

## SOUP

Miso Soup	1.50
Clear Soup	1.50
Clam Soup <i>Clams and veggies in clear broth</i>	4.00
Seafood Soup <i>Shrimp, clams, scallops, crab meat and veggies in fish broth</i>	6.50

## SALADS \*

House Salad	3.50
Seaweed Salad	4.50
Cucumber Salad	3.00
Squid Salad <i>Sliced, marinated squid with veggies and special seasoning</i>	8.00
Spicy Octopus Salad <i>Sliced octopus mixed with cucumber and served with veggies and sauce</i>	9.00
Sashimi Salad <i>Tuna, salmon and whitefish served with baby greens, crunch and house special sauce</i>	11.00
Tuna Cocktail Salad <i>Chunk tuna mixed with roe, scallions and spicy sauce served on top of seaweed salad</i>	8.50
Caribbean Salad <i>Layers of tuna, avocado and mango topped with lobster tail and balsamic sauce</i>	13.00

## KITCHEN APPETIZERS

Edamame	4.00
Age Tofu <i>Deep fried tofu with creamy tempura sauce</i>	4.50
Gyoza <i>Japanese pan-fried pork dumplings with dipping sauce (6pcs)</i>	5.00
Shumai <i>Steamed Japanese shrimp dumplings (7pcs)</i>	5.00
Tatsuta Age <i>Deep fried chunk chicken with eel sauce</i>	4.50
Negimaki <i>Thinly sliced beef rolls filled with scallions then grilled in teriyaki sauce</i>	7.50
Soft Shell Crab Tempura <i>Deep fried soft shell crab with sauce</i>	8.00
Baby Squid Tempura <i>Lightly deep fried baby squid served with ponzu sauce</i>	8.00
Shrimp Tempura <i>Deep fried, lightly battered shrimp and veggies</i>	8.00
Vegetable Tempura <i>Deep fried, lightly battered veggies</i>	6.00
Harumaki <i>Japanese mini shrimp spring rolls (4pcs)</i>	5.00
Ika Maruyaki <i>Grilled whole squid with ginger teriyaki sauce</i>	10.00
Hamachi Kama <i>Grilled Yellowtail Jaw with ponzu sauce</i>	11.00

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## SUSHI BAR APPETIZERS \*

Seared Tuna Tataki <i>Sliced tuna, lightly seared and served on top of baby greens with haru sauce</i>	10.00
White Tuna Tataki <i>Fresh slices of white tuna, served on top of baby greens with garlic sauce</i>	10.00
Seafood Carpaccio <i>Fresh tuna, salmon and red snapper slices served with garlic oil and spinach sauce</i>	9.00
New Style Red Snapper <i>Lightly seared red snapper slices served with ponzu sauce and oil</i>	7.00
Yellowtail Jalapeno <i>Fresh sliced yellowtail topped with jalapeno, cilantro and ponzu sauce</i>	10.00
Maguro Naruto <i>Thinly sliced cucumber rolled around tuna, masago, avocado and crab. Low carb. roll (no rice)</i>	10.00
Flounder Tataki <i>Fresh, thinly sliced flounder sashimi served with chili ponzu sauce</i>	10.00
Seafood Dynamite <i>Scallops, salmon, whitefish, crab and mushrooms baked in a mayonnaise sauce</i>	10.00
Salmon Delight <i>Lobster salad surrounded with salmon, avocado and citrus sauce</i>	8.00
Peppered Tuna <i>Pan seared peppered Tuna with sunomono sauce</i>	11.00

## KUSHI YAKI *Japanese Style Skewers*

Chicken (2 skewers)	5.50
Beef (2 skewers)	6.50
Shrimp (2 skewers)	6.50

## SUSHI & SASHIMI \* *(2pcs per order)*

Tuna <i>Maguro</i>	5.00	Fish Roe <i>Masago</i>	4.50
Salmon <i>Sake</i>	4.50	Sweet Shrimp <i>Amaebi</i>	7.00
Yellowtail <i>Hamachi</i>	5.50	Sea Urchin <i>Uni</i>	8.00
Red Snapper <i>Tai</i>	4.00	Salmon Roe <i>Ikura</i>	4.50
Shrimp <i>Ebi</i>	4.50	Eel <i>Unagi</i>	4.50
Crab <i>Kani</i>	4.00	White Tuna <i>Shiro Maguro</i>	4.50
Flounder <i>Hirame</i>	4.50	Conch <i>Horagai</i>	4.50
Rock Fish <i>Kuroshi</i>	4.50	Egg Cake <i>Tamago</i>	3.50
Squid <i>Ika</i>	4.50	Octopus <i>Tako</i>	4.50
Red Clam <i>Hokkigai</i>	4.50	Mackerel <i>Saba</i>	4.00
Smoked Salmon	4.50	Fatty Tuna <i>Toro</i>	Seasc
Fresh Wasabi	1.00	Quail Egg	1.00

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## HARU SPECIALTY ROLLS \*

<b>Haru Roll</b> <i>Snow crab, asparagus and crunch with avocado and salmon on top</i>	11.00
<b>Christmas Roll</b> <i>Crab, avocado and shrimp topped with tuna and sauce</i>	12.00
<b>Hanbury Roll</b> <i>Tempura lobster, avocado, lettuce and seaweed salad rolled in a soy bean wrapper</i>	13.50
<b>Lover's Roll</b> <i>Soft shell crab, avocado and cucumber surrounded with fresh tuna and rice</i>	12.00
<b>Blossom Roll</b> <i>Tempura style scallops and sweet peppers inside topped with fresh salmon</i>	12.00
<b>Long Beach Roll</b> <i>Spicy tuna and red clam topped with white tuna, avocado and caviar</i>	12.00
<b>Manhattan Roll</b> <i>Tempura shrimp and spicy crab topped with eel, spicy tuna and eel sauce</i>	12.00
<b>Treasury Roll</b> <i>Real crab meat, conch and avocado cucumber topped with tuna, salmon, yellowtail, white tuna caviar and crunch</i>	13.00
<b>Zebra Roll</b> <i>A delicious blend of tuna, white tuna, salmon, shrimp, red clam and asparagus rolled in a unique marble seaweed wrap</i>	12.00
<b>Outerbanks Roll</b> <i>Lobster salad, shrimp and crunch inside topped with mango and avocado</i>	11.00
<b>Jade Caterpillar Roll</b> <i>Spicy tuna, sweet squash, eel, cucumber and crunch topped with avocado and ikura</i>	12.00
<b>Great Bridge Roll</b> <i>Spicy tuna, avocado, cucumber and crunch with seared tuna on top</i>	12.00
<b>Halloween Roll</b> <i>Spicy scallop, avocado, crunch topped with tuna, eel and caviar</i>	12.00
<b>Hickory Roll</b> <i>Spicy conch, clam, avocado and crunch topped with seared tuna and wasabi mayonnaise</i>	12.00
<b>Super Star Roll</b> <i>Tempura jumbo shrimp inside topped with real crab meat and spicy citrus sauce</i>	12.00
<b>Lava Roll</b> <i>Tempura shrimp, cucumber, kanpyo inside with deep fried whitefish and avocado on top</i>	11.00
<b>Blue Hawaiian Roll</b> <i>Lump crab, shrimp, tamago, crunch inside wrapped with soybean sheet and topped with tuna, mango and kiwi</i>	13.00
<b>Spicy Crab Cake Roll</b> <i>Fried oyster, avocado, spicy mayonnaise inside with salmon, crab cake on top</i>	12.00

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## **SUSHI & SASHIMI ENTREES** \* *Served with miso soup and hous*

<b>Sushi Deluxe</b> <i>8pcs of assorted nigiri sushi and a spicy tuna roll</i>	18.00
<b>Haru Sushi Platter</b> <i>8pcs haru style sushi each has different sauce on top served with half haru roll</i>	21.00
<b>Sashimi Deluxe</b> <i>12pcs assorted fresh fish</i>	20.00
<b>Haru Sashimi Platter</b> <i>15pcs assorted haru style sashimi</i>	21.00
<b>Chirashi</b> <i>A bowl of sushi rice topped with a variety of sashimi</i>	18.00
<b>Hamachi and Maguro Deluxe</b> <i>6pcs yellowtail and 6pcs tuna. Choice of sushi or sashimi</i>	22.00
<b>Salmon Lover Platter</b> <i>12pcs fresh salmon. Choice of sushi and sashimi</i>	19.00
<b>Sushi &amp; Sashimi Platter</b> <i>10pcs sashimi and 8pcs sushi with half long beach roll</i>	35.00
<b>Triple Fancy Maki</b> <i>Haru roll, shrimp tempura roll and spicy tuna roll</i>	20.00
<b>Haru Love Boat</b> <i>15pcs sushi and 15pcs sashimi with a blossom roll</i>	60.00

## **JUMBO ROLLS** \*

<b>Spider Roll (6pcs)</b> <i>Fried soft shell crab with lettuce and spicy mayo rolled in roe</i>	9.00
<b>Rainbow Roll (8pcs)</b> <i>California roll topped with tuna, salmon and whitefish</i>	10.00
<b>Dragon Roll (8pcs)</b> <i>Fresh tuna, cucumber and crab with eel and avocado on top</i>	11.00
<b>Futo Maki (6pcs)</b> <i>Tamago, crab, avocado, cucumber, kanpyo, oshinko and roe</i>	8.00
<b>Jumbo California Roll (8pcs)</b> <i>A larger version of a popular favorite</i>	8.00
<b>Volcano Roll (6pcs)</b> <i>Tuna, crab and cucumber deep fried served with sweet and spicy mayonnaise sauce</i>	8.00
<b>Chesapeake Roll (8pcs)</b> <i>Salmon, cream cheese, avocado and cucumber with crab on top</i>	10.00
<b>Mars Roll (6pcs)</b> <i>Whitefish, crab, jalapeno, cream cheese and avocado deep fried</i>	9.00
<b>Rock Eel Roll (6pcs)</b> <i>Eel, crab, avocado, roe and rice rolled with sliced cucumber</i>	10.00
<b>Disney Roll</b> <i>Tempura shrimp, avocado and cucumber topped with snow crab</i>	11.00

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## **JAPANESE TRADITIONAL KITCHEN ENTREES**

*Served with soup, house salad and rice (\$1.50 for fried white or brown rice)*

<b>Grilled Teriyaki New York Strip *</b> <i>10 oz. lean-cut USDA choice natural angus beef served with veggies and teriyaki sauce Grilled to your preference</i>	19.00
<b>Teriyaki Salmon</b> <i>Grilled fresh salmon steak served with veggies and teriyaki sauce</i>	17.00
<b>Teriyaki Tuna *</b> <i>Fresh tuna steak grilled and served with veggies and teriyaki sauce</i>	19.00
<b>Teriyaki Chicken</b> <i>Grilled white meat chicken served with veggies and teriyaki sauce</i>	14.00
<b>Teriyaki Shrimp</b> <i>10 grilled large shrimps and served with veggies and teriyaki sauce</i>	16.00
<b>Chicken or Pork Katsu</b> <i>Deep fried breaded chicken or pork with haru katsu sauce</i>	14.00
<b>Shrimp Tempura</b> <i>Deep fried, lightly battered, shrimp and vegetables</i>	16.00
<b>Seafood Tempura</b> <i>Lobster tail, shrimp, scallop lightly battered and deep fried with vegetables</i>	20.00

## **HARU SPECIAL KITCHEN ENTREES**

*Served with soup, house salad and rice (\$1.50 for white or brown fried rice)*

<b>Combination Kushiyaki</b> <i>8 skewers-2 beef, 2 chicken, 2 shrimp, and 2 scallops. Grilled with veggies and brushed with teriyaki sauce</i>	19.00
<b>Grilled Seafood Platter</b> <i>Lobster tail, scallops, shrimp, salmon and veggies, served with teriyaki sauce</i>	22.00
<b>Haru Miso Scallops</b> <i>Fresh scallops grilled with seaweed miso sauce</i>	18.00
<b>Flounder Karage</b> <i>Fresh sliced flounder filet deep fried served with veggies and haru katsu sauce</i>	17.00
<b>Grilled Filet Mignon *</b> <i>Served with mixed veggies and with special sauce</i>	23.00
<b>Peppered Black Cod</b> <i>With pineapple miso sauce</i>	18.00
<b>Dancing Spicy Shrimp</b> <i>8 pcs shrimp and veggies deep fried with spicy Haru sauce</i>	16.00

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## JAPANESE NOODLES & RICE

*Brown rice recommended (\$1.00 extra)*

Tempura Udon <i>Japanese udon noodle soup with shrimp tempura</i>	10.00
Seafood Udon <i>Japanese udon noodle soup with mixed seafood</i>	13.00
Chicken Yakisoba <i>Pan-fried noodles with chicken and veggies</i>	10.00
Seafood Yakisoba <i>Pan-fried noodles mixed with seafood and veggies</i>	13.00
Chicken Yakimishi <i>Chicken fried rice</i>	10.00
Seafood Yakimishi <i>Seafood fried rice</i>	13.00

## SPICY ROLLS / SPICY HAND ROLLS \*

Spicy Tuna Roll	5.50
Spicy Salmon Roll	5.50
Spicy Yellowtail Roll	6.00
Spicy Shrimp Roll	5.00
Spicy Scallop Roll <i>Raw scallop mixed with spicy mayonnaise and crunch</i>	6.00
Spicy California Roll <i>Spicy crab, avocado and crunch</i>	5.50
Spicy Ocean Roll <i>Tuna, salmon, crab and avocado mixed with spicy sauce</i>	6.00

## MAKI (ROLLS) / HAND ROLLS \*

Tuna Roll	4.50	Shrimp Tempura Roll <i>Tempura shrimp, crab and scallions</i>	6.00
Cucumber & Avocado Roll	4.50	Hurricane Roll <i>Tuna, avocado, crab and roe (no rice)</i>	6.00
Vegetable Roll <i>Seaweed salad, pickled squash and radish</i>	4.50	Ocean Roll <i>Tuna, salmon, crab and avocado</i>	5.50
Yellowtail Roll + Scallian	5.00	Salmon & Avocado Roll	5.00
Shrimp Roll	4.00	Crab Roll	3.50
Boston <i>Shrimp, lettuce, crab, avocado and cucumber</i>	5.00	Scallop Roll	5.00
Eel Roll <i>Eel, avocado and cucumber</i>	5.00	Philly Roll <i>Salmon, cream cheese, avocado and cucumber</i>	5.00
California Roll <i>Crab, avocado and cucumber</i>	4.50	Super Duper Roll <i>Cooked salmon, eel, avocado and mayonnaise</i>	5.00

## DESSERT

Mochi Ice Cream <i>Choice of mango, red bean, green tea surrounded by Japanese rice cake</i>	5.50	
Ice Cream <i>Choice of green tea, red bean and vanilla</i>	5.00 (fried)	4.00 (regular)
Mango Sherbet	4.00	
Cheese Cake <i>Choice of regular or fried</i>	5.00	

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**LUNCH SPECIALS** *Served with soup or house salad*

Sushi Lunch *	<i>6pcs nigiri sushi with California roll</i>	10.00
Sashimi Lunch *	<i>8pcs assorted sashimi</i>	10.00
Sushi & Sashimi Lunch *	<i>4pcs sushi and 5pcs sashimi</i>	10.00
Chicken Teriyaki		7.00
Steak Teriyaki *		9.00
Shrimp Tempura		8.00
Chicken Yakisoba		7.00
Flounder Karage	<i>Deep fried flounder filet</i>	10.00
Chirashi Lunch *	<i>Bowl of sushi rice topped with a variety of sashimi</i>	10.00

**LUNCH BOX SPECIALS**

*Served with 2pcs gyoza, soup, salad, \*3pcs California roll and fruit*

Sushi or Sashimi Box *	<i>5pcs sushi or 7pcs sashimi with rice</i>	10.00
Grilled Teriyaki Steak Box *		10.00
Grilled Teriyaki Chicken Box		9.00
Shrimp Tempura Box		9.00
Pork or Chicken Katsu Box		9.00
Haru Box *	<i>Half haru roll with spicy tuna roll</i>	10.00
Rainbow Box *	<i>Half rainbow roll with super duper roll</i>	10.00
Grilled Teriyaki Salmon or *Tuna Box		10.00

**ROLL & SUSHI LUNCH COMBO - \$7.50 \***

*Choice of 2 rolls or 1 roll and 3pcs sushi from below. Served with miso soup or house salad*

ROLL		SUSHI	
Spicy Tuna Roll	Spicy Salmon Roll	Tuna	Salmon
Spicy California Roll	Spicy Ocean Roll	Yellowtail	Red Snapper
Philly Roll	Boston Roll	Shrimp	Crab
Shrimp Roll	California Roll	Flounder	Squid
Crab Roll	Super Duper Roll	Red Clam	Smoked Salmon
Avocado & Cucumber Roll	Spicy Shrimp Roll	Tamago (egg)	
Salmon Roll	Tuna Roll		
Eel Roll	Yellowtail Roll		

**SPECIAL ROLLS LUNCH COMBO - \$9.50 \***

*Choice of 2 half special rolls from below (4pcs per roll). Served with soup or house salad*

Chef's Special Roll	Dragon Roll
Long Beach Roll	Jade Caterpillar Roll
Disney Roll	Outerbanks Roll
Chesapeake Roll	Haru Roll

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