




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.

Salads

- S1** **Poke Salad** 16 / 15
Fresh tuna / salmon with mixed vegetables in house poke dressing
- S2** **Wakame**  12
Seaweed and pickled radish with an arcadian mix in lightly roasted sesame goma dressing
- S3** **House Salad**  8
Vegetables and arcadian mix with lightly roasted sesame goma dressing
- S4** **Edamame**  8
Seasoned soybeans with salt, sesame, light chili oil and lime cordial
- S5** **Avocado Bomb** 17 / 16
Stuffed avocado, fresh tuna / salmon, bacon bits & cucumber in poke sauce, topped with shredded potato chips & masago

Soup and Noodle



- S6** **Miso Soup**  4
Soybean based with tofu, scallions and seaweed
- S7** **Ramen Noodle** 19 / 19 / 19 / 21
Crispy thick cut bacon / grilled beef / grilled chicken / grilled shrimps with corn, seaweed, scallions and egg

Haru Classics

Served with white rice

- N1** **Steak Teriyaki** 38
Grilled AAA striploin with assorted vegetables topped with teriyaki glaze
- N2** **Shrimp Teriyaki** 28
Grilled shrimps with assorted vegetables, topped with teriyaki glaze
- N3** **Chicken Katsu** 27
Crispy panko chicken with assorted vegetables in Japanese curry sauce
- N4** **Chicken Teriyaki** 27
Grilled chicken with assorted vegetables, topped with teriyaki glaze
- N5** **Salmon Teriyaki** 28
Grilled A grade salmon with assorted vegetables, topped with teriyaki glaze
- N6** **Tofu Teriyaki**  22
Fried tofu with assorted vegetables, topped with teriyaki glaze
- N7** **Asian Beef Ravioli** 24
Steamed beef dumplings with mushrooms served with baby spinach in creamy garlic miso sauce
- N8** **Deluxe Asian Ravioli** 29
Steamed chicken dumplings with seafood (scallop, shrimp, salmon, crab) served with baby spinach in creamy garlic miso sauce

Maki (sushi rolls)

R1	Smoked Salmon	13
	Avocado, cucumber and crabstick, topped with smoked salmon, scallions, jalapenos and sour cream sauce	
R2	Spicy Tuna or Salmon	14 / 13
	Fresh tuna or salmon, avocado and tempura bits in spicy mayo	
R3	Green Dragon	16
	Shrimp tempura, asparagus and cucumber in spicy mayo, topped with avocado, sesame seeds and unagi sauce	
R4	Cowboy Maki	22
	Beef carpaccio, cream cheese, spicy mayo, asparagus, avocado and tempura bits, topped with seared beef, shredded potato chips, unagi sauce, scallions and sesame seeds on top of wasabi mayo	
R5	Dragon Zen	19
	Shrimp tempura, cucumber and avocado, topped with BBQ eel, tobiko and unagi sauce	
R6	Surf & Turf	19
	Shrimp tempura, avocado, spicy mayo, asparagus, topped with beef, unagi sauce and scallions on top of wasabi mayo	
R7	Hokkaido (Tempura fried maki)	19
	Fresh scallop, avocado, tobiko, tempura bits and spicy mayo, topped with sesame seeds and unagi sauce	
R8	Spyder (Full-size crab)	21
	Soft-shell crab, avocado, asparagus, cucumber, spicy mayo, topped with masago, sesame seeds and unagi sauce	
R9	Double Salmon	15
	Smoked salmon, avocado, cucumber, cream cheese, topped with fresh salmon	
R10	Green roll 	12
	Asparagus, avocado, cucumber and oshinko, topped with seaweed salad	
R11	Lemon Chicken	12
	Panko crusted chicken, asparagus, cucumber, topped with masago, unagi sauce, lemon mayo and sesame seeds	
R12	Vegetarian 	11
	Asparagus, avocado and cucumber, topped with tempura sweet potato and poke sauce	
R13	Orange / Red Dragon	20 / 21
	Rolled in shrimp tempura, asparagus, avocado and spicy mayo, topped with flame torched seared fresh salmon or tuna, unagi sauce, sesame seeds and caviar	
R14	Orange / Red / Pink Dragon Boat	18 / 19 / 19
	Shrimp tempura, cucumber, avocado, topped with spicy salmon, tuna or shrimp, caviar, tempura bits, scallions, sesame seeds and unagi sauce	
R15	Sea Dragon Boat	21
	Rolled in shrimp tempura, cucumber, avocado, spicy mayo, topped with fresh scallop slices, tobiko, and unagi sauce	
R16	Knockout (Tempura fried maki)	20
	Rolled in fresh salmon & tuna, tempura bits, masago, avocado in spicy mayo, topped with scallions, tobiko, sesame seeds, unagi sauce and wasabi mayo under	

Hot Tapas

H1	Sauté Asparagus & Mushrooms	17
	Sauté asparagus and mushrooms in sake butter soy	
H2	Jumbo Shrimp	21
	Grilled jumbo shrimps in creamy garlic miso sauce	
H3	Steak in Mushroom Sauce	31
	Grilled AAA striploin (4 oz) in demi-glace house mushroom sauce, topped with shredded potato chips	
H4	Beef Gyoza	10
	Flash-fried dumplings with sweet Thai chili sauce	
H5	Chicken Gyoza	9
	Flash-fried dumplings with sweet Thai chili sauce	
H6	Spring Rolls	8
	Fried vegetables spring rolls with sweet Thai chili sauce	
H7	Asian Buffalo Wings	17
	½ pound crispy chicken wings tossed in sweet & sour, spicy Buffalo sauce with a sour cream	
H8	Chicken Katsu Poutine	19
	Panko-crusted chicken & cheese curds with fries in Japanese curry sauce	
H9	Bacon Poutine	17
	Smoked bacon, cheese curds and fries in house demi-glace sauce	
H10	Seafood Poutine	22
	Scallops, shrimps, salmon, crab sticks & cheese curds with fries in creamy miso sauce	
H11	Fish & Chips	16
	Lightly battered basa fish and fries and a wasabi tartar sauce	
H12	Calamari	18
	Deep-fried calamari with unagi sauce and spicy mayo dip	
H13	Kara-age	16
	Deep-fried tender chicken with tempura batter, served with a spicy mayo dip	
H14	Haru Tempura	16
	Shrimps and assorted vegetables (zucchinis, mushrooms, asparagus, red peppers & sweet potatoes)	

Sides

M1	White rice 	3
M2	Tortilla chips 	3
M3	Sushi rice (marinated) 	4
M4	Fries 	8

Cold Tapas (CHEF'S SPECIALTY)

Tartares mixed with Haru special Dijon mustard sauce. All tartares are served with tortilla chips

C1	Salmon Tartare	19
C2	Tuna Tartare	20
C3	Yin Yang Tartare (salmon and tuna)	21
C4	Beef Tartare	22
C5	Salmon Carpaccio (Tataki) Seared fresh salmon with tricolored onions in ponzu sauce	19
C6	Beef Carpaccio (Tataki) Seared beef in ponzu sauce with dry garlic bits, red onions and scallions	28
C7	Sesame Crusted Tuna Pan-seared sesame tuna with wasabi mayo and sweet soy sauce	25


Sashimi (3pc) / Nigiri (2pc)

Sashimi – Fresh fish slices

Nigiri – Rice balls garnished with fresh fish

C9	Salmon	11 / 9
C10	Tuna	12 / 10
C11	Scallop	18 / 12
C12	Assorted Sashimi (8pc) Tuna, salmon, albacore tuna, scallop	35
C13	What, what? Fresh assorted sashimi (tuna, salmon, albacore tuna) with caviar dressed in a yuzu sauce	23

Sushi Pizzas

P1	Sushi Pizza - Tuna ou Salmon Fresh slices of fish topped with avocados, caviar, sesame seeds, mayo and unagi sauce	17 / 16
P2	Sushi Pizza - Seafood Shrimps, scallops, white fish, crab sticks and tobiko Avocado spread, spicy mayo, tempura toppings on a panko rice cake, topped with tobiko, scallions, sesame seeds and sweet soy sauce.	19
P3	Sushi Pizza - Veggies  Sweet potatoes, zucchinis, mushrooms, asparagus and red peppers Avocado spread, spicy mayo, tempura toppings on a panko rice cake, topped with scallions, sesame seeds and sweet soy sauce.	16

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