

# haru izakaya

RESTAURANT JAPONAIS

The izakaya is a casual tapas bar in Japan. Perfect for after-work unwinding, this place to eat and drink offers a variety of small dishes of food that can be shared at the table.

**Haru Izakaya** will bring you to a whole new level of the traditional Japanese experience. While being able to enjoy contemporary comfort food in a completely relaxed atmosphere, you will furthermore savor a merging of both ancestral and modern culinary traditions.

## Cold Tapas (CHEF'S SPECIALTY)

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


<b>C1</b>	Salmon	15
<b>C2</b>	Tuna	16
<b>C3</b>	Yin Yang (salmon and tuna)	18
<b>C4</b>	Beef	18
<b>C5</b>	Salmon Carpaccio (Tataki) Fresh seared salmon with tri-colored onions in ponzu sauce	17
<b>C6</b>	Albacore Tuna Carpaccio (Tataki) Fresh seared albacore tuna with tri-colored onions in ponzu sauce	19
<b>C7</b>	Beef Carpaccio (Tataki) Seared AAA beef in ponzu sauce with dry garlic bits, scallions and sesame seeds	21
<b>C8</b>	Sesame Crusted Tuna Pan-seared tuna with wasabi mayo and sweet soy sauce	24

## Sashimi (3pc) / Nigiri (2pc)



<b>C9</b>	Salmon	9 / 8
<b>C10</b>	Tuna	10 / 9
<b>C11</b>	Scallop	15 / 10
<b>C12</b>	Assorted Sashimi (8pc) Tuna, salmon, albacore tuna, scallop	28
<b>C13</b>	What, what? Fresh assorted sashimi (tuna, salmon, albacore tuna) with caviar dressed in a yuzu sauce	19

## Sushi Pizzas

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

<b>P1</b>	Tuna / Salmon Fresh slices of fish & avocados	15 / 14
<b>P2</b>	Seafood Shrimp, scallop, white fish, crab stick	17
<b>P3</b>	Vegetables  Sweet potato, zucchini, mushroom, asparagus and red pepper	14




## Maki (sushi rolls)

<b>R1</b>	<b>Cheesy Salmon Rolls</b> Avocado, cucumber and crabstick, topped with smoked salmon, scallions, jalapenos and sour cream	12
<b>R2</b>	<b>Spicy Salmon</b> Fresh salmon, avocado, scallions and tempura bits in spicy chili mayo	11
<b>R3</b>	<b>Spicy Tuna</b> Fresh tuna, avocado, scallions and tempura bits in spicy chili mayo	12
<b>R4</b>	<b>Cowboy Maki</b> Seared beef, cream cheese, asparagus, jalapenos, avocado, scallions, tempura bits, topped with beef carpaccio, shredded fried potatoes, sesame seeds, wasabi mayo, spicy mayo and sweet soy sauce	21
<b>R5</b>	<b>Dragon Zen</b> BBQ eel, cucumber, tempura shrimp, avocado, tobiko and sweet soy sauce drizzle	17
<b>R6</b>	<b>Surf &amp; Turf</b> Panko-crusted shrimp, beef carpaccio, avocado, asparagus, spicy mayo, wasabi mayo, topped with sweet soy sauce and scallions	18
<b>R7</b>	<b>Haru</b> Spicy scallop mix, avocado, cucumber, rolled in tempura bits and tobiko, topped with flaming kiwi sauce and scallions	16
<b>R8</b>	<b>Spyder (Full-size crab)</b> Soft-shell crab, avocado, asparagus, cucumber, spicy mayo, topped with masago, sesame seed & sweet soy sauce	18
<b>R9</b>	<b>Double Salmon</b> Smoked salmon, avocado, cucumber, cream cheese, topped with fresh salmon	14
<b>R10</b>	<b>Green roll</b>  Asparagus, avocado, cucumber and oshinko, topped with wakame	8
<b>R11</b>	<b>Lemon Chicken</b> Panko crusted chicken, asparagus, cucumber, masago, sweet soy sauce and lemon aioli	10
<b>R12</b>	<b>Vegetarian</b>  Avocado, asparagus and cucumber, topped with tempura sweet potato	8
<b>R13</b>	<b>Orange Dragon</b> Tempura shrimp, asparagus, avocado and spicy mayo, topped with fresh salmon	16
<b>R14</b>	<b>Red Dragon</b> Tempura shrimp, asparagus, avocado and spicy mayo, topped with fresh tuna	17
<b>R15</b>	<b>Orange Dragon Boat</b> Tempura shrimp, avocado, cucumber, topped with spicy salmon, masago, scallions, sesame seeds and drizzled with sweet soy sauce	16
<b>R16</b>	<b>Red Dragon Boat</b> Tempura shrimp, avocado, cucumber, topped with spicy tuna, masago, scallions, sesame seeds and drizzled with sweet soy sauce	17
<b>R17</b>	<b>Knockout (Tempura Fried Maki)</b> Spicy salmon and tuna, tempura bits, masago, avocado, topped with scallions, tobiko, wasabi mayo, sweet soy sauce and sesame seeds	19
<b>R18</b>	<b>Pink Dragon Boat</b> Tempura shrimp, cucumber, avocado, topped with spicy shrimp, masago, green onions, sesame seeds and sweet soy drizzle	17


## Hot Tapas

<b>H1</b>	<b>Scallop Trio</b> Pan-seared U10 scallop in creamy garlic miso sauce	26
<b>H2</b>	<b>Jumbo Shrimp</b> Grilled jumbo shrimps in creamy garlic miso sauce	18
<b>H3</b>	<b>Mushroom Sauce Steak</b> Grilled AAA strip-loin (4oz) in demi-glace house mushroom sauce, topped with fried shredded potatoes	21
<b>H4</b>	<b>Ginger Chicken / Basa</b> Lightly battered, tossed with pickled ginger, red pepper & onion in sweet & sour spicy ginger sauce	18
<b>H5</b>	<b>Black Pepper Shrimp / Chicken / Tofu</b> Stir-fry with mixed vegetables in black pepper sauce	19 / 18 / 16
<b>H6</b>	<b>Satay Shrimp / Chicken / Tofu</b> Stir-fry with mixed vegetables in Asian satay sauce	19 / 18 / 16
<b>H7</b>	<b>Asian Buffalo Wings</b> ½ pound crispy chicken wings tossed in sweet & sour, spicy Buffalo sauce with a sour cream	14
<b>H8</b>	<b>Chicken Katsu Poutine</b> Panko-cruste chicken & cheese curds with hand-cut fries in Japanese curry sauce	16
<b>H9</b>	<b>Bacon Poutine</b> Smoked bacon, cheese curds and homemade fries in house demi-glace sauce	15
<b>H10</b>	<b>Seafood Poutine</b> Scallop, shrimp, salmon, crab stick & cheese curds with hand-cut fries in special creamy clam sauce	19
<b>H11</b>	<b>Fish &amp; Chips</b> Lightly battered basa fish, homemade fries and wasabi tartar sauce	13
<b>H12</b>	<b>Calamari</b> Deep-fried calamari with sweet soy drizzle and spicy mayo dip	16
<b>H13</b>	<b>Kara-age</b> Tender chicken morsels, deep-fried in batter, served with a spicy mayo dip	13
<b>H14</b>	<b>Haru Tempura</b> Flash fried shrimps and assorted vegetables (zucchini, mushroom, asparagus, red pepper & sweet potato)	13
<b>H15</b>	<b>Beef / Chicken Gyoza</b> Flash fried dumplings with sweet Thai chili sauce	7
<b>H16</b>	<b>Spring Roll</b>  Vegetable spring roll	6
<b>H17</b>	<b>Sauté Asparagus &amp; Mushroom</b>  Sauté asparagus & mushroom in sake butter soy	16
<b>H18</b>	<b>Sauté Zucchini</b>  Sauté zucchini in sake butter soy	14
<b>H19</b>	<b>Asian Ravioli</b> Steamed beef dumpling with baby spinach in creamy garlic miso mushroom sauce	17

## Salads

- S1** **Poke Salad** 12 / 11  
Fresh tuna / salmon with mixed vegetables in poke house dressing
- S2** **Wakame**  8  
Seaweed and pickled radish with an arcadian mix in lightly roasted sesame goma dressing
- S3** **House Salad**  6  
Mixed vegetables and arcadian with lightly roasted sesame goma dressing
- S4** **Edamame**  6  
Seasoned soybeans
- S5** **Avocado Bomb** 16 / 15  
Stuffed fresh tuna / salmon, bacon bits & cucumber in poke sauce, topped with shredded potato chips & massago

## Soup and Noodle


- S6** **Miso Soup**  3  
Soybean based with tofu, scallions and seaweed
- S7** **Ramen Noodle** 18 / 17  
Chashu pork belly / grilled chicken in pork broth

## Haru Classics

Served with white rice

- N1** **Steak Teriyaki** 27  
Grilled AAA striploin with assorted vegetables, topped with teriyaki glaze
- N2** **Shrimp Teriyaki** 22  
Grilled shrimps with assorted vegetables, topped with teriyaki glaze
- N3** **Chicken Katsu** 22  
Crispy panko chicken with assorted vegetables in Japanese curry sauce
- N4** **Chicken Teriyaki** 21  
Grilled chicken with assorted vegetables, topped with teriyaki glaze
- N5** **Salmon Teriyaki** 23  
Grilled A grade salmon with assorted vegetables, topped with teriyaki glaze
- N6** **Tofu Teriyaki**  18  
Assorted vegetables, topped with teriyaki glaze

## Sides

- M1** **White rice**  2
- M2** **Tortilla chips**  2
- M3** **Sushi rice (marinated)**  3
- M4** **Homemade fries**  5

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