

Cold Tapas (CHEF'S SPECIALTY)

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

C1	Salmon	15
C2	Tuna	16
C3	Yin Yang (salmon and tuna)	18
C4	Beef	18
C5	Salmon Carpaccio (Tataki) Fresh seared salmon with tri-colored onions in ponzu sauce	17
C6	Albacore Tuna Carpaccio (Tataki) Seared albacore tuna with tri-colored onions in ponzu sauce	19
C7	Beef Carpaccio (Tataki) Seared AAA beef in ponzu sauce with dry garlic bits, scallions and sesame seeds	23
C8	Sesame Crusted Tuna Pan-seared tuna with wasabi mayo and sweet soy sauce	25

Sashimi (3 pc) / Nigiri (2 pc)

C9	Salmon	9 / 8
C10	Tuna	10 / 9
C11	Scallop	15 / 10
C12	Assorted Sashimi (8 pc) Tuna, salmon, albacore tuna, scallop	29
C13	What, what? Fresh assorted sashimi (tuna, salmon, albacore tuna) with caviar dressed in a yuzu sauce	21

Sushi Pizzas

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

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

Maki (sushi rolls)

R1	Cheesy Salmon Rolls Avocado, cucumber and crabstick. Topped with smoked salmon, scallions, jalapenos and sour cream	12
R2	Spicy Salmon Salmon, avocado, scallions and tempura bits in spicy chili mayo	11
R3	Spicy Tuna Tuna, avocado, scallions and tempura bits in spicy chili mayo	12
R4	Cowboy Maki Seared beef, cream cheese, asparagus, jalapenos, avocado, green onions, tempura bits. Topped with beef carpaccio, shredded fried potatoes, scallions, sesame seeds, wasabi mayo, spicy mayo and sweet soy sauce	21
R5	Dragon Zen BBQ eel, cucumber, tempura shrimp, avocado, tobiko and sweet soy sauce drizzle	17
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	Spyder (Full-size crab) Soft-shell crab, avocado, asparagus, cucumber, spicy mayo, topped with masago, sesame seed & sweet soy dressing.	19
R9	Double Salmon Smoked salmon, avocado, cucumber, cream cheese, topped with fresh salmon	14
R10	Green Roll 🌱 Asparagus, avocado and oshinko, topped with seaweed salad	9
R11	Lemon Chicken Panko crusted chicken, asparagus, cucumber, masago, sweet soy sauce and lemon aioli	10
R12	Vegetarian 🌱 Avocado, asparagus and cucumber, topped with tempura sweet potato, sesame and poke sauce	8
R13	Orange Dragon Tempura shrimp, asparagus, avocado and spicy mayo, topped with salmon	17
R14	Red Dragon Tempura shrimp, asparagus, avocado and spicy mayo, topped with tuna	18
R15	Orange Dragon Boat Tempura shrimp, avocado, cucumber, topped with spicy salmon, masago, scallions, sesame seeds and drizzled with sweet soy sauce	17
R16	Red Dragon Boat Tempura shrimp, avocado, cucumber, topped with spicy tuna, masago, scallions, sesame seeds and drizzled with sweet soy sauce	18
R17	Knockout (Tempura Fried Maki) Spicy salmon and tuna, tempura bits, masago, avocado, topped with scallions, tobiko, wasabi mayo, sweet soy sauce and sesame seeds	19
R18	Pink Dragon Boat Tempura shrimp, avocado, cucumber, topped with spicy shrimp, masago, green onions, sesame seeds and drizzled with sweet soy sauce	18

Hot Tapas

H1	Scallop Trio Pan-seared U10 scallop in creamy garlic miso sauce	26
H2	Jumbo Shrimp Grilled jumbo shrimps in creamy garlic miso sauce	19
H3	Mushroom Sauce Steak Grilled AAA strip-loin (4oz) in demi-glace house mushroom sauce, topped with fried shredded potatoes	25
H4	Ginger Chicken / Basa Lightly battered, tossed with pickled ginger, red pepper and onions in sweet & sour spicy ginger sauce	19
H5	Black Pepper Shrimp / Chicken / Tofu Stir-fry with mixed vegetables in black pepper sauce	19 / 18 / 16
H6	Satay Shrimp / Chicken / Tofu Stir-fry with mixed vegetables in Asian satay sauce	19 / 18 / 16
H7	Asian Buffalo Wings ½ pound crispy chicken wings tossed in sweet & sour, spicy Buffalo sauce with a sour cream	14
H8	Chicken Katsu Poutine Panko-crusted chicken, cheese curds and hand-cut fries in Japanese curry sauce	17
H9	Bacon Poutine Smoked bacon, cheese curds and hand-cut fries in house demi-glace sauce	15
H10	Seafood Poutine Scallop, shrimp, salmon, crab stick, cheese curd and hand-cut fries in special creamy clam sauce	19
H11	Fish & Chips Lightly battered basa fish, homemade fries and wasabi tartar sauce	14
H12	Calamari Deep-fried calamari with sweet soy drizzle and spicy mayo dip	16
H13	Kara-age Tender chicken morsels, deep-fried in batter, served with a spicy mayo dip	13
H14	Haru Tempura Flash fried shrimps and assorted vegetables (zucchini, mushroom, asparagus, red pepper & sweet potato)	13
H15	Beef / Chicken Gyoza Flash fried dumplings with sweet Thai chili sauce	8
H16	Spring Roll 🌱 Vegetable spring roll	7
H17	Sauté Asparagus & Mushroom 🌱 Sauté asparagus & mushroom in sake butter soy	16
H18	Sauté Zucchini 🌱 Sauté zucchini in sake butter soy	14
H19	Asian Ravioli Steamed beef dumpling with baby spinach in creamy garlic miso mushroom sauce	18

Salad

- S1** **Poke Salad** 14 / 13
Fresh chunky tuna / salmon with mixed vegetables in poke house sauce
- S2** **Wakame** 9
Seaweed and pickled radish with an arcadian mix in lightly roasted sesame goma dressing
- S3** **House Salad** 7
Mixed vegetables and arcadian mix with lightly roasted sesame goma dressing
- S4** **Edamame** 7
Seasoned soybeans
- S5** **Avocado Bomb** 16 / 15
Stuffed fresh tuna / salmon, bacon bits & cucumber in poke sauce, topped with shredded potato chips & masago

Soup & Noodle

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


Haru Classics

Served with white rice

- N1** **Steak Teriyaki** 29
Grilled AAA striploin with assorted vegetables, topped with teriyaki glaze
- N2** **Shrimp Teriyaki** 23
Grilled shrimps with assorted vegetables, topped with teriyaki glaze
- N3** **Chicken Katsu** 23
Crispy panko chicken with assorted vegetables in Japanese curry sauce
- N4** **Chicken Teriyaki** 22
Grilled chicken with assorted vegetables, topped with teriyaki glaze
- N5** **Salmon Teriyaki** 24
Grilled A grade salmon with assorted vegetables, topped with teriyaki glaze
- N6** **Tofu Teriyaki** 19
Assorted vegetables, topped with teriyaki glaze

Sides

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

 Vegetarian version available - Allergies? Talk to your server



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TAKE-OUT MENU

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