

# HARU SUSHI

SUSHI | RAMEN | GRILL

## APPETIZERS

### EDAMAME

**\$4.50**

Steamed Soybeans

### GYOZA

**\$5.50**

Dumplings filled with pork & vegetable

### SHUMAI

**\$5.50**

Pork, shrimp, or half & half

### SPRING ROLL

**\$4.95**

Vegetables wrapped in wonton skin, deep fried

### SUMMER ROLL

**\$5.95**

Shrimp & Crab & Vegetables, wrapped in rice paper

### AGEDASHI TOFU

**\$5.95**

Deep fried tofu

### TEMPURA SHRIMP & VEGETABLES

**\$7.95**

### FRIED SHRIMP (5 Pieces)

**\$7.95**

### FRIED SOFT SHELL CRAB

**\$8.95**

Deep Fried with panko

### HARU SAMPLER

**\$9.95**

Gyoza, Shrimp Tempura, Spring Roll

## SALADS

### GINGER SALAD

**\$2.95**

Fresh iceberg lettuce, tomatoes, cucumber

### SEAWEED SALAD

**\$4.50**

### CUCUMBER SALAD

**\$4.50**

Cucumber, crab, masago, seaweed salad

### AVOCADO SALAD

**\$4.95**

House salad with avocado

### SQUID SALAD

**\$6.95**

### BABY OCTOPUS

**\$8.95**

### TUNA AVOCADO SALAD

**\$11.95**

Miya salad topped with tuna, avocado - spicy dressing

### SPICY OCTOPUS SALAD

**\$10.95**

House salad, octopus mixed with sweet and spicy sauce

## UDON & SOUP

### MISO SOUP

**\$2.00**

### UDON

**\$7.95**

Clear fish & vegetable broth with thick Japanese noodles

### KITSUNE UDON

**\$8.95**

Udon soup with fried tofu and fish cakes

### TEMPURA UDON

**\$9.95**

Large udon soup with shrimp tempura

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## RAMEN

### TONKOTSU RAMEN

**\$10.95**

Pork broth ramen, Topped with boiled egg, scallion, fish cake

### MISO RAMEN

**\$9.95**

Miso based ramen, topped with boiled egg, scallion, fish cake

### JJAM PPONG RAMEN

**\$12.95**

Seafood based ramen, mixed vegetables, spicy

### KIMCHI RAMEN

**\$11.95**

Kimchi, egg, fish cake, sausage

### CHICKEN RAMEN

**\$9.95**

Chicken Dase ramen, egg, scallion, fish cake

### GREEN TEA RAMEN

**\$9.95**

Green tea, egg, bean sprouts, fish cake

## CHEF'S SPECIAL

### TENDON\*\*\*

**\$10.95**

Tempura Shrimp and vegetables, served over a bed of rice, egg, onion

### KATSUDON\*\*\*

**\$10.95**

Choice of Pork, chicken, fish - served over a bed of rice, egg, onion

### GYUDON\*\*\*

**\$10.95**

Sliced ribeye beef, served over a bed of rice, egg, onion

### KATSU

Choice of pork, chicken, fish

**\$12.95**

### JAPANESE CURRY KATSU

Choice of Pork, Chicken, Fish  
Authentic Japanese curry & rice topped with cutlet

**\$13.95**

### CHEESE PORK KATSU

**\$14.95**

## HA RU PLATE

Choice of stir fried noodles or rice served with steamed vegetables

### TERIYAKI CHICKEN PLATE

**\$12.95**

### TERIYAKI BEEF PLATE\*\*\*

**\$13.95**

### SPICY CHICKEN PLATE

**\$13.95**

### SPICY PORK PLATE

**\$13.95**

### BULGOGI PORK PLATE

**\$14.95**

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## SUSHI MENU

### SUSHI APPETIZERS

#### NIGIRI APPETIZER (5pc)\*\*\*

**\$7.95**

Tuna, salmon, yellowtail, snapper, escolar

#### SASHIMI APPETIZER (10pc)\*\*\*

**\$9.95**

Tuna, salmon, yellowtail, snapper, escolar

#### SUSHI CARPACCIO\*\*\*

**\$9.95**

Choice of tuna, salmon, yellowtail - thinly sliced sushi grade fish, topped with jalapeno, lemon zest, scallions

#### TUNA TATAKI\*\*\*

**\$11.95**

Seared tuna encrusted in sesame seeds

#### SALMON TATAKI\*\*\*

**\$10.95**

#### KISS ME (Sweet)

**\$10.95**

Tamago, avocado, crab, cream cheese wrapped in cucumber

#### FRENCH KISS\*\*\*

**\$10.95**

Avocado, crab, fish wrapped in cucumber

#### SUSHI TOWER\*\*\*

**\$10.95**

Spicy tuna, avocado, spicy crab with cream cheese

### HA RU SUSHI

#### NIGIRI (2pc) / SASHIMI (3pc)

TUNA\*\*\*

**\$4.00**

SALMON\*\*\*

**\$3.95**

YELLOWTAIL\*\*\*

**\$4.50**

SQUID\*\*\*

**\$4.75**

SMOKED SALMON\*\*\*

**\$5.50**

EEL

**\$5.50**

OCTOPUS

**\$4.00**

CONCH\*\*\*

**\$4.25**

SURF CLAM\*\*\*

**\$4.00**

SALMON ROE\*\*\*

**\$6.00**

SMELT ROE\*\*\*

**\$4.00**

FLYING FISH ROE\*\*\*

**\$4.50**

EGG OMELETTE

**\$3.95**

MACKEREL\*\*\*

**\$4.95**

RAW SHRIMP\*\*\*

**\$6.50**

BOILED SHRIMP

**\$3.95**

CRAB

**\$3.95**

SCALLOP\*\*\*

**\$5.50**

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# HA RU SUSHI

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## SUSHI COMBOS

(All served with miso soup)

### COMBO #1\*\*\*

**\$13.95**

California Roll, 5 pc nigiri

### COMBO #2\*\*\*

**\$14.95**

Philadelphia Roll, 5 pc nigiri

### COMBO #3\*\*\*

**\$15.95**

Eel Roll, 5 pc nigiri

### COMBO #4\*\*\*

**\$15.95**

Spicy Tuna Roll, 5 pc nigiri

### COMBO #5\*\*\*

**\$15.95**

Shrimp Tempura Roll, 5 pc nigiri

### SUSHI/SASHIMI COMBO\*\*\*

**\$19.95**

9 pc sashimi, 6 pc nigiri

### NIGIRI COMBO\*\*\*

**\$20.95**

10 pc nigiri

### SASHIMI (S)\*\*\*

**\$35.00**

15 pc sashimi

### SASHIMI (L)\*\*\*

**\$45.00**

24 pc sashimi

### HA RU MANIA (S)\*\*\*

**\$49.95**

Cali roll, spicy tuna roll, 8 pc nigiri, 8 pc sashimi

## SUSHI COMBOS

(All served with miso soup)

### HA RU MANIA (L)\*\*\*

**\$79.95**

Cali roll, spicy tuna roll, shrimp tempura roll, rainbow roll, 10 pc nigiri and sashimi

### ROLL COMBO #1\*\*\*

**\$19.95**

Cali roll, spicy tuna roll, topped with tuna, salmon, yellowtail, escolar

### ROLL COMBO #2\*\*\*

**\$20.95**

Tempura roll - Fried cali roll, topped with spicy crab, eel, shrimp

### DUELING DRAGON

**\$18.95**

Choose 1 roll - Rose Dragon, Green Dragon, or Black Dragon  
Choose 1 roll - Florida roll, Go-Gator roll, Viper roll, tiger roll, green-gator roll

## SASHIMI BOWL

### SALMON BOWL\*\*\*

**(M) \$11.95 (L) 15.95**

### TUNA BOWL\*\*\*

**(M) \$12.95 (L) 16.95**

### EEL BOWL

**(M) \$13.95 (L) 17.95**

### HARU SPECIAL BOWL\*\*\*

**(M) \$13.95 (L) 17.95**

Choice of sushi rice or salad with avocado, wakame, masago, and sauce

### CHIRASHI\*\*\*

**\$19.95**

### HAEDOPBAP\*\*\*

**\$19.95**

Rice, miya salad, wakame, jalapeno, cucumber, crab, masago, chef's choice fish

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# HA RU SUSHI

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## MAKI ROLL OR HAND ROLL

### CUCUMBER ROLL

**\$3.95**

### KAMPYO ROLL

**\$3.95**

### SALMON ROLL\*\*\*

**\$5.50**

### EEL ROLL

**\$6.95**

### OSHINKO ROLL

**\$3.95**

### CRAB ROLL

**\$4.50**

### TUNA ROLL\*\*\*

**\$5.95**

### AVOCADO ROLL

**\$4.50**

### ASPARAGUS ROLL

**\$3.95**

### YELLOWTAIL ROLL\*\*\*

**\$5.95**

## VEGETARIAN ROLLS

### VEGE ROLL

**\$4.95**

Kampyo, gobo, cucumber, avocado, oshinko

### GREEN RIVER

**\$7.95**

Avocado, asparagus, cream cheese, topped with pistachios

### FOREST

**\$6.95**

Fried Asparagus, mushroom, avocado

### SUNFLOWER

**\$7.95**

Bell pepper, avocado, cucumber, cream cheese, topped with sesame seeds

### TROPICAL

**\$9.95**

Mango, avocado, cream cheese, topped with kiwi

## HOUSE ROLL

### CALIFORNIA ROLL\*\*\*

**\$5.25**

Crab, avocado, cucumber, masago

### CALI-ENTE ROLL\*\*\*

**\$5.75**

Cali roll, topped with jalapeno, hot sauce

### PHILLY ROLL

**\$5.95**

Crab, cream cheese, avocado

### PHILADELPHIA ROLL\*\*\*

**\$6.50**

Salmon, cream cheese, avocado

### SPICY SALMON ROLL\*\*\*

**\$6.50**

Spicy Salmon, avocado

### SPICY CRAB DELIGHT

**\$6.50**

Spicy crab, masago

### TAMPA ROLL

**\$6.50**

Fried snapper, avocado

### EEL ROLL

**\$7.95**

Eel, cucumber

### SPICY TUNA ROLL\*\*\*

**\$7.95**

Spicy tuna, avocado

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## HOUSE ROLLS

### SHIRMP TEMPURA ROLL

**\$6.95**

Shrimp tempura, crab,  
avocado, masago

### ARIZONA ROLL

**\$8.50**

Yellowtail, avocado,  
scallion

### SALMON SKIN ROLL

**\$7.50**

Fried Salmon skin,  
avocado, gobo, masago

### JAPANESE BAGEL ROLL\*\*\*

**\$8.50**

Smoked Salmon, cream  
cheese, avocado

## DEEP FRIED ROLLS

### FRIED SNAPPER ROLL

**\$6.95**

Fried snapper, crab,  
avocado , masago

### POWER PHILADELPHIA ROLL\*\*\*

**\$8.50**

Fried Philadelphia roll

### TORNADO ROLL

**\$8.95**

Spicy crab, jalapeno,  
cream cheese

### VOLCANO #1

**\$7.50**

Fried cali roll

## DEEP FRIED ROLLS

### VOLCANO #2

**\$8.50**

Fried shrimp, avocado,  
cream cheese

### OH! MY GOD\*\*\*

**\$8.95**

Fried spicy tuna roll

### C S U ROLL

**\$8.95**

Boiled Shrimp, crab,  
avocado, cream cheese

### MONKEY BRAIN

**\$9.95**

Spicy crab, cream cheese,  
cucumber, eel

### MONSTER

**\$9.95**

Shrimp, crab, tamago,  
cream cheese, avocado

### GORILLA\*\*\*

**\$10.95**

Spicy tuna, avocado, cream  
cheese, topped with spicy crab

### RAZORBACK

**\$10.95**

Fried shrimp, crab, eel,  
avocado, cream cheese

### CRUNCH FULL

**\$9.95**

Cali roll, deep fried with panko

### CAPT'S CRUNCH\*\*\*

**\$12.95**

Tuna, spicy crab, cream cheese,  
avocado

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# HA RU SUSHI

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## HA RU SPECIAL

### DRAGON FIRE

**\$11.95**

Fried shrimp, crab, cream cheese,  
topped with eel

**911\*\*\***

**\$12.95**

Spicy tuna, avocado, topped with  
salmon, jalapeno

### TOUGH GUY\*\*\*

**\$11.95**

Spicy tuna, jalapeno, topped with  
spicy crab

### VOLCANO #3

**\$12.95**

Cali roll, topped with baked crab  
mix

### VOLCANO DELUXE

**\$14.95**

Volcano #2, topped with baked crab  
mix

### RING OF FIRE\*\*\*

**\$14.95**

Deep fried spicy tuna roll, topped  
with baked crab mix

### FLYING DRAGON\*\*\*

**\$13.95**

Fried shrimp, crab, topped with  
salmon, eel, snapper, avocado

### SHAGGY DOG

**\$12.95**

Fried shrimp, cream cheese,  
avocado, topped with masago, crab

### PLAYBOY

**\$13.95**

Fried shrimp, asparagus, tamago,  
cream cheese, topped with spicy crab

### SAPPRO

**\$13.95**

Fried shrimp, eel, avocado, topped  
with spicy crab, tempura flakes

## COOKED ROLLS

### SPICY SHRIMP \*\*\*

**\$6.95**

Shrimp, avocado, cucumber, crab,  
masago, tempura flakes

### YUM YUM\*\*\*

**\$6.95**

Crab, avocado, masago, tempura  
flakes

### FUTOMAKI\*\*\*

**\$8.95**

Crab, vegetables, tamago, masago

### GREEN GATOR

**\$8.50**

Eel, cream cheese, avocado, topped  
with pistachios

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## COOKED ROLLS

### VIPER

**\$8.95**

Fried shrimp, topped with eel and avocado

### SPIDER\*\*\*

**\$8.95**

Fried soft shell crab, masago, avocado

### CATERPILLAR

**\$9.95**

Eel, cucumber, topped with avocado

### MANGO ROLL #1

**\$7.95**

Crab, avocado, cream cheese, topped with mango

### MANGO ROLL #2

**\$9.95**

Fried shrimp, cream cheese, cucumber, topped with mango, tempura flakes

### DOUBLE SHRIMP

**\$9.95**

Crab, fried shrimp, avocado, topped with boiled shrimp

### BLACK DRAGON\*\*\*

**\$10.95**

Cali roll, topped with eel, avocado, masago

### 19TH HOLE\*\*\*

**\$11.95**

Eel, spicy tuna, crab, avocado

### RISING SUN

**\$13.95**

Soft shell crab, avocado, cream cheese, topped with spicy crab, tempura flakes

### TIGER

**\$11.95**

Crab, cream cheese, cucumber, topped with smoked salmon, eel

### SCALLOP ROLL

**\$12.95**

Spicy crab, scallops, masago - Baked

### MEXICAN

**\$11.95**

Fried shrimp, eel, crab, topped with avocado, spicy sauce

### BUTTERFLY

**\$10.95**

Fried shrimp, crab, avocado, lettuce

### SUNDAE

**\$12.95**

Fried shrimp, avocado, topped with spicy tuna, crab - Baked

### LION KING\*\*\*

**\$12.95**

Cali roll, topped with smoked salmon, crab, tobiko, scallion

### THE HA RU\*\*\*

**\$13.95**

Eel, crab, cucumber, topped with smoked salmon, avocado, spicy crab, tobiko

### GODZILLA

**\$13.95**

Soft shell crab, asparagus, topped with eel, avocado

### BLUE DRAGON

**\$12.95**

Soft shell crab, crab, cream cheese, topped with avocado

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## FRESH ROLLS

### PARADISE\*\*\*

**\$7.95**

Tuna, cream cheese, mango, topped with masago

### FLORIDA\*\*\*

**\$8.95**

Tuna, salmon, cream cheese, avocado, topped with masago

### GO-GATOR\*\*\*

**\$8.95**

Tuna, yellowtail, avocado, topped with masago

### KOBE\*\*\*

**\$8.95**

Tuna, Salmon, snapper, crab, avocado, masago, spicy sauce

### ROSE DRAGON\*\*\*

**\$11.95**

Cali roll, topped with tuna

### RAINBOW\*\*\*

**\$11.95**

Cali roll, topped with tuna, salmon, snapper, avocado

### RED BULL\*\*\*

**11.95**

Tuna, jalapeno, seaweed salad, topped with spicy tuna, tempura flakes

### HOG'S\*\*\*

**\$10.95**

Fried shrimp, crab. topped with spicy tuna

### ALASKA\*\*\*

**\$12.95**

Spicy salmon, crab, asparagus, topped with escolar, tobiko

### ORANGE BLOSSOM\*\*\*

**\$12.95**

Tuna, crab, avocado, topped with salmon

### CHERRY BLOSSOM\*\*\*

**\$12.95**

Salmon, crab, avocado, topped with tuna

### CRAZY\*\*\*

**\$11.95**

Escolar, crab, avocado, eel, boiled shrimp

### 90210\*\*\*

**\$11.95**

Yellowtail, cream cheese, avocado, topped with tuna

### SALMON LOVERS\*\*\*

**\$12.95**

Fried salmon, avocado, cream cheese, topped with salmon

### TUNA LOVERS\*\*\*

**\$12.95**

Fried tuna, avocado, cream cheese, topped with tuna

### HAWAIIAN ROLL\*\*\*

**\$12.95**

Shrimp tempura, crab, cream cheese, topped with tuna, salmon, avocado

### RED SCORPION\*\*\*

**\$12.95**

Soft shell crab, crab, avocado, topped with spicy tuna

### CALYPSO\*\*\*

**\$12.95**

Tuna, salmon, cucumber, topped with spicy conch, crab - Baked

### BLACK WIDOW - Baked\*\*\*

**\$13.95**

Tuna, yellowtail, cucumber, avocado, topped with snapper, masago

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## FRESH ROLLS

### ANGEL\*\*\*

**\$11.95**

Fried shrimp, cream cheese, avocado,  
topped with escolar, crab, tobiko

### CITY MAN\*\*\*

**\$13.95**

Spicy tuna, avocado, topped with  
escolar, tuna, spicy crab, masago

### PETER PAN\*\*\*

**\$14.95**

Spicy tuna, crab, asparagus, tempura  
flakes, topped with tuna, salmon,  
cilantro, tobiko

### HOT DRAGON\*\*\*

**\$14.95**

Salmon, yellowtail, asparagus, avocado,  
tempura flakes, topped with tuna

## DESSERTS

### RED BEAN ICE CREAM

**\$4.50**

### GREEN TEA ICE CREAM

**\$4.50**

### VANILLA ICE CREAM

**\$4.50**

### MOCHI

Green tea, mango, strawberry, vanilla

**\$4.50**

### FRIED ICE CREAM

**\$5.95**

### FRIED CHEESECAKE

**\$5.95**

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