

## 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 \$7.25

\*Sesame Crusted Tuna  
Served Rare with Yuzu Mayonnaise Sauce  
Served with Crispy Onions and Carrots \$18.75

\*Spicy Tuna Guacamole  
Mined Spicy Tuna, Avocado, Red Onion, Jalapeno,  
Cilantro and Garlic  
Served with Homemade Tortilla Chips \$12.75

Coconut Shrimp  
Four Large Shrimp Coated in Coconut Flakes  
Fried to a Golden Brown with Garlic Soy Sauce \$8.75

### Entree

House Special Fried Rice  
Wok-Fried with Egg, Carrot, Peas, Corn and String Beans  
Vegetable \$8.75 - Chicken \$10.95 - Shrimp \$15.25

Pad Thai Noodle  
Wok-Fried Rice Noodle with Egg, Scallion, Bean Sprout and  
Turnip Topped with Peanuts  
Vegetable \$13.75 - Chicken \$15.25 - Shrimp \$16.50

## 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 \$19.75

\*Katano  
Shrimp Tempura inside, Kanikama Salad, Fresh Tuna,  
Avocado outside  
Topped with Mild Habanero Tobiko and  
Glazed with Sweet Soy Sauce  
\$18.75

\*Katano II  
Shrimp Tempura inside, Kanikama Salad, Fresh Salmon,  
Shrimp and Mango outside  
Topped with Wasabi Tobiko Glazed with  
Orange Citrus Sauce & Spicy Mayo  
\$18.75

\*White Tiger Roll  
Spicy Tuna and Tempura Flakes inside Mutsu outside  
Topped with Habanero Tobiko and Spicy Mayo  
Mutsu \$12.50 - Aburi Mutsu \$14.25

\*Green Monster Roll  
Salmon, Chuka Salad, Cucumber and Jalapeno inside  
Cilantro, Mutsu and Wasabi Tobiko outside \$14.25

\*Sea Dragon Roll  
Avocado and Kanikama inside  
Sea Water Eel and Tobiko outside \$13.75

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### Kitchen Entree

Served with rice and choice of miso soup or salad

Tempura .....	16.50
Shrimp and seasonal vegetable, lightly fried served with tempura sauce	
Yasai Itame.....	13.25
Stir-fried vegetable with teriyaki sauce	
Seafood Yasai Itame.....	16.50
Stir-fried shrimp, scallop and vegetable with teriyaki sauce	
Chicken Teriyaki.....	14.75
Fried chicken breast with teriyaki sauce	
Kibe Beef .....	19.75
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.....	18.75
Broiled salmon steak with teriyaki sauce	
Beef Teriyaki.....	19.75
Grilled strip loin with teriyaki sauce	
Unaju.....	19.25
Barbecued fresh water eel, glazed with a sweet soy sauce	

### Noodles

Served with choice of miso soup or salad

Yakisoba	
Stir-fried wheat egg noodle, mushroom and vegetable	
Vegetable.....	14.00
Chicken .....	15.00
Beef.....	16.00
Seafood .....	17.00

Nabeyaki Udon	
Thick wheat noodle served in a dashi broth with vegetable and shrimp tempura, fish cake topped with an egg	
Vegetable.....	15.00
Seafood (shrimp, scallop) .....	17.00

Yakiudon - Stir-fried thick wheat noodle	
Vegetable.....	14.75
Seafood .....	17.00

### Sushi Entree

Served with choice of miso soup or salad

Futo Maki.....	14.85
A large roll filled with tamago, kampyo, oshinko, kanikama, avocado, cucumber and burdock	
*Maki Roll Combo A.....	16.75
California, tekkamaki and sakemaki	
*Maki Roll Combo B.....	17.50
California, tekkamaki and negihama	
*Sushi Regular.....	18.75
7 pieces of chef's choice of nigiri-sushi & 6 pieces of tekkamaki	
*Sushi Deluxe.....	22.50
8 pieces of chef's choice of nigiri-sushi, 6 pieces of California roll and 6 pieces of tekkamaki	
*Chirashi.....	19.75
Filets of raw fish, egg and vegetable served on sushi rice	
*Sushi & Sashimi Combo.....	28.50
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 .....	21.75
Chef's choice of 5 asst. filets of raw fish	
*Sashimi Deluxe.....	31.95
Chef's choice of 7 assorted filets of raw fish	

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## Lunch Special (Served Mon-Sat 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 .....	10.00
Fried chicken breast with teriyaki sauce	
Katsu Bento.....	10.00
Choice of pork or chicken, coated in Japanese bread crumbs, deep fried & served with tonkatsu sauce	
Tempura Bento.....	10.00
Fried shrimp and seasonal vegetables with tempura sauce	
*Cajun Tuna Bento .....	11.25
Flamed grilled fish with ponzu sauce	
Beef Teriyaki Bento .....	11.25
Grilled strip loin steak with teriyaki sauce	
Salmon Teriyaki Bento.....	11.25
Broiled salmon steak with teriyaki sauce	
Asparagus Beef Bento.....	12.25
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.....	9.25
Chicken breast with egg and onion in a sweet broth	
Kakiage Don .....	9.75
Fried scallops, shrimp and vegetables with tempura sauce	
Katsu Don .....	10.50
Fried breaded pork with egg and onion in a sweet broth	
Japanese Curry - Choice of rice or udon with:	
Vegetable.....	9.25
Chicken .....	9.75
Beef.....	10.95
Katsu Curry .....	10.95
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.....	12.00
Chicken .....	13.00
Beef.....	14.00
Seafood .....	15.00
Nabeyaki Udon .....	15.00
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 .....	9.90
A special shrimp tempura maki and California roll	
*Sushi Regular Lunch.....	11.75
6 pieces of chef's choice of assorted fresh fish & Calif. roll	
*Sushi Deluxe Lunch.....	14.85
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 4:30pm-10pm**  
**Mon-Thurs 12pm-10pm**  
**Fri-Sat 12pm-11pm**

[www.harukisushi.com](http://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. 2.75 - Lg. 5.25
Served with house dressing	
Wakakyu.....	4.50
Wakame seaweed and cucumber in a sweet vinaigrette	
Oshitashi .....	4.95
A medley of spinach, enoki mushrooms and carrots served in a warm soy based broth	
Chuka Salad .....	4.95
Sesame crisped aga-aga with red ginger	
Tofu Salad .....	6.50
Mesclun green and tangy sesame dressing topped with seaweed, cucumber, carrot and daikon	
Ika Salad.....	7.50
Squid salad with mountain vegetable and chili pepper	
*Sunomono .....	7.50
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.....	8.25
Chicken .....	8.25
Shrimp.....	10.50

## Soup

Miso Soup .....	2.25
Soy bean soup with tofu, scallion and seaweed	
Clear Soup.....	3.95
Dashi stock infused with shrimp, shiitake mushrooms, scallion and fish cake	

## Appetizer Kitchen

Edamame.....	4.50
Boiled soybean, lightly salted	
Garlic Chili Edamame.....	5.50
Wok-fried edamame with garlic and chili	
Yakitori.....	5.50
Grilled chicken and scallion on skewers topped with teriyaki sauce	
Tsukune .....	6.50
Sauteed chicken meatball tossed with house teriyaki sauce	
Shumai .....	6.50
Steamed shrimp dumpling	
Gyoza .....	5.50
Fried pork dumpling	
*Tuna Shiitake .....	7.50
Shiitake caps stuffed with tuna tartar pan-seared to med-rare sauteed with teriyaki sauce	
Vegetable Tempura.....	7.25
Six pieces of seasonal vegetable, lightly fried, served with tempura sauce	
Tempura .....	7.95
Shrimp and seasonal vegetable, lightly fried, served with tempura sauce	
Age Dashi Tofu .....	5.95
Fried tofu with scallion, tangy ginger, finished with a sweet soy broth	

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## Appetizer Kitchen

Chicken Kara-age.....	7.75
Ginger marinated chicken fried to a golden brown	
Fried Calamari .....	9.50
Served with marinara sauce	
Fillet Katsu.....	9.50
Choice of pork or chicken, coated in Japanese bread crumbs and deep fried, served with tunkatsu sauce	
Seafood Rangoon.....	11.50
Lightly fried, combination of shrimp, scallops, crab and cottage cheese served with raspberry tea sauce	
Soft Shell Crab.....	10.50
Deep fried and served with ponzu sauce	
*Beef Tataki.....	10.75
Seared beef served rare, thinly sliced served with cucumber, ponzu and scallion	
Hamachi Kama.....	Seasonal
Flame grilled yellow tail cheek with ponzu	
Volcano .....	13.25
Sauteed onion, shiitake, baked scallop in a spicy mayonnaise sauce, topped with caviar and quail egg	
*Cajun Tuna.....	15.45
Seared rare, finished with shiso ponzu	
Beef Asparagus .....	16.50
Thinly sliced grilled sirloin rolled with cheese and asparagus in a red wine reduction sauce	

## Appetizer Sushi Bar

*Botan Ebi .....	8.25
Jumbo sweet shrimps with side of crispy shrimp head	
*Ika Natto .....	8.75
Squid and fermented soybean with quail egg	
*Maguro Nutta.....	9.95
Fresh tuna and scallion with sweet miso sauce	
Miso Salmon .....	8.75
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 .....	14.75
*Tuna .....	17.50
*Yellow Tail.....	19.75
*Naruto	
Fresh fish, flying fish roe & avocado rolled in thinly sliced cucumber	
*Salmon .....	11.00
*Tuna .....	12.00
*Yellow Tail.....	12.00
King Crab.....	14.00
*Usuzukuri - Fresh fish sliced paper thin with ponzu	
Tako.....	14.00
*Sea Bass .....	18.00
*Fluke .....	18.00

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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.....	4.95	7.95
Ebi - Shrimp.....	4.65	6.65
Kanikama - Crab stick .....	4.45	6.00
King Crab.....	Seasonal	Seasonal
King Crab Salad.....	Seasonal	Seasonal
Smoked Salmon .....	5.75	8.75
Tako - Octopus .....	4.95	6.95
Tamago - Egg.....	3.50	5.50
Unagi - Fresh water eel .....	6.00	9.00
Anago - Sea water eel.....	5.50	8.50

### Caviar

Add Quail Egg \$1.50 per order

	Nigiri	Sashimi
*Ikura - Salmon roe .....	5.50	8.50
*Masago - Smelt roe .....	4.50	7.50
*Tobiko - Flying fish roe .....	4.75	7.75
*Wasabi Tobiko		
Tobiko marinated in wasabi .....	4.95	7.95
*Habanero Tobiko.....	4.95	7.95

### Fresh Fish

	Nigiri	Sashimi
*Albacore.....	5.50	7.50
*Amaebi - Sweet Shrimp.....	5.25	8.25
*Blue Fin Tuna .....	Seasonal	Seasonal
*Chu Toro - Medium fatty tuna .....	Seasonal	Seasonal
*O Toro - Fatty tuna.....	Seasonal	Seasonal
*Hamachi - Yellow tail .....	6.25	9.25
*Hirame - Fluke .....	5.25	7.25
*Hokkigai - Surf clam .....	4.95	6.95
*Hotategai - Scallop .....	Seasonal	Seasonal
*Ika - Squid .....	4.75	6.75
*Maguro - Tuna.....	6.50	9.50
*Mutsu - Escolar.....	5.25	7.25
*Saba - Mackerel.....	4.75	6.75
*Sake - Salmon .....	5.25	8.25
*Spicy Ika - Spicy squid .....	5.25	8.25
*Suzuki - Sea bass.....	5.25	7.25
*Uni - Sea urchin.....	7.25	10.25

### Maki Roll

Rolled up with seasoned rice and nori

### Vegetable

Kampyo - Cooked gourd .....	4.95
Kappa - Cucumber.....	4.95
Natto - Fermented soybean .....	4.95
Avocado Maki - Avocado.....	4.95
Avocu Maki - Avocado & cucumber .....	4.95
Oshinko - Pickled radish.....	4.95
Ume-Shiso - Plum paste, oba & cucumber.....	4.95
Yasai - Vegetables .....	5.25
Sweet Potato Maki - Tempura Yam .....	5.25

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## Maki Roll

Rolled up with seasoned rice and nori

### Cooked

Tamago Maki - Egg.....	4.25
California - Avocado & crab stick .....	4.95
Salmon Skin - Grilled salmon skin & scallion.....	4.95
Wayland Maki .....	5.75
Shrimp tempura, avocado with masago & sweet soy sauce	
Unavo - Eel & avocado.....	6.50
Unakyu - Eel & cucumber.....	6.50
Philadelphia - Smoked salmon, cream cheese & cucumber.....	6.50
Slammin Salmon .....	6.50
Cooked salmon, asparagus, cucumber, lettuce inside & spicy sweet soy sauce outside	
Manhattan - California with flying fish roe .....	7.25
Spicy Scallop .....	10.75
Scallops cooked with spicy mayonnaise sauce	
Caterpillar .....	9.95
Eel, asparagus inside, avocado outside	
Spider Shrimp .....	10.75
Tempura shrimp, cucumber inside, avocado & masago outside	
Half Order Spider Shrimp.....	5.75
Tempura shrimp, cucumber inside, avocado & masago outside	
Spider Crab .....	14.00
Fried soft shell crab, cucumber inside, avocado & masago outside	
TSC .....	13.50
Crab salad & avocado inside, topped with seared spicy scallop, sweet soy sauce & spicy mayo	
Dragon.....	15.25
Crab stick, avocado, cucumber inside, eel & avocado outside	
Red Dragon .....	19.75
Avocado & crab stick inside topped with whole eel, with habanero tobiko and sweet soy sauce	

### Fresh Fish

*Boston - Salmon & avocado .....	5.50
*Sake Maki - Salmon & scallion .....	5.50
*Macho Roll - Salmon, mackerel & scallion .....	5.50
*Tekka Avo Maki - Tuna & avocado .....	6.00
*Tekka Cu Maki - Tuna & cucumber .....	6.00
*Tekka - Tuna.....	6.25
*Negihama - Yellow tail & scallion .....	6.25
*Spicy Tekka - Spicy tuna with avocado & cucumber topped with spicy mayo .....	6.25
*Piano Maki.....	6.25
Salmon, cucumber, avocado, scallion & burdock	
*Die Hard.....	7.75
Yellow tail, jalapeno inside & cilantro outside	
*Tuna Crisp.....	10.45
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 .....	15.25
Crab stick, cucumber & avocado inside, eel, tuna, salmon avocado & masago outside	

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