacore tuna, yellowtail,  
scallop, eel, shrimp and california roll

### **chicken katsu**

chicken cutlet, rice

### **chicken teriyaki (GF)**

teriyaki marinated chicken, rice

### **saba shioyaki (GF)**

broiled mackerel w/ sea salt, rice

### **salmon teriyaki (GF)**

teriyaki marinated salmon, rice

### **tempura**

5pc shrimp and veggies, rice

### **tonkatsu**

center cut fresh pork loin cutlet, rice

### **unaju**

broiled fresh water eel on steamed rice, sansho pepper

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## NOODLE

### nabeyaki udon w/ snow crab

scallop, shrimp tempura, egg, shiitake mushroom, fish cake

### udon

kake (plain)

chicken

kitsune (inari age)

niku (savory sukiyaki beef)

shrimp tempura

veggie tempura

### veggie yakisoba

stir-fried wheat flour noodle w/ vegetables

### seafood yakisoba

stir-fried wheat flour noodle w/ scallop, shrimp, vegetables

## SIDE

extra shiso leaf (GF)

fresh wasabi (GF)

house salad (GF) (V)

mixed greens, cucumber, gluten free ginger dressing

steamed rice (GF)

sushi rice (GF)

tsukemono moriawase (V)

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.
- 20% 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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