

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 \$12.00

•Sesame Crusted Tuna
Served Rare with Yuzu Mayonnaise Sauce
Served with Crispy Onions and Carrots \$22.00

•Spicy Tuna Guacamole
Mined Spicy Tuna, Avocado, Red Onion, Jalapeno,
Cilantro and Garlic
Served with Homemade Tortilla Chips \$18.00

Coconut Shrimp
Four Large Shrimp Coated in Coconut Flakes
Fried to a Golden Brown with Garlic Soy Sauce \$10.75

Entree

House Special Fried Rice
Wok-Fried with Egg, Carrot, Peas, Corn and String Beans
Vegetable \$13.00 - Chicken \$16.00 - Shrimp \$19.00

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

Vegetable \$16.00 - Chicken \$19.00 - Shrimp \$21.00

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 - Mitsu - Salmon - Eel \$22.75

•East Dragon Roll
Half-Cooked and Half-Raw. Cooked Half has shrimp,
Avocado, Spicy Mayo on the inside. Topped with Unagi,
Mango and a Spicy Mango Sauce.

Raw Half has Fresh Salmon, Asparagus and Cucumber
on Inside. Topped with Fresh Tuna, Avocado, Tobiko and
Wasabi Mayo.

•Katano
Shrimp Tempura inside, Kanikama Salad, Fresh
Tuna, Avocado outside
Topped with Mild Habanero Tobiko and
Glazed with Sweet Soy Sauce
\$20.75

•Holiday Roll
Smoked Salmon, Shrimp, Avocado and Cucumber on
Inside. Topped with Fresh Tuna and Mitsu, Mixed Tobiko,
Dried Cranberries, Wasabi Mayo and Dark Rum Sauce
\$22.00

•Katano II
Shrimp Tempura inside, Kanikama Salad, Fresh
Salmon, Shrimp and Mango outside
Topped with Wasabi Tobiko Glazed with
Orange Citrus Sauce & Spicy Mayo
\$20.75

•Phoenix Roll
Tuna Salad, Avocado and Carrot Inside. Topped with Fresh
Salmon, Habanero Tobiko and Spicy Oil. Flamed with
151 Rum
\$18.00

•White Tiger Roll
Spicy Tuna and Tempura Flakes inside Mitsu outside
Topped with Habanero Tobiko and Spicy Mayo
Mitsu
\$15.00

•Ember Roll
Yellowtail, Kanikama, Cream Cheese, Asparagus, Avocado,
Jalapeno and Scallion. Lightly Tempura Style and topped
with Habanero Tobiko, a Creamy Guava Sauce and Eel
Sauce
\$21.00

•Green Monster Roll
Salmon, Chuka Salad, Cucumber and Jalapeno inside
Cilantro, Mitsu and Wasabi Tobiko outside
\$17.00

•Tuna Storm Roll
Fresh Tuna, Avocado and Cucumber on the Inside. Spicy
Mitsu, Tobiko and Sliced Red Onion on the Outside
\$16.00

•Sea Dragon Roll
Avocado and Kanikama inside
Sea Water Eel and Tobiko outside
\$17.00

Vegetarian Deluxe
Served with a choice of Miso soup or house salad. Fried
Red Pepper, Asparagus, Fried Zucchini, Avocado, Oshinko
and Inari Nigiri and Ume Shiso Avocado Roll
\$19.00

Wild Meadow Roll
Fry Zucchini and Bell Pepper, Oshinko, Asparagus inside
Avocado on top, Serve on Balsamic outside
\$17.00

•Salmon Cilantro Roll
Fresh Salmon, Cream Cheese, Cucumber and Scallion
inside. Tempura Style. Topped with Eel Sauce
and Fresh Cilantro
\$15.00

Kitchen Entree

Served with rice and choice of miso soup or salad

Tempura	22.00
Shrimp and seasonal vegetable, lightly fried served with tempura sauce	
Yasai Itame.....	15.00
Stir-fried vegetable with teriyaki sauce	
Seafood Yasai Itame.....	22.00
Stir-fried shrimp, scallop and vegetable with teriyaki sauce	
Chicken Teriyaki.....	18.95
Fried chicken breast with teriyaki sauce	
Kibe Beef.....	24.00
Pan-seared New York strip steak served with mashed potatoes, seasonal vegetable and demi-glaze	
Salmon Teriyaki.....	23.00
Broiled salmon steak with teriyaki sauce	
Beef Teriyaki.....	25.00
Grilled strip loin with teriyaki sauce	
Unaju.....	25.00
Barbecued fresh water eel, glazed with a sweet soy sauce	
Beef Asparagus.....	25.00
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.....	18.00
Chicken.....	19.00
Beef.....	20.00
Seafood.....	23.00
Nabeyaki Udon	
Thick wheat noodle served in a dashi broth with vegetable and shrimp tempura, fish cake topped with an egg	
Vegetable.....	19.00
Seafood (shrimp, scallop).....	22.00
Yakiudon - Stir-fried thick wheat noodle	
Vegetable.....	19.00
Seafood.....	23.00

Sushi Entree

Served with choice of miso soup or salad

Futo Maki.....	19.00
A large roll filled with tamago, kampyo, oshinko, kanikama, avocado, cucumber and burdock	
•Maki Roll Combo A.....	20.00
California, tekkamaki and sakemaki	
•Maki Roll Combo B.....	21.00
California, tekkamaki and negihama	
•Sushi Regular.....	22.00
7 pieces of chef's choice of nigiri-sushi & 6 pieces of tekkamaki	
•Sushi Deluxe.....	26.00
8 pieces of chef's choice of nigiri-sushi, 6 pieces of California roll and 6 pieces of tekkamaki	
•Chirashi.....	26.00
Filets of raw fish, egg and vegetable served on sushi rice	
•Sushi & Sashimi Combo.....	39.00
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.....	35.00
Chef's choice of 5 asst. filets of raw fish	
•Sashimi Deluxe.....	45.00
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	15.00
Fried chicken breast with teriyaki sauce	
Katsu Bento.....	14.00
Choice of pork or chicken, coated in Japanese bread crumbs, deep fried & served with tonkatsu sauce	
Tempura Bento.....	14.00
Fried shrimp and seasonal vegetables with tempura sauce	
•Cajun Tuna Bento.....	15.00
Flamed grilled fish with ponzu sauce	
Beef Teriyaki Bento.....	18.00
Grilled strip loin steak with teriyaki sauce	
Salmon Teriyaki Bento.....	17.00
Broiled salmon steak with teriyaki sauce	
Asparagus Beef Bento.....	19.00
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.....	14.00
Chicken breast with egg and onion in a sweet broth	
Kakiage Don.....	14.00
Fried scallops, shrimp and vegetables with tempura sauce	
Katsu Don.....	14.00
Fried breaded pork with egg and onion in a sweet broth	
Japanese Curry - Choice of rice or udon with:	
Vegetable.....	13.00
Chicken.....	14.00
Beef.....	16.00
Katsu Curry.....	14.00
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.....	15.00
Chicken.....	16.00
Beef.....	17.00
Seafood.....	20.00
Nabeyaki Udon.....	20.00
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	14.00
A special shrimp tempura maki and California roll	
•Sushi Regular Lunch.....	16.00
6 pieces of chef's choice of assorted fresh fish & Calif. roll	
•Sushi Deluxe Lunch.....	18.00
8 pieces of chef's choice of assorted fresh fish & Calif. roll	
•Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.	



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 11:30-10

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

Pricing is subject to change without notice.

•Please inform your server of any allergies you may have
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Sides Salad

House Salad	Sm. 4.00 - Lg. 7.00
Served with house dressing	
Wakayu.....	6.00
Wakame seaweed and cucumber in a sweet vinaigrette	
Oshitashi	7.00
A medley of spinach, enoki mushrooms and carrots served in a warm soy based broth	
Chuka Salad	6.00
Sesame crisped aga-aga with red ginger	
Tofu Salad	9.00
Mesclun green and tangy sesame dressing topped with seaweed, cucumber, carrot and daikon	
Ika Salad.....	9.00
Squid salad with mountain vegetable and chili pepper	
*Sunomono	9.50
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.....	10.00
Chicken	11.00
Shrimp.....	13.00

Soup

Miso Soup	3.50
Soy bean soup with tofu, scallion and seaweed	
Clear Soup.....	5.50
Dashi stock infused with shrimp, shiitake mushrooms, scallion and fish cake	

Appetizer Kitchen

Edamame.....	5.50
Boiled soybean, lightly salted	
Garlic Chili Edamame.....	7.00
Wok-fried edamame with garlic and chili	
Yakitori.....	8.00
Grilled chicken and scallion on skewers topped with teriyaki sauce	
Tsukune	8.50
Sauteed chicken meatball tossed with house teriyaki sauce	
Shumai	7.50
Steamed shrimp dumpling	
Gyoza	7.00
Fried pork dumpling	
*Tuna Shiitake	9.50
Shiitake caps stuffed with tuna tartar pan-seared to med-rare sauteed with teriyaki sauce	
Vegetable Tempura.....	9.50
Six pieces of seasonal vegetable, lightly fried, served with tempura sauce	
Tempura	9.50
Shrimp and seasonal vegetable, lightly fried, served with tempura sauce	
Age Dashi Tofu	8.50
Fried tofu with scallion, tangy ginger, finished with a sweet soy broth	

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Appetizer Kitchen

Chicken Kara-age.....	10.00	Tom Yum Soup
Ginger marinated chicken fried to a golden brown		Chicken 4.50 or Shrimp 6.75
Fried Calamari.....	12.00	Hot and sour soup with fresh mushrooms and Thai basil leaves
Served with marinara sauce		Chicken Egg Roll.....9.00
Fillet Kasu.....	12.00	Two rolls with chicken and vegetables, fried golden brown and served with a sweet sauce
Choice of pork or chicken, coated in Japanese bread crumbs and deep fried, served with raspberry tea sauce		Mushroom Teriyaki.....7.50
Seafood Rangoon.....	12.50	Fresh sliced mushrooms sauteed in teriyaki sauce, sprinkled with sesame seeds and topped with red ginger
Lightly fried, combination shrimps, scallops, crab and cottage cheese served with raspberry tea sauce		Gyoza Combo.....19.00
Soft Shell Crab.....	Market Price	Ten pieces of perfectly fried chicken lemongrass, pork, shrimp and vegetable dumplings, served with ponzu
Deep fried and served with ponzu sauce	Crab Wonton.....10.95	
*Beef Tataki.....	14.00	Filled with shrimp, scallop, crab, roasted red pepper and cream cheese. perfectly fried to a golden brown and served with a sweet sauce
Seared beef served rare, thinly sliced served with cucumber,ponzu and scallion		*Panko Crusted Tuna.....20.95
Hamachi Kama.....	19.00	A generous fillet of fresh tuna encrusted in panko bread crumbs and sesame seeds. lightly fried to a perfect medium rare and sliced over a bed of greens and cucumbers. served with our house salad dressing
Flame grilled yellow tail cheek with ponzu		
*Cajun Tuna.....	19.00	
Seared rare, finished with shiso ponzu		

Appetizer Sushi Bar

*Botan Ebi.....	12.00	*Naruto	
Jumbo sweet shrimps with a side of crispy shrimp head		Fresh fish, flying fish roe & avocado rolled in thinly sliced cucumber	
*Ika Natto.....	11.50	Salmon.....	
Squid and fermented soybean with quail egg		Tuna.....	
*Maguro Nutta.....	12.50	Yellow Tail.....	
Fresh tuna and scallion with sweet miso sauce		King Crab.....	
Miso Salmon.....		Market Price	
Salmon marinated in miso paste for two days, served medium-well, with Japanese mayonaise, masago & sweet soy sauce		*Usuzukuri	
*Carpaccio.....	20.00	Fresh fish sliced paper thin with ponzu	
Choice of Thin Sliced Fresh Tuna, Salmon, Yellowtail or Tako. Finished with Ikura, Capers, Uni Powder and Drizzled with Spicy Oil and Ponzu Sauce		Tako.....	
Seafood Salad.....	15.00	Sea Bass.....	
Shrimp, kanikama, toko, tamago, avocado, tomato, olives, tempura flakes over mixed greens with wasabi mango dressing and extra virgin olive oil		Fluke.....	
*Sashimi Salad.....	16.00	*Sushi Ceviche.....	
Chef's choice of sashimi, tobiko, avocado, tomato, olives and tempura flakes over mixed greens with spicy dressing and extra virgin olive oil		Choice of seasonal fish, ebi and tako cured in fresh lime juice, fresh tomato, spiced with jalapeno and cilantro served in half an avocado with crispy tortilla	
*Tar-tar		Kale Hijiki Salad.....	
Fresh fish chopped fine topped with minced onion, tobiko, black caviar, balsamic glaze and quail egg		13.00	
Salmon.....	19.00	Fried kale, black hijiki seaweed, carrot, oshinko,edamame, and lemon dressing	
Tuna.....	22.00	Sashimi Appetizer.....	
Yellow Tail.....	24.00	15.00	
		Salmon (2), Tuna (2), Yellow tail(1), White fish (1)	
		Inari.....	
		8.00	
		Fried tofu pocket	

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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

Baby Tako - Baby octopus.....	6.50.....	Nigiri Sashimi
Ebi - Shrimp.....	6.50.....	10.50
Kanikama - Crab stick	6.00.....	10.00
Snow Crab.....	Seasonal...	Seasonal
Snow Crab Salad.....	Seasonal...	Seasonal
Smoked Salmon	7.50.....	11.50
Tako - Octopus	6.50.....	10.50
Tamago - Egg.....	5.50.....	9.50
Unagi - Fresh water eel	7.50.....	11.50
Anago - Sea water eel.....	7.50.....	11.50

Caviar

Add Quail Egg \$2.00 per order

*Ikura - Salmon roe	10.00.....	Nigiri Sashimi
*Masago - Smelt roe	7.00.....	10.50
*Tobiko - Flying fish roe	7.00.....	10.50
*Wasabi Tobiko		
Tobiko marinated in wasabi	7.00.....	11.00
*Habanero Tobiko.....	7.00.....	10.50

Fresh Fish

*Albacore.....	7.00.....	Nigiri Sashimi
*Blue Fin Tuna.....	Seaonal..	Market Price
*Chu Toro - Medium fatty tuna...Seaonal..	Market Price	
*O Toro - Fatty tuna.....	Seaonal..	Market Price
*Hamachi - Yellow tail	8.00.....	12.00
*Hirame - Fluke	7.75.....	11.75
*Hokkigai - Surf clam	7.00.....	11.00
*Hotategai - Scallop	8.50.....	12.50
*Ika - Squid	6.50.....	11.00
*Maguro - Tuna.....	8.00.....	12.00
*Mutsu - Escolar.....	8.00.....	12.00
*Saba - Mackerel.....	6.50.....	10.50
*Sake - Salmon	7.00.....	11.00
*Spicy Ika - Spicy squid	7.00.....	11.00
*Suzuki - Sea bass.....	7.00.....	11.00
*Uni - Sea urchin.....	10.00.....	13.00

Maki Roll

Rolled up with seasoned rice and nori

Vegetable

Kampyo - Cooked gourd	6.50
Kappa - Cucumber.....	6.50
Natto - Fermented soybean	6.50
Avocado Maki - Avocado.....	7.00
Avocu Maki - Avocado & cucumber	7.00
Oshinko - Pickled radish.....	6.50
Ume-Shiso - Plum paste, oba & cucumber.....	6.50
Yasai - Vegetables	7.00
Sweet Potato Maki - Tempura Yam	6.50

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Maki Roll

Rolled up with seasoned rice and nori

Cooked

Tamago Maki - Egg.....	6.00
California - Avocado & crab stick	6.50
Salmon Skin - Grilled salmon skin & scallion.....	6.25
Wayland Maki	7.25
Shrimp tempura, avocado with masago & sweet soy sauce	
Unavo - Eel & avocado.....	7.50
Unakyu - Eel & cucumber.....	7.50
Philadelphia - Smoked salmon, cream cheese & cucumber.....	7.50
Slammin Salmon	7.50
Cooked salmon, asparagus, cucumber, lettuce inside & spicy sweet soy sauce outside	
Manhattan - California with flying fish roe	8.50
Spicy Scallop	13.00
Scallops cooked with spicy mayonnaise sauce	
Caterpillar	13.00
Eel, asparagus inside, avocado outside	
Spider Shrimp	14.00
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	17.00
Crab salad & avocado inside, topped with seared spicy scallop, sweet soy sauce & spicy mayo	
Dragon.....	18.00
Crab stick, avocado, cucumber inside, eel & avocado outside	
Red Dragon	25.00
Avocado & crab stick inside topped with whole eel, with habanero tobiko and sweet soy sauce	

Fresh Fish

*Boston - Salmon & avocado	7.00
*Sake Maki - Salmon & scallion	7.00
*Macho Roll - Salmon, mackerel & scallion	7.00
*Tekka Avo Maki - Tuna & avocado	7.50
*Tekka Cu Maki - Tuna & cucumber	7.50
*Tekka - Tuna.....	7.75
*Negihama - Yellow tail & scallion	7.75
*Spicy Tekka - Spicy tuna with avocado & cucumber topped with spicy mayo	7.75
*Piano Maki.....	7.75
Salmon, cucumber, avocado, scallion & burdock	
*Die Hard.....	9.25
Yellow tail, jalapeno inside & cilantro outside	
*Tuna Crisp.....	14.00
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	
16.00	
*Rainbow	18.00
Crab stick, cucumber & avocado inside, eel, tuna, salmon avocado & masago outside	

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