

# Haru Sushi

229 W 43rd St #221 New York NY 10036 USA · +12123989810 · Updated: Jan 14, 2026

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## COLD APPETIZERS 10

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**Sashimi Ceviche** **\$11.00**

citrus-marinated king crab, shrimp, octopus and striped bass

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**Tuna Ceviche** **\$12.75**

tuna, grape tomatoes, red onion, avocado and green apple in a citrus ceviche sauce

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**Lobster Mango Ceviche** **\$15.00**

fresh lobster, mango and sweet peppers wrapped in whitefish and served with citrus ceviche sauce

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**Tuna Tataki** **\$13.00**

seared tuna with avocado salad and spicy soy vinaigrette

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**White Tuna Tataki** **\$13.00**

seared white tuna with lemon soy vinaigrette and jalapenos

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**Sunomono** **\$12.00**

sashimi and seaweed salad with sweet sake vinaigrette

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**Spinach Sesame** **\$5.75**

steamed spinach with sesame sauce

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**Hijiki** **\$6.25**

cooked japanese black seaweed

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**Trio Of Fish Tacos** **\$12.75**

tuna, salmon and striped bass hard-shell tacos with cherry tomato salsa, avocado, and apple yuzu ceviche sauce

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**Symphony** **\$15.00**

layered tower of spicy tuna, salmon tartare, king crab and assorted caviar, served with wasabi sauce

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## COLD APPETIZERS - TARTARES 4

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**Tuna** **\$10.00**

with miso vinaigrette and quail egg

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**Salmon** **\$10.00**

with yuzu ponzu sauce and a touch of fresh jalapeno

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**Yellowtail** **\$11.00**

with sesame lemon sauce

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<b>Red &amp; White Tuna</b>	<b>\$10.00</b>
with soy miso lemon sauce	

## COLD APPETIZERS - SASHIMI CUCUMBER ROLLS 4

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<b>Tuna Or Salmon</b>	<b>\$11.00</b>
<b>Yellowtail Or Spicy Tuna</b>	<b>\$12.00</b>
<b>Eel Or King Crab</b>	<b>\$14.00</b>
<b>Toro</b>	

## SOUPS 2

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<b>Miso Soup</b>	<b>\$2.95</b>
with tofu, seaweed and scallions	
<b>Lemongrass Hot &amp; Sour Soup</b>	<b>\$7.00</b>
with shrimp and scallops	

## SALADS 5

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<b>Field Green Salad</b>	<b>\$6.00</b>
mixed greens with ginger dressing	
<b>Wafu Seaweed Salad</b>	<b>\$8.50</b>
with sesame soy vinaigrette	
<b>Sashimi Salad</b>	<b>\$15.00</b>
with harus special dressing	
<b>Tangerine Duck Salad</b>	<b>\$9.75</b>
with crispy wontons and california greens	
<b>Calamari Salad</b>	<b>\$9.75</b>
lightly fried, with miso lime dressing	

## HOT ENTREES 10

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<b>Grilled Salmon Teriyaki</b>	<b>\$21.50</b>
with shiitake mushrooms	
<b>Wok-seared Tuna</b>	<b>\$23.00</b>
with walnut garlic sauce	
<b>Chicken Teriyaki</b>	<b>\$19.75</b>
with steamed vegetables	
<b>Crispy Duck</b>	<b>\$26.50</b>
with ginger scallion pancakes	

<b>Chicken Katsu</b>	<b>\$19.75</b>
panko-crusted, with asian salsa	
<b>Chilean Sea Bass</b>	<b>\$26.50</b>
with ume plum sauce and mei fun noodles	
<b>Grilled Spicy Garlic Shrimp</b>	<b>\$22.00</b>
marinated in hot chili sauce	
<b>Grilled Filet Mignon</b>	<b>\$26.00</b>
with roasted vegetables and teriyaki sauce	
<b>Shrimp &amp; Vegetable Tempura</b>	<b>\$20.00</b>
6 jumbo shrimp, shiitake mushroom, asparagus and yam	
<b>New York Strip Steak</b>	<b>\$23.00</b>
10 oz. steak with roasted vegetables and ginger sauce	

## SUSHI ENTREES 11

<b>Sushi</b>	<b>\$23.50</b>
2 tuna, whitefish, salmon, yellowtail, sawara, shrimp, tobiko and tuna roll or california roll	
<b>Sashimi</b>	<b>\$26.50</b>
3 tuna, 2 whitefish, 2 salmon, 2 yellowtail, 2 sawara and kani cucumber	
<b>Vegetarian Sushi</b>	<b>\$17.50</b>
shiitake mushroom, kaiware, tofu, avocado, namatake mushroom, asparagus, inari and avocado cucumber roll	
<b>Sushi &amp; Sashimi</b>	<b>\$27.00</b>
3 tuna, whitefish, salmon, 2 yellowtail, 2 sawara, shrimp, eel cucumber handroll and california roll	
<b>Chirashi Sushi</b>	<b>\$22.00</b>
2 tuna, whitefish, salmon, sawara, yellowtail, shrimp, 2 kani, octopus, tobiko and 2 tamago sashimi on a bed of sushi rice	
<b>Sushi For Two</b>	<b>\$58.00</b>
2 tuna, 2 super white tuna, 2 yellowtail, 3 salmon, 2 eel, tobiko, california roll, yellowtail scallion caviar roll, spicy tuna roll and tuna roll	
<b>Sushi &amp; Sashimi For Two</b>	<b>\$59.50</b>
4 tuna, 2 super white tuna, 4 salmon, 2 shrimp, 2 yellowtail, 2 eel, eel cucumber roll, tuna avocado caviar roll and crunchy spicy salmon roll	
<b>Tekka Don</b>	<b>\$22.00</b>
7 tuna sashimi on a bed of sushi rice	
<b>Hamachi Don</b>	<b>\$22.00</b>
6 yellowtail sashimi on a bed of sushi rice	
<b>Tekka/hamachi Don</b>	<b>\$25.75</b>
4 tuna and 4 yellowtail sashimi on a bed of sushi rice	

**Harumi****\$22.50**

2 tuna, 2 salmon, 2 yellowtail and california roll or tuna roll

**SUSHI ROLLS & HAND ROLLS** 29

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<b>Tuna Roll</b>	<b>\$4.95</b>
<b>California Roll</b>	<b>\$4.90</b>
<b>Salmon Jalapeno Roll</b>	<b>\$6.75</b>
<b>Salmon Avocado Roll</b>	<b>\$6.00</b>
<b>Kamikaze Roll</b>	<b>\$7.50</b>
<b>Philadelphia Roll</b>	<b>\$6.75</b>
<b>Chefs Special Roll</b>	<b>\$10.75</b>
<b>Haru Wasabi Roll</b>	<b>\$10.75</b>
<b>Rock Shrimp Avocado Roll</b>	<b>\$6.50</b>
<b>Boston Roll</b>	<b>\$6.75</b>
<b>Eel Avocado Roll</b>	<b>\$7.50</b>
<b>Eel Cucumber Roll</b>	<b>\$7.50</b>
<b>Spicy Tuna Roll</b>	<b>\$6.95</b>
<b>Cucumber Roll</b>	<b>\$3.50</b>
<b>Oshinko Roll</b>	<b>\$3.50</b>
<b>Tuna Avocado Caviar Roll</b>	<b>\$7.25</b>
<b>Crunchy Spicy Salmon Roll</b>	<b>\$6.95</b>
<b>Shrimp Tempura Roll</b>	<b>\$6.95</b>
<b>Spicy Crab Caviar Roll</b>	<b>\$9.50</b>
<b>Spicy Seafood Tempura Roll</b>	<b>\$9.50</b>
<b>Salmon Skin Roll</b>	<b>\$5.75</b>
<b>Yellowtail Scallion Roll</b>	<b>\$6.75</b>
<b>Toro Scallion Roll</b>	
<b>Vegetable Tempura Roll</b>	<b>\$6.50</b>
<b>Vegetable Roll</b>	<b>\$5.75</b>

<b>Shiitake Cucumber Roll</b>	<b>\$4.75</b>
<b>Avocado Roll</b>	<b>\$3.50</b>
<b>Ume Shiso Roll</b>	<b>\$3.50</b>
<b>Kanpyo Roll</b>	<b>\$3.50</b>

## **MAKI ENTREES** 2

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<b>Kabuki</b>	<b>\$16.00</b>
yellowtail scallion roll, tuna roll and california roll	
<b>Sumo</b>	<b>\$19.50</b>
spicy tuna roll, eel cucumber roll and salmon avocado roll	