

SUSHI & SASHIMI

Price per piece

*Tuna	3.50	Smoked Eel	3.50
*Oh Toro	M/P	Eel Avocado	3.75
*White Tuna	3.50	**Live Scallop	M/P
*Spicy Tuna	3.75	**Scallop	3
*Super White Tuna	3.75	***Shrimp	3
*Bonito	M/P	**Sweet Shrimp	M/P
*Yellowtail	3.75	**Sea Urchin	6
*Salmon	3.50	*Salmon Caviar	3.50
*Smoked Salmon	3.50	*Tobiko Caviar	3
*Fluke	3	**Live Orange Clam	M/P
*Striped Bass	3	**Surf Clam	2.75
*Spanish Mackerel	2.75	**Squid	2.75
*Mackerel	2.75	***Octopus	2.75
***Kani	2	***King Crab	5
Tamago	2.25	Inari	2

SUSHI ROLLS & HAND ROLLS

*Tuna Roll	4.75	*Tuna Avocado Caviar Roll	7.25
***California Roll	4.50	*Tuna Avocado Roll	5.75
*Salmon Jalapeño Roll	6.75	*Crunchy Spicy Salmon Roll	6.75
*Salmon Avocado Roll	5.75	Salmon Skin Roll	5.75
*Kamikaze Roll	7.50	***Shrimp Tempura Roll	6.75
* ^o Philadelphia Roll	6.75	² Spicy Crab Caviar Roll	9.00
*Chef's Special Roll	10.00	***Spicy Seafood Tempura Roll	9.50
*Haru Wasabi Roll	10.00	*Yellowtail Scallion Roll	6.75
***Rock Shrimp Avocado Roll	6.25	*Toro Scallion Roll	M/P
***Boston Roll	6.75	Vegetable Tempura Roll	6.50
Eel Avocado Roll	6.50	Vegetable Roll	5.50
Eel Cucumber Roll	6.50	Shiitake Cucumber Roll	4.75
*Spicy Tuna Roll	6.75	Avocado Roll	3.50
Cucumber Roll	3.25	Ume Shiso Roll	3.50
Oshinko Roll	3.50	Kanpyo Roll	3.50

Brown rice sushi and additional sauces available for an extra charge

*Indicates raw fish

**Indicates raw shellfish

***Indicates cooked shellfish

¹ Indicates raw fish and raw shellfish

² Indicates raw fish and cooked shellfish

^o Contains nuts

^o Contains dairy

Consuming raw or undercooked MEATS, POULTRY, SEAFOOD, SHELLFISH or EGGS may increase your risk of foodborne illness, especially if you have certain medical conditions.

Some dishes contain nuts, sesame, shellfish, soy, wheat, garlic, onions, ginger, etc.
Please inform your server if you have any food allergies.

APPETIZERS

Edamame	5	*Tartares	
Steamed soybeans, lightly salted		*Tuna with miso vinaigrette and quail egg	9.50
***Rock Shrimp Tempura	12	*Salmon with citrus jalapeño sauce	9.50
With spicy creamy sauce		*Yellowtail with sesame lemon sauce	10
Edamame Dumplings	8	*Red & White Tuna with miso lemon sauce	9.50
With shiitake mushroom and spicy pepper broth		Sashimi Cucumber Rolls	
***Grilled Spicy Garlic Shrimp	12	*Tuna, *Salmon or *Yellowtail	11
Marinated in hot chili sauce		*Spicy Tuna or Eel	12
Miso Black Cod	13	***King Crab	13
With grilled asparagus		*Ceviche	12.50
Beef Negimaki	9.75	Citrus-marinated tuna, salmon or whitefish with grape tomatoes, red onion, avocado and green apples	
Grilled sliced beef and scallion roll		² Lobster Mango Ceviche	16
***Mad Crab	16	Fresh lobster, mango and sweet peppers wrapped in whitefish and served with a citrus ceviche sauce	
Broiled king crab and shrimp in a creamy chili pepper sauce		² Symphony	15
***Crispy Calamari	9.50	Layered tower of spicy tuna, salmon tartar, king crab and caviar	
With spicy peanut sauce		*Tuna Tataki	12.75
***King Crab Dumplings	9	Seared tuna with avocado salad and spicy soy vinaigrette	
Steamed, with spicy soy vinaigrette		*White Tuna Tataki	12.75
Grilled Spicy Chicken	8.50	Seared white tuna with lemon soy vinaigrette	
With steamed vegetables		*Carpaccio	12.50
Agedashi Tofu	5.75	Thinly sliced yellowtail or super white tuna with a light citrus dressing	
Crispy tofu with ginger, scallions and daikon		^o Spinach Sesame	5.75
Chicken Yakitori	6.50	Cold steamed spinach with sesame sauce	
Marinated, grilled chicken skewers		***House Tempura Roll	10
***Shrimp Shumai	8	Eel, shrimp, salmon and asparagus	
With spicy soy vinaigrette		Tempura	
Haru Spring Rolls		***Shrimp	8.50
Vegetable with pickled plum sauce	6	***Shrimp & Vegetable	10
***Seafood with green tea sauce	7.50	Vegetable	7
Vegetable Dumplings	6.75	Chicken	8
Spicy Sirloin Steak	12.50		
With asparagus, shiitake mushrooms and Asian pepper sauce			

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SOUPS

Miso Soup With tofu, seaweed and scallions	2.75	***Lemongrass Hot & Sour Soup With shrimp and scallops	7
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SALADS

Field Green Salad With ginger dressing	5.75	***Seafood Salad King crab, shrimp and lobster in a light citrus dressing	16.50
Wafu Seaweed Salad With sesame soy vinaigrette	8.50	²Sashimi Salad Tuna, salmon, yellowtail, whitefish, shrimp and kani with Haru's special dressing	15
***Calamari Salad Lightly fried, with miso lime dressing	9.50		

SPECIAL ROLLS

*Dice-K Roll Gold leaf, mango, avocado, tempura flakes and spicy red and white tuna	18	*Super Dynamite Roll Tempura-style tuna, freshwater eel and asparagus roll with sriracha, spicy mayo and eel sauces	13
²Hatsu Yume Roll Super white tuna, crab, caviar, asparagus and cucumber	16	²Rainbow Roll Shrimp, striped bass, yellowtail, tuna and salmon wrapped around kani and avocado	15
*Golden Passion Roll Charred super white tuna wrapped around asparagus, shiitake mushrooms, cucumber and carrots, topped with yuzu tobiko	13	***Dragon Roll Eel and avocado wrapped around kani, cucumber and kaiware	17
²Phoenix Roll Spicy tuna, shrimp tempura, cucumber and kaiware	17	***Lobster Roll Lobster, Boston lettuce, spicy mayo, avocado, cucumber, mango and tobiko	18
*Spicy Titanic Roll Salmon, avocado and caviar wrapped around spicy tuna and tempura flakes	18	*Boston unCommon Roll Crunchy spicy salmon, tuna, avocado, mango, black tobiko and gold leaf	18
*Kiss of Fire Roll Super white tuna, salmon, jalapeño peppers and wasabi tobiko wrapped around crunchy spicy tuna and more jalapeños	16		

HOT ENTREES

Grilled Salmon Teriyaki With shiitake mushrooms and taro chips	19.50	***Grilled Spicy Garlic Shrimp Marinated in hot chili sauce	21.50
*°Wok-Seared Tuna With walnut garlic sauce	22.50	Grilled Filet Mignon With seasonal vegetables and teriyaki sauce	24
Chicken Teriyaki With steamed vegetables	17	***Mixed Tempura 6 jumbo shrimp, shiitake mushroom, asparagus and yam	19.75
Chilean Sea Bass With ume plum sauce and mei fun noodles	23	Chicken Katsu Panko-crusteD, with Asian salsa	18

SUSHI ENTREES

²Sushi 2 tuna, 1 whitefish, 1 white tuna, salmon, yellowtail, shrimp, tobiko and tuna roll or California roll	22	Vegetarian Sushi Shiitake mushroom, roasted pepper, tofu, avocado, eggplant, asparagus, inari and avocado cucumber roll	16.50
²Sashimi 3 tuna, 2 whitefish, 2 white tuna, 2 salmon, 2 yellowtail, and kani cucumber	25	²Rose 2 tuna, 2 salmon, 2 yellowtail and California roll or tuna roll	21
²Sushi & Sashimi 3 tuna, 2 whitefish, 2 white tuna, salmon, 2 yellowtail, shrimp, eel cucumber handroll and California roll	26	*Hamachi Don 7 yellowtail sashimi on a bed of sushi rice	19.75
²Sushi for Two 2 tuna, 2 super white tuna, 2 yellowtail, 3 salmon, 2 eel, tobiko, California roll, yellowtail scallion caviar roll, spicy tuna roll and tuna roll	56	*Tekka Don 7 tuna sashimi on a bed of sushi rice	20
²Sushi & Sashimi for Two 4 tuna, 2 super white tuna, 4 salmon, 2 shrimp, 2 yellowtail, 2 eel, California roll, tuna avocado caviar roll and crunchy spicy salmon roll	58	*Salmon Don 7 salmon sashimi on a bed of sushi rice	19.75
		²Chirashi Sushi 2 tuna, 2 whitefish, salmon, yellowtail, shrimp, 2 kani, octopus, tobiko and 2 tamago sashimi on a bed of sushi rice	22

MAKI ENTREES (3 ROLLS)

²Kabuki Yellowtail scallion roll, tuna roll and California roll	15.75	*Sumo Spicy tuna roll, eel cucumber roll and salmon avocado roll	18.75
*Samurai Spicy tuna roll, yellowtail jalapeño roll and crunchy spicy salmon roll	19.75		

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For your convenience, an optional 18% gratuity will be added to parties of 6 or more

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