

Salads and soups

S1	Poke Salad 🌱 fresh chunky tuna / salmon with mixed vegetables in poke house sauce	10 / 8
S2	Karashi Su-Miso 🌱 seared albacore tuna / salmon with mixed vegetables in Japanese mustard dressing	10 / 8
S3	Wakame 🌱 spring mix, seaweed, cucumbers and pickled radish in light sesame dressing	7
S4	House Salad 🌱 mixed vegetables and arcadian mix in creamy sesame dressing	5
S5	Edamame 🌱 seasoned soybeans	4
S6	Miso Soup 🌱 soy-based broth with tofu, scallions and seaweed	3

Cold Tapas (CHEF'S SIGNATURE DISH)

Tartars in a special Haru Dijon mustard sauce. All tartars are served with tortilla chips

C1	Beef	15
C2	Salmon	13
C3	Tuna	14
C4	Yin Yang (salmon and tuna)	16
C5	Salmon Tataki Fresh seared salmon with tri-colored onions in ponzu sauce	13
C6	Albacore Tuna Tataki Seared albacore tuna with tri-colored onions in ponzu sauce	15
C7	Beef Tataki Seared AAA beef in ponzu sauce with dry garlic bits, red onions, scallions and sesame seeds	17
C11	What, what? Assorted fresh sashimi (tuna, salmon, albacore tuna) with caviar, dressed in yuzu sauce	15

Sushi Pizzas

Avocado spread, spicy mayo, tempura mix on a fried panko rice cake. Topped with tobiko, scallions, sesame seeds and sweet soy sauce

C8	Tuna / Salmon	14 / 13
C9	Seafood	15
C10	Vegetables	12

Maki (sushi rolls)

R1	Cheesy Salmon Rolls Avocado, cucumber, pollock and cream cheese, topped with smoked salmon, scallions, jalapenos and sour cream sauce	9
R2	Spicy Salmon Fresh salmon, avocado, scallions and tempura bits in spicy chili mayo	9
R3	Spicy Tuna Fresh tuna, avocado, scallions and tempura bits in spicy chili mayo	11
R4	Cowboy Maki Seared beef, cream cheese, asparagus, jalapenos, avocado, scallions, tempura bits, topped with beef carpaccio, shredded fried potatoes and sesame seeds. Sauces: wasabi mayo, spicy mayo, unagi	20
R5	Zen Dragon BBQ eel, cucumber, tempura shrimp, avocado, tobiko and sweet soy sauce drizzle	15
R6	Surf & Turf Panko crusted shrimp, beef carpaccio, avocado, asparagus, spicy mayo, wasabi mayo, topped with sweet soy sauce and scallions	18
R7	Haru Spicy scallop mix, avocado, cucumber, rolled in tempura bits and tobiko, topped with flaming kiwi sauce and scallions	16
R8	Emerald Soft shell crab, avocado, spring mix, spicy mayo and masago, wrapped in soy paper, topped with unagi sauce	9
R9	Double salmon Smoked salmon, avocado, cucumber, cream cheese, topped with fresh salmon	11
R10	Green roll 🌱 Asparagus, avocado and oshinko, topped with wakame	8
R11	Lemon chicken Panko crusted chicken, asparagus, cucumber, masago, sweet soy sauce and lemon aioli	10
R12	Yam roll 🌱 Avocado, asparagus and cucumber, topped with sweet potato tempura, sesame seeds and poke mayo	8
R13	Orange Dragon Tempura shrimp, asparagus, avocado and spicy mayo, topped with fresh salmon	15
R14	Red Dragon Tempura shrimp, asparagus, avocado and spicy mayo, topped with fresh tuna	17
R15	Orange Dragon Boat Tempura shrimp, avocado, cucumber, topped with spicy salmon, masago, scallions, sesame seeds and drizzled with sweet soy sauce	15
R16	Red Dragon Boat Tempura shrimp, avocado, cucumber, topped with spicy tuna, masago, scallions, sesame seeds and drizzled with sweet soy sauce	17
R17	Haru Knockout (Tempura Fried Maki) Spicy salmon and tuna, tempura bits, masago, avocado, topped with scallions, tobiko, wasabi mayo, sweet soy sauce and sesame seeds	18

Hot Tapas

H1	Sea Delight Jumbo pan seared scallops, shrimp and basa fish with asparagus in creamy lemon garlic miso sauce	16
H2	Cheesy Wine Sauce Pork Chops Grilled pork chops marinated with lemongrass and mushrooms in Haru cheesy wine sauce, topped with garlic bits and crispy onion rings	14
H3	Mushroom Sauce Steak Grilled AAA strip-loin (4oz) in demi-glace house mushroom sauce, topped with shredded fried potatoes	17
H4	Grilled Jumbo Shrimp Marinated jumbo shrimp with Asian-style pesto	15
H5	Baby Back Ribs Braised ribs tossed in ginger-orange glaze with garlic bits, topped with sesame seeds and scallions	13
H6	Teriyaki Chicken Grilled chicken served with assorted vegetables and teriyaki glaze	12
H7	Shioyaki Salmon Grilled salmon served with assorted vegetables, seasoning and spicy ponzu sauce	13
H8	Karaage Tender deep fried tempura chicken morsels, served with spicy mayo dip	12
H10	Katsu Chicken (Japanese Curry) Crispy panko chicken served with assorted vegetables and Japanese curry sauce	13
H11	Asian-Style Buffalo Wings ½ pound crispy chicken wings tossed in a sweet & sour Buffalo sauce, served with sour cream	12
H12	Katsu Poutine Crispy panko chicken, cheese curds and homemade fries in creamy Japanese curry sauce	12
H13	Bacon Poutine Smoked bacon, cheese curds and homemade fries in mushroom demi-glace sauce	12
H14	Fish & chips Lightly battered basa fish, homemade fries and wasabi tartar sauce	12

Vegetarian Tapas

- V2** **Black Pepper Tofu**  12
Stir-fry with assorted vegetables in delicious Asian black pepper sauce
- V3** **Satay Tofu**  12
Garlic root stir-fry with assorted vegetables in delicious Asian-style satay sauce
- V4** **Sautéed Asparagus**  11
Sautéed asparagus in sake butter soy sauce
- V5** **Teriyaki Tofu**  12
Crispy tofu and assorted vegetables topped with teriyaki glaze

Black Pepper Sauce Stir-Fry

Stir-fry with assorted vegetables in a delicious Asian-style black pepper sauce

- F1** **Pork Belly** 14
- F2** **Chicken** 13
- F3** **Beef** 15
- F4** **Seafood** 16

Satay Sauce Stir-Fry





Garlic root stir-fry with assorted vegetables in a delicious Asian-style satay sauce

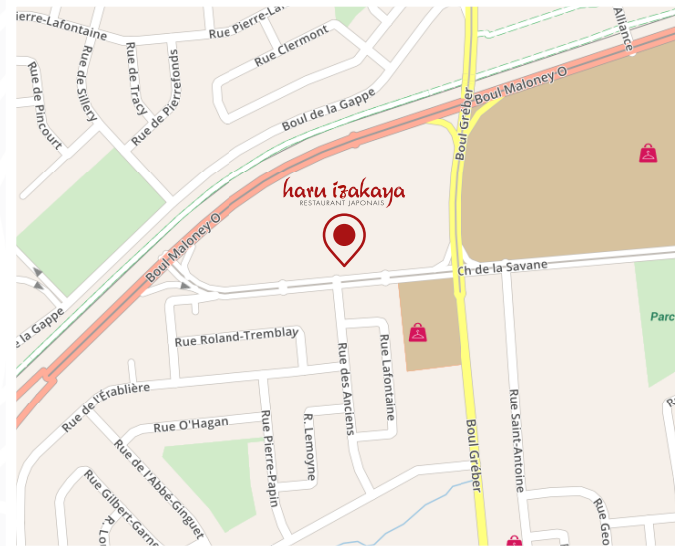
- F5** **Pork Belly** 14
- F6** **Chicken** 13
- F7** **Beef** 15
- F8** **Seafood** 16

Noodles and Soup

- N1** **Ramen Soup** 13
chashu pork belly / grilled chicken in pork broth

Sides

- M1** **White rice**  2
- M2** **Yam fries**  7
- M3** **Sushi rice (marinated)**  3
- M4** **Homemade fries**  3



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TAKE-OUT MENU

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