

Salad

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| Green Salad ----- | 3.99 |
| Spinach GOMA-AE ----- | 4.99 |
| Spinach with sesame sauce | |
| WAKAME Seaweed Salad ----- | 4.99 |
| Seaweed salad with sesame sauce | |
| Prawn SUNOMONO ----- | 4.99 |
| Vinegar vermicelli with prawn | |
| Scallop SUNOMONO ----- | 4.99 |
| Vinegar vermicelli with scallops | |
| Snow Crab SUNOMONO ----- | 4.99 |
| Vinegar vermicelli with snow crab meat | |
| Assorted SUNOMONO ----- | 5.99 |
| Vermicelli with assorted seafood | |
| Salmon Salad ----- | 6.99 |
| Smoked Salmon Salad ----- | 6.99 |
| Tuna TATAKI Salad ----- | 6.99 |
| Beef TATAKI Salad ----- | 6.99 |
| Calamari Salad ----- | 6.99 |

Tempura

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|------------------------------|-------|
| Asparagus Tempura ----- | 3.99 |
| Avocado Tempura ----- | 3.99 |
| Yam Tempura ----- | 3.99 |
| KABOCHA Sweet Pumpkin ----- | 3.99 |
| Mushroom Tempura ----- | 3.99 |
| Crabstick Tempura ----- | 4.99 |
| Salmon Tempura ----- | 4.99 |
| Cheese Stick TEMPURA ----- | 4.99 |
| Scallop Tempura ----- | 7.99 |
| Softshell Crab Tempura ----- | 7.99 |
| Vegetable Tempura ----- | 8.99 |
| Prawn Tempura ----- | 10.99 |
| Assorted Tempura ----- | 11.99 |
| Seafood Tempura ----- | 13.99 |

Appetizers

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|-------------------------------------|------|
| Plain Rice ----- | 1.99 |
| Plain MISO Soup ----- | 1.99 |
| Vegetable MISO Soup ----- | 4.99 |
| Seafood MISO Soup ----- | 5.99 |
| Spicy Tuna Sashimi ----- | 3.99 |
| Tuna SASHIMI with spicy sauce | |
| Spicy Salmon Sashimi ----- | 3.99 |
| Salmon SASHIMI with spicy sauce | |
| Spicy Hamachi Sashimi ----- | 6.99 |
| Hamachi SASHIMI with spicy sauce | |
| EDAMAME ----- | 4.99 |
| Steamed green soy beans | |
| Grilled Asparagus ----- | 4.99 |
| California Taco ----- | 4.99 |
| Crabmix & avocado in taco shells | |
| Spicy Tuna Taco ----- | 4.99 |
| Spicy Salmon Taco ----- | 4.99 |
| Agedashi Tofu ----- | 4.99 |
| Deep fried tofu with soy base sauce | |
| Spicy Agedashi Tofu ----- | 4.99 |
| Deep fried tofu with spicy sauce | |
| Potato KOROKKE ----- | 4.99 |
| Japanese style vegetable croquette | |
| IKA GESO ----- | 4.99 |
| Deep fried squid legs | |
| Calamari ----- | 4.99 |
| Gyoza ----- | 5.99 |
| Pan fried pork dumplings | |
| Age Gyoza ----- | 5.99 |
| Deep fried pork dumplings | |
| Mentai IKA GESO ----- | 5.99 |
| Deep fried squid leg with MASAGO | |
| YAKITORI ----- | 5.99 |
| Grilled chicken breast skewer | |
| Chicken KARA-AGE ----- | 5.99 |
| Fried chicken breast skewer | |
| Chili Prawns ----- | 6.99 |
| Fried prawn skewer with chili sauce | |

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|---------------------------------------|-------|
| Creamy Prawns ----- | 6.99 |
| Fried prawn skewer with cream sauce | |
| EBI SHUMAI ----- | 6.99 |
| Steamed shrimp dumplings | |
| Deep Fried EBI SHUMAI ----- | 6.99 |
| Deep fried shrimp dumplings | |
| TAKO Yaki ----- | 6.99 |
| Pnacake ball with octopus inside | |
| Tonkatsu ----- | 6.99 |
| Breaded pork | |
| Veal Katsu ----- | 7.99 |
| Breaded veal | |
| Grilled Shrimp Skewer ----- | 6.99 |
| Grilled Scallop ----- | 7.99 |
| Smoked Salmon Appetizer ----- | 7.99 |
| Tuna Tataki ----- | 7.99 |
| Lightly seared tuna SASHIMI | |
| Salmon Tataki ----- | 7.99 |
| Lightly seared salmon SASHIMI | |
| BBQ Squid ----- | 8.99 |
| BBQ squid with sweet & spicy sauce | |
| Beef Tataki ----- | 8.99 |
| Lightly seared beef with garlic chips | |
| Red Tuna Carpaccio ----- | 11.99 |
| Red tuna & avocado with special sauce | |

TERIYAKI (Gluten Free)

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|------------------------------------|-------|
| TERIYAKI Beef ----- | 10.99 |
| Grilled beef with TERIYAKI sauce | |
| TERIYAKI Chicken ----- | 10.99 |
| Grilled chicken breast TERIYAKI | |
| TERIYAKI Shrimp ----- | 10.99 |
| Grilled shrimp with TERIYAKI sauce | |
| TERIYAKI TOFU ----- | 10.99 |
| Fried Tofu with TERIYAKI sauce | |
| TERIYAKI Salmon ----- | 12.99 |
| Grilled salmon with TERIYAKI sauce | |

UDON

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|----------------------|-------|
| Vegetable UDON ----- | 8.99 |
| Chicken UDON ----- | 10.99 |
| Beef UDON ----- | 10.99 |
| TEMPURA UDON ----- | 11.99 |

NIGIRI SUSHI (per piece)

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|-----------------------------|------|
| INARI (bean curd) ----- | 1.99 |
| TAMAGO (egg) ----- | 1.99 |
| Tuna ----- | 2.29 |
| Salmon ----- | 2.29 |
| TAI (snapper) ----- | 2.29 |
| EBI (steamed prawn) ----- | 2.29 |
| SABA (mackarel) ----- | 2.29 |
| Smoked Salmon ----- | 2.59 |
| UNAGI (BBQ eel) ----- | 2.99 |
| Scallop ----- | 2.99 |
| TORO ----- | 2.99 |
| HAMACHI ----- | 3.29 |
| Red Tuna ----- | 3.29 |
| MASAGO GUNKAN ----- | 1.99 |
| TOBIKO GUNKAN ----- | 2.29 |
| Spicy Tuna GUNKAN ----- | 2.59 |
| Spicy Salmon GUNKAN ----- | 2.59 |
| Spicy Scallop GUNKAN ----- | 3.29 |
| Creamy Scallop GUNKAN ----- | 3.29 |

ABURI SUSHI (per piece)

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|----------------|------|
| Tuna ----- | 2.79 |
| Salmon ----- | 2.79 |
| SABA ----- | 2.79 |
| Snapper ----- | 2.79 |
| Beef ----- | 2.99 |
| Scallop ----- | 3.29 |
| TORO ----- | 3.59 |
| HAMACHI ----- | 3.79 |
| Red Tuna ----- | 3.79 |

HOSO MAKI

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|-------------------------|------|
| California Maki ----- | 3.59 |
| Cucumber Maki ----- | 3.59 |
| Avocado Maki ----- | 3.59 |
| Tuna Maki ----- | 3.99 |
| Salmon Maki ----- | 3.99 |
| Negi Tuna Maki ----- | 4.29 |
| Negi Toro Maki ----- | 4.99 |
| Negi Hamachi Maki ----- | 4.99 |
| Red Tuna Maki ----- | 4.99 |

Regular rolls

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|--------------------------------|------|
| Cucumber Roll ----- | 4.99 |
| Avocado Roll ----- | 4.99 |
| Avo-cucumber Roll ----- | 4.99 |
| California Roll ----- | 5.99 |
| Crabstick Tempura Roll ----- | 5.99 |
| Tuna Avocado Roll ----- | 5.99 |
| Salmon Avocado Roll ----- | 5.99 |
| Tuna Salad Roll ----- | 6.29 |
| Cheese Tempura Roll ----- | 6.29 |
| Spicy Tuna Roll ----- | 6.29 |
| Spicy Salmon Roll ----- | 6.29 |
| Spicy Crunch Tuna Roll ----- | 6.99 |
| Spicy Crunch Salmon Roll ----- | 6.99 |
| Vegetable Tempura Roll ----- | 6.99 |
| Vegetable Roll ----- | 6.99 |
| Yam Tempura Roll ----- | 6.99 |
| Unagi Roll ----- | 6.99 |
| Unagi Avocado Roll ----- | 6.99 |
| Spicy Scallop Roll ----- | 6.99 |
| Creamy Scallop Roll ----- | 6.99 |
| Smoked Salmon Roll ----- | 6.99 |
| Red Tuna Roll ----- | 6.99 |
| Calamari Roll ----- | 7.29 |
| TONKATSU Roll ----- | 7.29 |
| Veal KATSU Roll ----- | 7.99 |
| Dynamite Roll ----- | 7.99 |
| Unagi Tempura Roll ----- | 7.99 |

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| Golden California Roll ----- | 9.99 |
| Golden Spicy Tuna Roll ----- | 9.99 |
| Golden Spicy Salmon Roll ----- | 9.99 |
| FUTO MAKI ----- | 9.99 |
| Special California Roll ----- | 9.99 |

Special rolls

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| Rainbow Roll ----- | 12.99 |
| Nacho Cheese Roll ----- | 12.99 |
| Philadelphia Roll ----- | 13.99 |
| Aburi Tuna Roll ----- | 13.99 |
| Aburi Beef Roll ----- | 13.99 |
| Aburi SABA Roll ----- | 13.99 |
| Rocky Mountain Roll ----- | 14.99 |
| Dragon Roll ----- | 14.99 |
| Spicy Prawn Roll ----- | 14.99 |
| Sweet Prawn Roll ----- | 14.99 |
| Spider Roll ----- | 14.99 |
| Stampede Roll ----- | 15.99 |
| Seafood Tempura Roll ----- | 17.99 |
| Teriyaki Roll (Beef or Chicken)----- | 17.99 |

SASHIMI

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|------------------------------------|-------|
| TAMAGO (3pcs) ----- | 4.99 |
| Tuna (3pcs) ----- | 5.99 |
| Salmon (3pcs) ----- | 5.99 |
| Snapper (3pcs) ----- | 5.99 |
| SABA (3pcs) ----- | 5.99 |
| Scallop (3pcs) ----- | 6.99 |
| UNAGI (3pcs) ----- | 6.99 |
| TORO (3pcs) ----- | 7.99 |
| HAMACHI (3pcs) ----- | 8.99 |
| Red Tuna (3pcs) ----- | 8.99 |
| Tuna & Salmon Sashimi (6pcs) ----- | 11.59 |
| Assorted Sashimi (16pcs) ----- | 27.99 |
| Deluxe Sashimi (24pcs) ----- | 38.99 |

Combo

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|------------------------------------------------------------------------------|-------|
| Favorite Sushi Combo ----- | 14.99 |
| 6 NIGIRI SUSHI & California roll | |
| Assorted Sushi ----- | 15.99 |
| 6 NIGIRI SUSHI & Dynamite roll | |
| Deluxe Sushi ----- | 19.99 |
| 6 Deluxe NIGIRI SUSHI & Dynamite roll | |
| Roll Platter ----- | 17.99 |
| California roll, Spicy tuna roll & Dynamite roll | |
| Nigiri Platter (12 pcs) ----- | 24.99 |
| Sushi Platter ----- | 29.99 |
| 12 NIGIRI SUSHI, California roll & Dynamite roll | |
| Haru Platter ----- | 42.99 |
| 12 NIGIRI SUSHI, Spicy crunch tuna roll, Dynamite roll & Assorted Tempura | |

**TAKE OUT MENU****Lunch Hours**

Weekdays
11:30 am - 2:00 pm
Saturday, Sunday
Noon - 2:00 pm

Dinner Hours

5:00 pm - 9:30 pm

Holidays Closed

www.myharu.ca