BLUE OCEAN
HARUMAMA
LA JOLLA COVE, CALIFORNIA

LUNCH MENU

MONDAY-THURSDAY | 11:30 AM - 3 PM
NOT AVAILABLE ON HOLIDAYS

BENTO BOX

CHOOSE 2 ITEMS FROM ANY CATEGORY BELOW
SERVED WITH A SIDE OF WHITE RICE AND A SMALL HOUSE SALAD
EXTRA CHARGE FOR DOUBLE ORDERED ITEMS

FROM THE OCEAN:
NO SUBSTITUTIONS

NIGIRI
nigiri 1pc each: albacore, salmon, bluefin tuna

SASHIMI
sashimi 2pc each: salmon, bluefin tuna

CALIFORNIA ROLL
in: krab, avocado, cucumber

SPICY TUNA ROLL
in: spicy tuna, cucumber

VEGETABLE ROLL
in: lettuce, avocado, cucumber, seaweed salad

FROM THE KITCHEN:
NO SUBSTITUTIONS

CHICKEN TERIYAKI

SALMON TERIYAKI

STIR FRIED VEGETABLES

NIGIRI COMBOS

SERVED WITH FREE MISO SOUP UPON REQUEST
NO SUBSTITUTIONS

9PC NIGIRI
nigiri 2pc each: albacore, salmon, bluefin tuna, yellowtail
nigiri 1pc : tamago

10PC NIGIRI + HOUSE ROLL
nigiri 2pc each: albacore, salmon, tuna, yellowtail, eel
choose 1 house roll: california, spicy tuna

SASHIMI COMBOS

SERVED WITH FREE MISO SOUP UPON REQUEST
NO SUBSTITUTIONS

SMALL SASHIMI
sashimi 2pc each: albacore, salmon, bluefin tuna, yellowtail

LARGE SASHIMI
sashimi 4pc each: albacore, salmon, bluefin tuna, yellowtail

ROLL COMBOS

NO SUBSTITUTIONS

1 ROLL + 4PC NIGIRI
nigiri 1pc each: albacore, salmon, bluefin tuna, yellowtail
choose 1 roll: crunch shrimp, crunch salmon, albacore delight, chef specialty, marine boy

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RAMEN COMBO

CHOOSE 1 RAMEN + 1 SIDE

CHOOSE 1 RAMEN:

SUBSTITUTIONS ARE NOT RECOMMENDED BUT ARE AVAILABLE AT EXTRA COST

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

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, ½ ramen egg, bean sprouts, brussels sprouts, peanuts, sesame seeds, scallions

HIGH NOON
spicy chicken broth / topped with chicken chashu, ½ ramen egg, bamboo shoots, mushroom, sesame seeds, scallions

CHOOSE 1 SIDE:

NO SUBSTITUTIONS

EDAMAME

CALIFORNIA ROLL

SPICY TUNA ROLL

SMALL SEAWEED SALAD
wakame seaweed, ponzu, sesame seeds

FRIED PORK POTSTICKERS
pork + vegetable filling / topped with sesame seeds / side dipping sauce || 3pc

STEAMED VEGGIE POTSTICKERS
tofu + vegetable filling / set in chili-garlic stock sauce / topped with black sesame sddes, crispy onion || 3pc

CHICKEN CHARACTER BUN
chicken, onion, mozzarella || 1pc

PIG CHARACTER BUN
ground pork, caramelized onion ||1pc

PORK BELLY BAO BAO BUN
topped with hoisin BBQ sauce, cilantro, fried-garlic, lettuce, pickled cucumbers || 1pc