BLUE OCEAN HARU MAMA

OCEAN BEACH, CALIFORNIA

SIDES

MISO SOUP || $
WHITE RICE || $
COLD KIMCHI || $
STEAMED EDAMAME || $
SPICY GARLIC EDAMAME || $
MAMA'S FRENCH FRIES || $

SALADS

SPICY SASHIMI SALAD
spring mix, assorted fish, seaweed salad, masago, spicy seafood dressing, chill oil || $

SEAWEED SALAD
seaweed salad, ponzu, sesame seeds || $

BITES

WE DO NOT SERVE APPETIZERS IN THE TRADITIONAL SENSE (BITES ARE SERVED WHEN READY).

SOFT SHELL CRAB
deep-fried soft shell crab with sesame seeds; side ponzu || $

GRILLED HAMACHI KAMA
side yuzu ponzu || $

GRILLED SALMON KAMA
side yuzu ponzu || $

CALAMARI
side yuzu aioli || $

CRISPY KRAB WONTONS
imitation crab + cream cheese filling, side sweet chili sauce || $

FRIED RICE
jasmine rice, egg, butter, green onion, carrots, onion, sesame seeds || $
ADD CHICKEN OR SPICY GROUND PORK +$3

FRIED PORK POTSTICKERS
pork + vegetable filling, topped with sesame seeds, side dipping sauce || $

VEGGIE EGG ROLLS
carrot, chestnut, bean sprouts, vermicelli, sweet chili sauce || $

STEAMED VEGGIE POTSTICKERS
tofu + vegetable filling, set in chili-garlic stock sauce, topped with black sesame seeds, crispy onion || $

TAKOYAKI
octopus + vegteble topped with sesame seeds, takoyaki sauce, *yuzu aioli, and katsuobushi* || $

KARAAGE CHICKEN
deep fried chicken bites || $

CORN CHEESE
roasted sweet corn, jack cheese, green onion, mayo, fried garlic || $

PORK BELLY BAO BAO BUN
pork belly, hoisin BBQ sauce, lettuce with yuzu aioli, pickled cucumbers, cilantro, fried-garlic || *2pc · $*

CONTEMPORARY SUSHI

BLUEFIN CARPACCIO
bluefin sashimi, ponzu, black truffle oil, jalapeño, black salt, yuzu || $

SCREAMING SALMON OR YELLOWTAIL
sashimi, ponzu, olive oil, crispy garlic, cherry tomato, red onion || $

RICE CRUNCH SPICY TUNA
rice crunch, spicy tuna, jalapeño, spicy mayo, lemon miso || $

FRENCH KISS
blue crab and avocado base topped with albacore, garlic mustard, spicy mayo, and sriracha || *4pc · $*

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness, especially if you have certain medical conditions. Please alert your server if you have any food allergies.

SUSHI

NIGIRI + SASHIMI

FATTY TUNA *"toro"*
2pc nigiri · $
7pc sashimi · $

BLUEFIN TUNA *"hon maguro"*
2pc nigiri · $
7pc sashimi · $

SALMON *"sake"*
2pc nigiri · $
7pc sashimi · $

ALBACORE *"tombo"*
2pc nigiri · $
7pc sashimi · $

YELLOWTAIL *"hamachi"*
2pc nigiri · $
7pc sashimi · $

HOKKAIDO SCALLOP *"hotate"*
2pc nigiri · $
5pc sashimi · $

SHRIMP *"ebi"*
2pc nigiri · $

FRESH WATER EEL *"unagi"*
2pc nigiri · $
5pc sashimi · $

SMELT EGG *"masago"*
2pc nigiri · $

JAPANESE EGG *"tamago"*
2pc nigiri · $

SEARED NIGIRI

SEARED TORO
2pc nigiri · $
top · ponzu, fresh wasbi

SEARED SALMON
2pc nigiri · $
top · spicy mayo, eel sauce, green onion, masago

SEARED SHRIMP
2pc nigiri · $
top · mayo, eel sauce, sriracha, tempura crunch, green onion, furikake

SEARED KRAB STICK
2pc nigiri · $
top · spicymayo, eel sauce, green onion, masago

SPECIALTY ROLLS

Substitutions available at extra cost. Blue Crab available upon request

ALBACORE DELIGHT
in: albacore, krab mix, cucumber, tempura crunch
top: albacore, avocado, chef blend, chili oil, ponzu || $

HAWAIIAN
in: blue crab
top: bluefin tuna, garlic mustard dressing || $

MARINE BOY
in: spicy tuna, cucumber
top: salmon, avocado, spicy mayo || $

PLAYBOY ROLL
in: shrimp, cream cheese
out: salmon, avocado, spicy mayo|| $

YELLOWTAIL JALAPEÑO
in: yellowtail, cucumber, green onion
top: jalapeño, avocado, garlic mustard dressing || $

CHEF SPECIALTY
in: tempura shrimp, krab, avocado, cucumber
top: spicy tuna, spicy mayo, eel sauce || $

MADISON
in: blue crab, cucumber
out: seared toro, black pepper, soy mustard, chili oil, fresh wasabi || $

LEMON ROLL
in:albacore krab mix, cucumber, tempura crunch
top: yellowtail, lemon slice, ponzu and lemon miso sauce || $

SUNSHINE
in: krab, avocado, cucumber
out: assorted fish mixed with green onion, masago, spicy seafood dressing, sriracha, ponzu, chili oil || $

RAINBOW
in: krab, cucumber, avocado
out: bluefin tuna, salmon, albacore, shrimp, yellowtail || $

RAINBOW SPIDER
in: soft shell crab, krab, cucumber, avocado
out: bluefin tuna, salmon, albacore, yellowtail, shrimp || $

HOT NIGHT
in: spicy tuna, cucumber
out: albacore, avocado, green onion, ponzu, sriracha || $

GREEN LIGHT
in: spicy tuna, cucumber
top: albacore, avocado, red onion, seaweed salad, ponzu, sriracha || $

SUMMER
wrapped in cucumber, no rice
in: bluefin tuna, salmon, albacore, krab,avocado, masago
out: ponzu, spicy mayo || $

COOKED

CRUNCH SALMON
in: tempura salmon, krab, avocado, cream cheese, cucumber, gobo
top: tempura crunch, eel sauce || $

CRUNCH SHRIMP
in: tempura shrimp, krab, avocado, cucumber
top: tempura crunch, eel sauce || $

CATERPILLAR
in: eel, krab, cucumber
out: avocado,eel sauce || $

DRAGON
in: krab, avocado, cucumber
top: eel, eel sauce, furikake|| $

SPIDER
in: soft shell crab, krab, cucumber, avocado, gobo
out: masago, eel sauce || $

KRAB CRUNCH
in: spicy tuna, cucumber
top: krab stick mixed with tempura crunch, masago, eel sauce, spicy mayo || $

DYNAMITE **deep-fried*
in: deep-fried california roll
top: baked craw fish, cheese, spicy mayo, eel sauce, masago || $

SWEET & HOT **deep-fried*
in: spicy tuna
out: sweet chili sauce || $

CLASSIC ROLLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

CALIFORNIA
in: krab, avocado, cucumber || $

SPICY TUNA
in: spicy tuna, cucumber || $

BLUE CRAB
in: blue crab
out: soy paper || $

PHILLY
in: salmon, avocado, cream cheese || $

SALMON
in: salmon, cucumber || $

VEGGIE
in: spring mix, avocado, gobo, cucumber, seaweed salad || $

OCEAN BEACH, CALIFORNIA

MAINS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

ENTREES

CRISPY CHICKEN KATSU
panko breaded chicken cutlet, cabbage salad, furikake, side katsu sauce, white rice || *$*

CHICKEN TERIYAKI **SERVED ON A HOT SKILLET*
grilled boneless chicken breast, wok-tossed veggies, furikake, white rice / topped with teriyaki sauce || *$*

SALMON TERIYAKI **SERVED ON A HOT SKILLET*
grilled salmon, wok-tossed veggies, furikake, white rice / topped with teriyaki sauce || *$*

BULGOGI FRIES **SERVED ON A HOT SKILLET*
bulgogi beef, french fries, glass noodle, teriyaki sauce, vegetable mix/ topped with green onion, jack cheese, white sesame seeds || *$*

RAMEN & NOODLES

ALL BOWLS ARE SPECIALLY DESIGNED BY OUR EXECUTIVE CHEF, JAMES PYO. SUBSTITUTIONS ARE NOT RECOMMENDED BUT ARE AVAILABLE AT EXTRA COST.

RAMEN BOWLS

GARDEN PARTY *vegan*
vegan creamy coconut veggie broth / spinach noodles / topped with steamed tofu, black garlic oil, broccoli, corn, sesame seeds, scallions || *$*

CRISPY CHICKIE
creamy tonkotsu broth / topped with panko breaded chicken cutlet, brussels sprouts, bamboo shoots, 1/2 ramen egg, black garlic oil, sesame seeds, scallions || *$*

HARU
creamy tonkotsu broth / topped with chicken chashu, steamed tofu, bamboo shoots, mushroom, corn, sesame seeds, scallions, yuzu oil || *$*

KATSU CURRY
Japanese curry broth /topped with panko breaded chicken cutlet, roasted corn, broccoli, green onion, 1/2 ramen egg || *$*

DRUNKEN NOODLES **contains peanuts*
pan fried rice noodle, wok tossed veggies, peanuts, grilled spicy chicken with sweet & spicy gochujang sauce || *$*

FLYING PIG 🔥
shoyu sesame tonkotsu broth / topped with pork chashu, brussels sprouts, fried garlic, sesame seeds, scallions || *$*

ME SO HOT! 🔥🔥
spicy peanut tonkotsu broth / topped with spicy ground pork, brussels sprouts, bean sprouts, 1/2 ramen egg, peanuts, sesame seeds, scallions || *$*

HIGH NOON 🔥🔥🔥
spicy chicken broth / topped with chicken chashu, mushroom, bamboo shoots, 1/2 ramen egg, sesame seeds, scallions || *$*

BULGOGI BEEF UDON
fresh udon noodles with beef broth, grilled bulgogi beef, caramelized onion /topped with green onion, sesame seeds || *$*

YAKISOBA
yakisoba noodles, vegetable mix, broccoli, tomatoes / topped with scallions, sesame seeds || *$*

RAMEN TOPPINGS

ADD ADDITIONAL TOPPINGS TO YOUR BOWL OR SUBSTITUTE ITEMS AT EXTRA COST.

TOPPINGS		PROTEIN	
black garlic oil	+$	chicken chashu	+$
broccoli	+$	pork chashu	+$
brussels sprouts	+$	ground pork 🔥	+$
corn	+$	bulgogi beef	+$
fried garlic	+$	panko chicken cutlet	+$
sauteed kimchi w/ butter	+$	tofu	+$
mushroom	+$	ramen egg	+$

MUSUBI

SPAM MUSUBI || *$*

KIMCHI MUSUBI || *$*

POKE BOWLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

POWER PROTEIN POKE
rice, tuna, crabmeat ,red onion, edamame, green onion, corn, cucumber, seaweed salad, cilantro , tempura crunch ,avocado ,crispy onion, furikake garlic mustard sauce || *$*

SUPERHERO POKE
rice, salmon ,crabmeat ,red onion, edamame, green onion, corn, cucumber, seaweed salad, cilantro , tempura crunch ,avocado ,crispy onion, furikake, poke sauce || *$*

MAMA'S FAMOUS BUNS

CHARACTER BUNS

NO MIX AND MATCH || 2PC - $

savory — *sweet*

CHICKEN
chicken, onion, mozzarella cheese

COW
ground BBQ beef, carrot, shiitake

PIG
ground pork, caramelized onion

BUNNY
nutella

**savory buns served with side citrus yuzu soy sauce*

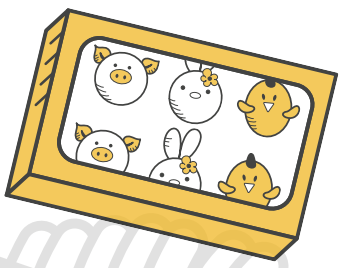
ASK YOUR SERVER ABOUT OUR SEASONAL BUN!

TO-GO BUN BOXES

TAKE-OUT & STEAM AT HOME ONLY || NO MIX AND MATCH

SAVORY CHARACTER BUN PARTY BOX
pig, chicken, cow || *2pc each · $*

MIX CHARACTER BUN PARTY BOX
pig, bunny, chicken || *2pc each · $*



MAMA'S SWEETS

MAMA'S CHURROS
egg custard filling, cinnamon sugar mix, side chocolate sauce || *$*

MOCHI ICE CREAM
choose 1 flavor : chocolate, strawberry || *$*

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