

House Special from the Kitchen

Appetizer

Soba Noodle Salad
Buckwheat Noodles on a Bed of Salad
Topped with Avocado, Tempura Flakes with
Spicy Peanut Sesame
Dressing \$9.50

♦**Sesame Crusted Tuna**
Served Rare with Yuzu Mayonnaise Sauce
Served with Crispy Onions and Carrots \$19.75

♦**Spicy Tuna Guacamole**
Mined Spicy Tuna, Avocado, Red Onion, Jalapeno,
Cilantro and Garlic
Served with Homemade Tortilla Chips \$15.50

Coconut Shrimp
Four Large Shrimp Coated in Coconut Flakes
Fried to a Golden Brown with Garlic Soy Sauce \$9.75

Entree

House Special Fried Rice
Wok-Fried with Egg, Carrot, Peas, Corn and String Beans
Vegetable \$10.00 - Chicken \$12.50 - Shrimp \$16.25

Pad Thai Noodle
Wok-Fried Rice Noodle with Egg, Scallion, Bean Sprout and
Turnip Topped with Peanuts

Vegetable \$14.75 - Chicken \$16.25 - Shrimp \$17.50

House Special from the Sushi Bar

♦**K Dinosaur Roll**
Salmon, Cream Cheese, Asparagus Wrapped in Soy Paper,
Lightly Fried with Tempura Batter inside
Topped with Kanikama Salad, Avocado, Habanero Tobiko and
Sweet Soy Sauce outside
Tuna - Mutsu - Salmon - Eel \$21.75

♦**Katano**
Shrimp Tempura inside, Kanikama Salad, Fresh Tuna,
Avocado outside
Topped with Mild Habanero Tobiko and
Glazed with Sweet Soy Sauce
\$19.75

♦**Katano II**
Shrimp Tempura inside, Kanikama Salad, Fresh Salmon,
Shrimp and Mango outside
Topped with Wasabi Tobiko Glazed with
Orange Citrus Sauce & Spicy Mayo
\$19.75

♦**White Tiger Roll**
Spicy Tuna and Tempura Flakes inside Mutsu outside
Topped with Habanero Tobiko and Spicy Mayo
Mutsu \$14.00

♦**Green Monster Roll**
Salmon, Chuka Salad, Cucumber and Jalapeno inside
Cilantro, Mutsu and Wasabi Tobiko outside \$16.00

♦**Sea Dragon Roll**
Avocado and Kanikama inside
Sea Water Eel and Tobiko outside \$16.00

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Kitchen Entree

Served with rice and choice of miso soup or salad

Tempura	18.50
Shrimp and seasonal vegetable, lightly fried served with tempura sauce	
Yasai Itame	14.25
Stir-fried vegetable with teriyaki sauce	
Seafood Yasai Itame	18.50
Stir-fried shrimp, scallop and vegetable with teriyaki sauce	
Chicken Teriyaki	16.75
Fried chicken breast with teriyaki sauce	
Kibe Beef	20.75
Pan-seared New York strip steak served with mashed potatoes, seasonal vegetable and demi-glaze	
Chilean Sea Bass	Market Price
Flame grilled with bok choy and mushroom in garlic ginger broth	
Salmon Teriyaki	20.75
Broiled salmon steak with teriyaki sauce	
Beef Teriyaki	21.75
Grilled strip loin with teriyaki sauce	
Unaju	21.25
Barbecued fresh water eel, glazed with a sweet soy sauce	
Beef Asparagus	20.00
Thinly sliced grilled sirloin rolled with cheese and asparagus in a red wine reduction sauce	

Noodles

Served with choice of miso soup or salad

Yakisoba	
Stir-fried wheat egg noodle, mushroom and vegetable	
Vegetable	16.00
Chicken	17.00
Beef	18.00
Seafood	20.50
Nabeyaki Udon	
Thick wheat noodle served in a dashi broth with vegetable and shrimp tempura, fish cake topped with an egg	
Vegetable	17.00
Seafood (shrimp, scallop)	20.50

Yakiudon - Stir-fried thick wheat noodle	
Vegetable	16.75
Seafood	20.50

Sushi Entree

Served with choice of miso soup or salad

Futo Maki	17.00
A large roll filled with tamago, kampyo, oshinko, kanikama, avocado, cucumber and burdock	
♦Maki Roll Combo A	18.00
California, tekkamaki and sakemaki	
♦Maki Roll Combo B	19.00
California, tekkamaki and negihama	
♦Sushi Regular	19.50
7 pieces of chef's choice of nigiri-sushi & 6 pieces of tekkamaki	
♦Sushi Deluxe	24.00
8 pieces of chef's choice of nigiri-sushi, 6 pieces of California roll and 6 pieces of tekkamaki	
♦Chirashi	23.00
Filets of raw fish, egg and vegetable served on sushi rice	
♦Sushi & Sashimi Combo	35.00
Chef's choice of filets of raw fish, 8 pieces assorted nigiri-sushi, 6 pieces of California roll & 6 pieces of tuna roll	
♦Sashimi Regular	27.00
Chef's choice of 5 asst. filets of raw fish	
♦Sashimi Deluxe	38.00
Chef's choice of 7 assorted filets of raw fish	

Lunch Special (Served Mon-Fri: 12pm-3pm)

Bento

All Bentos comes with rice, seasonal vegetable, fruit,
and choice of Shumai, Gyoza or half California roll
and choice of miso soup or salad

Chicken Teriyaki Bento	12.00
Fried chicken breast with teriyaki sauce	
Katsu Bento	12.00
Choice of pork or chicken, coated in Japanese bread crumbs, deep fried & served with tonkatsu sauce	
Tempura Bento	12.00
Fried shrimp and seasonal vegetables with tempura sauce	
♦Cajun Tuna Bento	12.25
Flamed grilled fish with ponzu sauce	
Beef Teriyaki Bento	16.00
Grilled strip loin steak with teriyaki sauce	
Salmon Teriyaki Bento	14.00
Broiled salmon steak with teriyaki sauce	
Asparagus Beef Bento	16.00
Grilled thinly sliced sirloin steak rolled with cheese and asparagus with sweet red wine sauce	

Donburi

Served on rice with choice of miso soup or salad

Oyako Don	10.50
Chicken breast with egg and onion in a sweet broth	
Kakiage Don	11.00
Fried scallops, shrimp and vegetables with tempura sauce	
Katsu Don	11.00
Fried breaded pork with egg and onion in a sweet broth	
Japanese Curry - Choice of rice or udon with:	
Vegetable	10.50
Chicken	11.25
Beef	12.95
Katsu Curry	12.50
Choice of pork or chicken, coated in bread crumbs and deep fried, side of Japanese curry	

Noodle

Served with choice of miso soup or salad

Yakisoba	
Stir-fried thin wheat noodle, mushroom and vegetable:	
Vegetable	13.00
Chicken	14.00
Beef	15.00
Seafood	16.00
Nabeyaki Udon	16.00
Thick wheat noodle served in dashi broth, fish cake, mushroom, topped with an egg, side of tempura shrimp & vegetable	

Sushi Lunch Special

Served with choice of miso soup or salad

Wayland Maki Combo	11.00
A special shrimp tempura maki and California roll	
♦Sushi Regular Lunch	14.00
6 pieces of chef's choice of assorted fresh fish & Calif. roll	
♦Sushi Deluxe Lunch	16.50
8 pieces of chef's choice of assorted fresh fish & Calif. roll	

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Haruki East
172 Wayland Ave.
Providence, RI 02906
401.223.0332
401.490.3241
Fax: 401.490.3242

Sunday 4-9:30pm
Monday-Thursday 11:30-9:30
Friday 11:30-10
Saturday 12-10

www.harukisushi.com

Please visit our other location:

Haruki Cranston
1210 Oaklawn Ave.
Cranston, RI 02920
401.463.8338

Cranston business hours may differ from East location
please call to confirm

Sides Salad

House Salad	Sm. 3.50 - Lg. 5.75
Served with house dressing	
Wakakyu.....	5.00
Wakame seaweed and cucumber in a sweet vinaigrette	
Oshitashi	5.75
A medley of spinach, enoki mushrooms and carrots served in a warm soy based broth	
Chuka Salad	5.50
Sesame crisped aga-aga with red ginger	
Tofu Salad	7.50
Mesclun green and tangy sesame dressing topped with seaweed, cucumber, carrot and daikon	
Ika Salad.....	8.00
Squid salad with mountain vegetable and chili pepper	
*Sunomono	8.50
Shrimp, octopus, kanikama and mackerel with cucumber and wakame seaweed in a sweet vinaigrette	
Fresh Spring Roll	
Mixed vegetables and shredded lettuce accompanied by peanut miso	
Vegetable.....	9.25
Chicken	9.25
Shrimp.....	11.50

Soup

Miso Soup	2.75
Soy bean soup with tofu, scallion and seaweed	
Clear Soup.....	4.50
Dashi stock infused with shrimp, shiitake mushrooms, scallion and fish cake	

Appetizer Kitchen

Edamame.....	5.00
Boiled soybean, lightly salted	
Garlic Chili Edamame.....	6.50
Wok-fried edamame with garlic and chili	
Yakitori.....	7.00
Grilled chicken and scallion on skewers topped with teriyaki sauce	
Tsukune	7.50
Sauteed chicken meatball tossed with house teriyaki sauce	
Shumai	7.00
Steamed shrimp dumpling	
Gyoza	6.00
Fried pork dumpling	
*Tuna Shiitake	8.50
Shiitake caps stuffed with tuna tartar pan-seared to med-rare sauteed with teriyaki sauce	
Vegetable Tempura.....	8.50
Six pieces of seasonal vegetable, lightly fried, served with tempura sauce	
Tempura	8.50
Shrimp and seasonal vegetable, lightly fried, served with tempura sauce	
Age Dashi Tofu	7.50
Fried tofu with scallion, tangy ginger, finished with a sweet soy broth	

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Appetizer Kitchen

Chicken Kara-age.....	8.75
Ginger marinated chicken fried to a golden brown	
Fried Calamari	11.00
Served with marinara sauce	
Fillet Katsu.....	11.00
Choice of pork or chicken, coated in Japanese bread crumbs and deep fried, served with tunkatsu sauce	
Seafood Rangoon.....	9.00
Lightly fried, combination of shrimp, scallops, crab and cottage cheese served with raspberry tea sauce	
Soft Shell Crab.....	Market Price
Deep fried and served with ponzu sauce	
*Beef Tataki.....	12.00
Seared beef served rare, thinly sliced served with cucumber, ponzu and scallion	
Hamachi Kama.....	18.00
Flame grilled yellow tail cheek with ponzu	
Volcano	16.00
Sauteed onion, shiitake, baked scallop in a spicy mayonnaise sauce, topped with caviar and quail egg	
*Cajun Tuna.....	16.50
Seared rare, finished with shiso ponzu	

Appetizer Sushi Bar

*Botan Ebi	9.25
Jumbo sweet shrimps with side of crispy shrimp head	
*Ika Natto	10.50
Squid and fermented soybean with quail egg	
*Maguro Nutta.....	11.50
Fresh tuna and scallion with sweet miso sauce	
Miso Salmon	10.50
Salmon marinated in miso paste for two days, served medium-well, with Japanese mayonnaise, masago & sweet soy sauce	
*Tar-tar	
Fresh fish chopped fine topped with minced onion, tobiko, black caviar, balsamic glaze and quail egg	
*Salmon	16.75
*Tuna	19.50
*Yellow Tail.....	21.75
*Naruto	
Fresh fish, flying fish roe & avocado rolled in thinly sliced cucumber	
*Salmon	12.00
*Tuna	13.00
*Yellow Tail.....	15.00
King Crab.....	Market Price
*Usuzukuri - Fresh fish sliced paper thin with ponzu	
Tako.....	19.00
*Sea Bass	19.00
*Fluke	19.00

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Sushi Ala Carte

Nigiri - 2 pieces served on bite size seasoned rice ball
Sashimi - no rice, 3 pieces per order:

Cooked

	Nigiri	Sashimi
Baby Tako - Baby octopus.....	5.95	8.95
Ebi - Shrimp	6.00	9.00
Kanikama - Crab stick	5.50	8.50
King Crab.....	Seasonal...	Seasonal
King Crab Salad.....	Seasonal...	Seasonal
Smoked Salmon	7.00	10.00
Tako - Octopus	6.00	9.00
Tamago - Egg.....	5.00	8.00
Unagi - Fresh water eel.....	7.00	10.00
Anago - Sea water eel.....	7.00	10.00

Caviar

Add Quail Egg \$1.50 per order

	Nigiri	Sashimi
*Ikura - Salmon roe	7.00	10.00
*Masago - Smelt roe	6.00	9.00
*Tobiko - Flying fish roe	6.00	9.00
*Wasabi Tobiko		
Tobiko marinated in wasabi	6.50	9.50
*Habanero Tobiko.....	6.00	9.00

Fresh Fish

	Nigiri	Sashimi
*Albacore.....	6.50	9.50
*Blue Fin Tuna	Seasonal...	Seasonal
*Chu Toro - Medium fatty tuna	Seasonal...	Seasonal
*O Toro - Fatty tuna.....	Seasonal...	Seasonal
*Hamachi - Yellow tail	7.50	10.50
*Hirame - Fluke	7.25	10.25
*Hokkigai - Surf clam	6.50	9.50
*Hotategai - Scallop	8.00	11.00
*Ika - Squid	6.00	9.50
*Maguro - Tuna.....	7.50	10.50
*Mutsu - Escolar.....	7.50	10.50
*Saba - Mackerel.....	6.00	9.00
*Sake - Salmon	6.50	9.50
*Spicy Ika - Spicy squid	6.50	9.50
*Suzuki - Sea bass.....	6.50	9.50
*Uni - Sea urchin.....	8.25	11.25

Maki Roll

Rolled up with seasoned rice and nori

Vegetable

Kampyo - Cooked gourd	5.95
Kappa - Cucumber.....	5.95
Natto - Fermented soybean	5.95
Avocado Maki - Avocado.....	6.25
Avocu Maki - Avocado & cucumber	6.25
Oshinko - Pickled radish.....	5.95
Ume-Shiso - Plum paste, oba & cucumber.....	5.95
Yasai - Vegetables	6.25
Sweet Potato Maki - Tempura Yam	5.95

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Maki Roll

Rolled up with seasoned rice and nori

Cooked

Tamago Maki - Egg.....	5.25
California - Avocado & crab stick	5.95
Salmon Skin - Grilled salmon skin & scallion.....	5.95
Wayland Maki	6.75
Shrimp tempura, avocado with masago & sweet soy sauce	
Unavo - Eel & avocado.....	7.00
Unakyu - Eel & cucumber.....	7.00
Philadelphia - Smoked salmon, cream cheese & cucumber.....	7.00
Slammin Salmon.....	7.00
Cooked salmon, asparagus, cucumber, lettuce inside & spicy sweet soy sauce outside	
Manhattan - California with flying fish roe	8.00
Spicy Scallop	11.50
Scallops cooked with spicy mayonnaise sauce	
Caterpillar	12.00
Eel, asparagus inside, avocado outside	
Spider Shrimp	13.00
Tempura shrimp, cucumber inside, avocado & masago outside	
Half Order Spider Shrimp.....	8.00
Tempura shrimp, cucumber inside, avocado & masago outside	
Spider Crab	16.50
Fried soft shell crab, cucumber inside, avocado & masago outside	
TSC	16.50
Crab salad & avocado inside, topped with seared spicy scallop, sweet soy sauce & spicy mayo	
Dragon.....	17.00
Crab stick, avocado, cucumber inside, eel & avocado outside	
Red Dragon	23.00
Avocado & crab stick inside topped with whole eel, with habanero tobiko and sweet soy sauce	

Fresh Fish

*Boston - Salmon & avocado	6.50
*Sake Maki - Salmon & scallion	6.50
*Macho Roll - Salmon, mackerel & scallion	6.50
*Tekka Avo Maki - Tuna & avocado	7.00
*Tekka Cu Maki - Tuna & cucumber	7.00
*Tekka - Tuna.....	7.25
*Negihama - Yellow tail & scallion	7.25
*Spicy Tekka - Spicy tuna with avocado & cucumber topped with spicy mayo	7.25
*Piano Maki.....	7.25
Salmon, cucumber, avocado, scallion & burdock	
*Die Hard.....	8.75
Yellow tail, jalapeno inside & cilantro outside	
*Tuna Crisp.....	12.00
Spicy tuna, avocado, cream cheese inside, lightly fried with tempura batter, finished with sweet soy sauce & spicy mayo	
*Black Eye	
Spicy king crab inside, black caviar outside	
*Rainbow	16.00
Crab stick, cucumber & avocado inside, eel, tuna, salmon avocado & masago outside	

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