BLUE OCEAN HARUMAMA

LA JOLLA COVE, CALIFORNIA

SIDES

MISO SOUP
WHITE RICE
STEAMED EDAMAME
SPICY GARLIC EDAMAME

SALADS

SPICY SASHIMI SALAD
organic greens, assorted sashimi, masago / spicy seafood salad dressing

SEAWEED SALAD
wakame seaweed, ponzu, sesame seeds, gobo root

BITES

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

JAPANESE OYSTERS
4pc seasonal oysters, ponzu, green onion, masago

GRILLED HAMACHI KAMA
side of house salad with vinaigrette lemon dressing and yuzu ponzu sauce

GRILLED SALMON KAMA
side of house salad with vinaigrette lemon dressing and yuzu ponzu sauce

SALT & PEPPER CALAMARI
jalapeño, side yuzu aioli and sweet chili

NEW **CARAMELIZED EGGPLANT**
seasoned deep-fried eggplant caramelized in eel sauce with cashew nuts and sesame seeds

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 +$

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

NEW **POPCORN SHRIMP**
fried shrimp, asparagus, and mushroom; glazed in a sweet miso 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, side sweet chili

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

NEW **BULGOGI BAO BAO BUN**
beef bulgogi, caramelized onion, lettuce with spicy mayo ||*2pc*

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, white rice, wok-tossed veggies, furikake / topped with teriyaki sauce

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

SUSHI

NIGIRI + SASHIMI

ALBACORE *"tombo"*
2pc nigiri
5pc sashimi

NEW **AMBERJACK** *"kampachi"*
2pc nigiri
5pc sashimi

BLUEFIN TUNA *"hon maguro"*
2pc nigiri
5pc sashimi

FATTY TUNA *"toro"*
2pc nigiri
5pc sashimi

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

SALMON *"sake"*
2pc nigiri
5pc sashimi

NEW **KING SALMON** *"masunosuke"*
2pc nigiri
5pc sashimi

NEW **SALMON EGG** *"ikura"*
2pc nigiri

NEW **SPANISH MACKEREL** *"aji"*
2pc nigiri
5pc sashimi

SMELT EGG *"masago"*
2pc nigiri

NEW **JAPANESE EGG** *"tamago"*
2pc nigiri
5pc sashimi

NEW **ESCOLAR** *"walu"*
2pc nigiri
5pc sashimi

SEA URCHIN *"uni"*
2pc nigiri

YELLOWTAIL *"hamachi"*
2pc nigiri
5pc sashimi

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

SHRIMP *"ebi"*
2pc nigiri
5pc sashimi

NEW **LIVE SWEET SHRIMP** *"live amaebi"*
MP

CHEF'S CHOICE

SUSHI SPECIALS

BLUE OCEAN OMAKASE BOX
chef's tasting of assorted sashimi

POKE BOWLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

POWER PROTEIN POKE
tuna, krab, rice / topped with avocado, corn, cucumber, crispy onion, edamame, furikake, jalapeno, scallions, sweet onion, tempura crunch, garlic mustard sauce*a*

SUPERHERO POKE
salmon, krab, rice / topped with avocado, cucumber, crispy onion, watermelon radish furikake, scallions, seaweed salad, sweet onion, tempura crunch, spicy poke sauce

CONTEMPORARY ITEMS

NEW **CHUCK'S SPECIAL**
seared toro topped with jalapeño and fresh chopped wasabi || *2pc*

NEW **CHIRASHI**
tuna, salmon, albacore, escolar, tamago, shrimp, salmon egg and sushi rice

BLUEFIN CARPACCIO
bluefin sashimi, ponzu, black truffle oil, jalapeño, black salt, yuzu, chef blend

SCREAMING YELLOWTAIL
yellowtail sashimi, ponzu, olive oil, crispy garlic, cherry tomato, sweet onion, chef blend

RICE CRUNCH ALBACORE
rice crunch, albacore, julienne onion, avocado, soy mustard, chili oil, chef blend || *3pc*

RICE CRUNCH SPICY TUNA
rice crunch, spicy tuna, mango marsarpone puree, spicy mayo, chef blend || *3pc*

EXTRAS

ELEVATE YOUR ROLL
SUBSTITUTE BLUE CRAB
FRESH CHOPPED WASABI

EXTRA SAUCES
ADD EXTRA SAUCE

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.

itmes and prices may change depending on the season without any notice

SPECIALTY ROLLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

ALBACORE DELIGHT
in: albacore + krab + miso mix, cucumber, tempura crunch
top: albacore, avocado, green onion, chili oil, ponzu, chef blend

WASABI NEW
in: assorted fish mixed with wasabi, masago, mayo, green onion, sesame oil
out: fresh chopped wasabi ||

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

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

DRAGON
in: krab, avocado, cucumber
top: eel, eel sauce, bonito

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

RAINBOW SPIDER
in: soft shell crab, krab, avocado, cucumber
top: bluefin tuna, salmon, albacore, yellowtail, shrimp, masago

LEMON ROLL NEW
in: albacore krab mix, cucumber, tempura crunch powder
out: salmon, lemon, lemon sauce

SUNSHINE
in: krab, avocado, cucumber
out: assorted fish, green onion, masago spicy seafood salad dressing

CATERPILLAR
in: eel, krab, avocado, cucumber
out: avocado, masago, eel sauce, bonito

TNT
in: spicy tuna, cucumber
out: tuna avocado, spicy mayo ||

TORO ROLL
in: cucumber
out: chopped toro, green onion

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

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

TEMPURA ROLLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

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

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

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

DYNAMITE *deep-fried*
in: deep-fried california roll
top: baked langoustine, spicy mayo, eel sauce, masago

SURF-TURF
in: tempura shrimp, krab, avocado, cucumber
out: seared filet mignon, spicy seafood dressing, masago

GOLDEN TIDE ROLL NEW
in: krab, avocado, cucumber
out: tempra shrimp,sesame seed

HEART ATTACK NEW
in:deep-fried jalapeño stuffed with spicy tuna, shrimp, cream cheese
out: spicy mayo, eel sauce, masago, chef blend

SPIDER NEW
in: soft shell crab, krab, cucumber, avocado, gobo root
out: masago, eel sauce

PADRES
in: tempura shrimp, krab, cucumber
top: chopped soft shell crab, avocado, spicy mayo, eel sauce, chef blend

HOUSE CUT / HAND ROLLS

SUBSTITUTIONS AVAILABLE AT EXTRA COST

CALIFORNIA
in: krab, avocado, cucumber

SPICY TUNA
in: spicy tuna, cucumber

VEGETABLE
in: lettuce, avocado, cucumber, seaweed salad

PHILLY
in: salmon, avocado, cream cheese

BLUE CRAB
in: blue crab
out: soy paper

SALMON ROLL

BLUEFIN TUNA ROLL

YELLOWTAIL ROLL

AVOCADO ROLL

CUCUMBER ROLL

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.

itmes and prices may change depending on the season without any notice

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

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

CRISPY CHICKIE
creamy tonkotsu broth / topped with panko breaded chicken cutlet, brussels sprouts, bamboo shoots, black garlic oil, sesame seeds, scallions

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

HOT DISH NOODLE

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

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	+$
mushroom	+$	tofu	+$
		ramen egg	+$

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

SEAL
seasonal

SEASONAL SPECIAL
ask your server

DESSERT MENU

SWEET SPECIALTIES

MATCHA CHEESE CAKE NEW

LAVA CAKE NEW
chocolate, gluten free flour, one green tea ice cream scoop on top

GREEN TEA ICE CREAM NEW
single scoop

MOCHI ICE CREAM
choose 1 flavor : chocolate, strawberry