

current sushi recommendations

Furuti Ageta Maki

11.-

Fried Futo Maki (5 Pieces) filled with shrimps, green asparagus, avocado, mango and coriander. Served with a fruity curry mayo.

Jimu Maki

14.-

Futo Maki **without** Rice (4 Pieces) filled with avocado, cucumber, chives, sea bream, salmon, tuna and kizami wazabi. Served with our homemade ponzu-sauce.

Bejitarian Maki

13.-

Veggie Inside-Out Maki filled with mango, cucumber, arugula, and pumpkin. Topped with avocado stripes, shiso flakes and special sauce.

Yuki Bejitari Mix

22.-

Vegetarian Version of our Yuki mix.
With 4 Nigiris, small sashimi and one inside-out maki.
Let yourself be surprised.

Mykha Maki

11.-

Inside-Out Maki filled with salmon, avocado and fresh mint. Topped with shiso flakes.

Chairo Maki

16.-

Inside-Out Maki filled with seared sake teriyaki.
Topped with avocado stripes, ikura and unagi sauce.

Balfego - Bluefin-Tuna from Spain

HIGH-QUALITY YOU ONLY GET IN JAPAN!

SOFT AND ABSOLUTELY INTENSIVE!

Bluefin-Tunatatar	small	28.-
	normal	34.-

Sashimi moriawase with Bluefin (mixed Sashimi)	small	34.-
	normal	42.-

Bluefin-Tuna Sashimi	small	42.-
	normal	52.-

Bluefin-Tuna Nigiri	6.-
Bluefin-Tekka Maki	9.-
Bluefin-Pirikara Maki	12.-
Bluefin-Hiroki Maki	12.-
Bluefin-Tarutani Maki	13.-
Bluefin-Alina Maki	11.-

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Current recommendations

„SMALL“ DISHES

Gyu don 13.-
Bowl with warm rice with beef tenderloin stripes, red onions and slightly spicy teriyaki sauce.

Tako Sumiso 11.-
Octopus salad with cucumber, wakame, avocado and with homemade miso-mustard-sauce.

Yuzo kosho hotate 21.-
Slightly seared scallops (4 pieces) with homemade yuzu-chili-oliveoil. A classic is back.

haru Bowl 18.-
Sushi Rice with marinated tuna, salmon, mango and avocado. Fresh, light and absolute tasty.

Hamachi Carpaccio 20.-
Thin stripes from the kingfish with a special homemade ponzu sauce.

Hamachi Tatar 17.-
Dutch Kingfish marinated in ginger-ponzu-sauce and with lemon, red onions and japanese mayonnaise.

Tuna Tataki 17.-
Shortly seared tuna stripes with teriyakisauce, homemade ponzu and sesame.

MAIN DISHES

Niku yoi 31.-
Beef tenderloin with mushroom-pak choi-vegetables and slightly spicy garlic-teriyaki-sauce.

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Welcome to haru.

OYSTER

Fines de Normandie N. 2 - Earl Aucreterre

cooled on ice, served with lemon and homemade ponzu-sauce.

per Piece

4,90

APERITIF

Yuzu Spritz

Yuzu juice, Elderflowersyrup, Prosecco, sparkling water, mint, Ice

9.-

Raspberry Spritz

Raspberry puree, prosecco, sparkling water, mint, ice

9.-

Umeshu Soda

Japanese Plumwine, Soda, ice

9.-

HOMEMADE LEMONADE

haru Lemonade

Homemade Ginger-Lemon-Syrup, Yuzu juice, sparkling water, ice

8.-

Green Lemonade

Homemade Lime-Cucumber-Mint-Syrup, Lime juice, sparkling water, ice

8.-

haru - japanese cuisine since 2001

SOUPS

Misoshiruo 4,80
traditional, japanese soup out of miso paste with tofu, seaweed and spring onions

„SMALL“ DISHES

Ceviche a la haru 15.-
Octopus, squid, sea bream and avocado marinated with yuzu, chili and olive oil

Beef tataki 14.50
Shortly seared beef tenderloin with coriander-chili-ponzu

Ebi Mayo 9,50
Fried Black Tiger-Shrimps with fresh japanese orange mayonnaise

Thunfischtatar „haru style“ -Classic since 2001 - 24,50
Tuna and avocado cubes marinated with teriyaki sauce, sesame, garlic and chili small 18,50

Karaage 11.-
Fried chicken balls marinated in garlic and ginger with japanese mayonnaise

Horenso Gyoza 8,90
Seared and steamed spinach dumplings with vegetable filling and aromatic dip

Yaki Gyoza 8,90
Seared and steamed dumplings with chicken filling and aromatic dip

Moyashi Salada 4,90
Aromatic bean sprouts salad with spring onions and sesame

Edamame 6,50
Blanched soybeans with sea-salt

Gomaae 9,90
Blanched root spinach with sesame-peanut sauce (cold dish) small 7,90

SALADS

Niku Salada			17.-
Seasonal mixed salad with spiced beef strips and miso dressing			
Tonkatsu Salada			17.-
Seasonal mixed salad with fried chicken and homemade tonkatsu sauce and miso dressing			
Sashimi Salada			17.-
Seasonal mixed salad with raw salmon and tuna, caviar and wasabi dressing	small	12.-	
Miso Salada			9,50
Mixed salad with miso dressing	small	6,50	

MAIN DISHES

Sake Teriyaki			25.-
seared filet from the scottish Label Rouge Salmon with seared mushrooms, spinach, tomatoes and teriyaki sauce.			
Bento Box DeLuxe			40.-
+Sashimi +Ebi-Tempura Maki +seared miso-salmon +Beef Tataki from Beef tenderloin			
Asupara Udon Yasai			13.-
seared thick japanese Wheatnoodles with different vegetables and garlic-butter-soy-sauce			
Asupara Udon Ebi or Niku			19.-
seared thick japanese Wheatnoodles with different vegetables, garlic-butter-soy-sauce and with Black-Tiger-shrimps or Beef strips			
Curry Yasai			15.-
strong japanese curry with different vegetables and served with rice			
+Katsu - with fried Chicken			21.-
+Karaage - with fried Chicken balls			21.-
+Niku - with seared Beef strips			23.-
+Ebi - with Black Tiger shrimps			23.-

Aperitif and Sparkling Wine

Hugo Prosecco, mint, elderflower syrup, ice	8.-
Hugo non-alcoholic Soda, mint, elderflower syrup, ice	5.-
Aperol Spritz Prosecco, soda, aperol, orange, ice	8.-
Crodino Soda non-alcoholic italian orange-herb aperitif, soda, orange, ice	5.-
Sparkling Umesu Prosecco, plum wine	7.-
Campari	6.-
Campari Soda	7.-
Campari Tonic	7.-
Martini rosso or bianco	6.-
Ricard with ice water	6.-

Cava „Dignitat“ Metode Tradicional	0,75 lt.	39.-
Champagner - Bruno Paillard Brut »Première Cuvée« extra brut	0,75 lt.	80.-
Champagner - Veuve-Fourny „Grand Rosé“ Brut 1er Cru	0,75 lt.	70.-
Champagner - Louis Roederer brut	0,75 lt.	80.-
Champagner - Roederer Cristal	0,75 lt.	280.-
Champagner - Dom Perignon	0,75 lt.	250.-
Champagner - Ruinart Rosé	0,75 lt.	130.-

Japanese Softdrinks

<i>Oolong Icetea</i> (harsh, without sugar)	0,50 lt.	6.-
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Water, Juices, Lemonades

<i>Selters – Water from the City Selters - still or sparkling</i>	0,25 lt.	2,70
	0,75 lt.	6,80
<i>Apple spritzer</i> naturally cloudy	0,33 lt.	4.-
<i>Passion fruit spritzer</i>	0,33 lt.	4.-
<i>Currant spritzer</i>	0,33 lt.	4.-
<i>Currant juice</i>	0,30 lt.	4,50
<i>Passion fruit juice</i>	0,30 lt.	4,50
<i>Apple juice</i> naturally cloudy	0,30 lt.	4,50
<i>Lemon Soda</i>	0,33 lt.	3,80
<i>Fanta</i> ^{2,12}	0,33 lt.	3,50
<i>Coca Cola</i> ^{1,2}	0,33 lt.	3,50
<i>Coca Cola zero</i> ^{1,2,9}	0,33 lt.	3,50

Beer

<i>Jever beer</i>	0,33 lt.	3,60
<i>Jever fun non-alcoholic</i>	0,33 lt.	3,60
<i>Tucher wheat beer</i>	0,50 lt.	4,70
<i>Tucher Radler</i>	0,50 lt.	4,70
<i>Kirin</i>	0,33 lt.	4,50
<i>Sapporo</i>	0,33 lt.	4,50

Coffee

<i>Espresso</i>		2,20
<i>Espresso doppio</i>		3,90
<i>Kaffee</i>		2,20

Spirituosen

Gin

4 cl

Pure or with Schweppes Tonic

10.-

- | | |
|-------------------|--------------------|
| -Brokers | -Tanqueray Sevilla |
| -Malfy Gin | -Tanqueray 10 |
| -Lind & Lime Gin | -Marconi Gin Poli |
| -The Botanist | -Beefeater |
| -Mistral Gin | -Bombay Sapphire |
| -Bulldog Gin | -Bombay Bramble |
| -Jinzu Gin | -Malfy con Limone |
| -Roku Gin | -Malfy con Arancia |
| -Impact Gin | -Gordons Pink Gin |
| -Nikka Coffey Gin | -Beefeater Gin |
| -Greenalls | -and more |
| -Saffron Gin | |
| -Hendricks | |
| -Haymans Old Tom | |
| -Haymans Sloe Gin | |
| -Lonewolf Gin | |

Japanese Whiskey

2 cl

4 cl

Suntory Whiskey	3,50.-	7.-
Suntory Whiskey „Toki“	4,50.-	9.-
Suntory Whiskey „Hibiki“	9.-	18.-
Nikka Whisky from the Barrel	4,50.-	9.-
Nikka Coffee Malt Whiskey	6.-	12.-
Nikka Whiskey „The Nikka“ 12 years blended	9.-	18.-
Nikka „Nikka Days“ blended	7.-	14.-
40° The Fujisan Whiskey	7.-	14.-
Tagouchi Japanese Whiskey	9.-	18.-
Enso Japanese Whiskey	8.-	16.-

Rum

2 cl

4 cl

A.H. Riise Non Plus Ultra (Karibik)	10.-	20.-
Mount Gay XO Reserve Cask (Barbados)	6.-	12.-

Sushi

Nigiri - Sushi

Maguro
Tuna

100 € 4,10



Sake
Salmon

101 € 3,70



Ikura
salmon caviar

103 € 4,90



Ebi
Shrimp
(cooked)

104 € 3,70



Amaebi
Freshwater Shrimp
(raw)

109 € 3,70



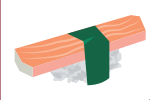
Toro
tuna belly

120 € 7,20



Zuwai Gani
crayfish

111 € 6,20



Ika
Squid

105 € 4,50



Tako
Octopus

106 € 3,20



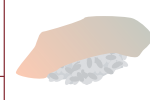
Unagi
freshwater-eel

108 € 4,40



Tai
Sea bream

115 € 3,80



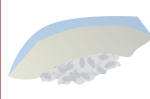
Hamachi
Kingfish

119 € 4,80



Saba
marinated mackerel

102 € 3,30



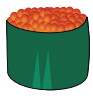
Hotate
Scallop

107 € 4,50



Tobiko
flying fish caviar

117 € 3,80



Tamago
japanese omelet

112 € 2,50



Inari
fried tofu

113 € 2,90



Asupara
green asparagus

114 € 2,90



Avocado

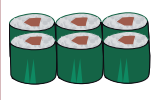
116 € 2,90



Hoso Maki

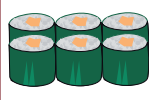
Tekka Maki
Tuna

200 € 7,00



Sake Maki
Salmon

201 € 6,00



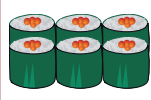
Ebi-Mayo Maki
Shrimp, jap.
Mayonnaise

213 € 5,30



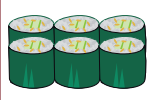
Ikura Maki
Salmon caviar

214 € 7,20



Umeboshi Maki
Cucumber, pureed
salted plum

207 € 4,50



Kappa Maki
Cucumber, Sesame

203 € 4,00



Mango Maki
Mango

281 € 4,50



Shinko Maki
jap. reddish

204 € 4,50



Kanpyo Maki
cooked pumpkin
with soy sauce

205 € 4,50



Avocado Maki
Avocado

202 € 4,50



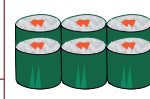
Horenso Maki
Spinach

206 € 4,50



Kakuteki Maki
Spicy reddish

208 € 4,50



Asupara Maki
green asparagus

216 € 4,50



Tamago Maki
jap. omelet

217 € 4,50



Futo Maki
Cucumber, spinach,
pumpkin, shrimp, jap.
omelet

211 € 8,50



Natto Maki
fermented soy beans
(2 Hoso Maki)

288 € 9,90



Negi-Toro Maki
chopped tuna belly,
spring onions

277 € 8,00

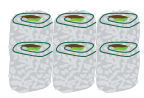


Take-Away

Ura Maki – Insideout

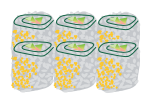
Sake Kawa Maki
seared salmon skin,
cucumber, sesame

212 € 7,30



California Maki
shrimp, avocado,
cucumber, tobiko

300 € 8,30



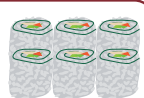
Pirikara Maki
Tuna marinated with
chili, spring onions,
sesame

302 € 8,90



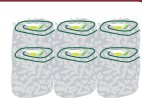
Una Kyu Maki
Eel, cucumber,
sesame

303 € 9,90



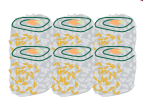
Green Philadelphia Maki
Cream cheese,
cucumber, asparagus

306 € 6,90



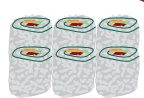
Alasuka Maki
Salmon, cucumber,
sesame

301 € 8,30



Spicy Hamachi Maki
Kingfish, spicy mayo,
spring onions, tobiko,
cucumber

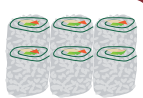
339 € 9,90



HARU Spezial Maki

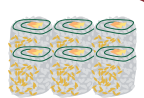
Snow Crab Maki
Crayfish, avocado,
arugula

319 € 12,00



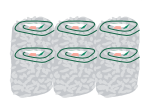
New York Maki
Salmon, apple,
sesame

310 € 8,30



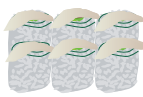
Moritz Maki
shrimp, cream
cheese, arugula

309 € 8,30



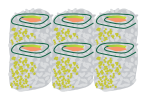
Oktopus Maki
fried octopus, spring
onions, special sauce

375 € 12,90



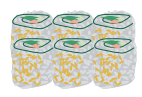
Haru Maki
smoked salmon, dill,
avocado, tobiko

313 € 8,90



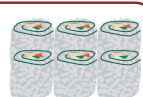
Tomo Maki
Octopus, arugula,
sesame, coriander

388 € 8,50



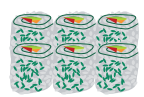
Koichi Maki
Salmon, cream
cheese, chili, spring
onions

398 € 8,90



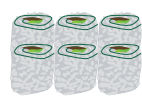
Tarutani Maki
Tuna, avocado,
tobiko, coriander

353 € 9,30



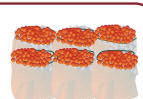
Alina Maki
Tuna, avocado, chili,
arugula

355 € 9,30



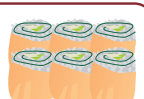
Danys Maki
scallops, caviar,
avocado, cucumber,
asparagus, sauce

377 € 16,00



Tri-Color Maki
Salmon, tobiko,
asparagus, avocado,
special sauce

501 € 16,00



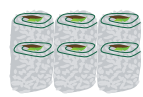
Surf and Turf Maki
fried shrimp, beef
tenderloin, truffle
mayo

505 € 17,00



Hiroki Maki
Tuna, spring onions,
jap. mayo, arugula

372 € 9,30



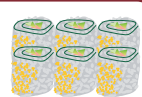
Paris Maki
Camenbert, apple,
mustard, herbs

314 € 7,50



Yamaguchi Maki
Fried asparagus,
seasoned cress,
special sauce

379 € 9,90



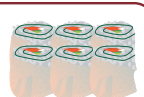
Spider Roll
Soft-Shell Crab,
daikon cress, mayo,
tobiko, avocado

502 € 16,50



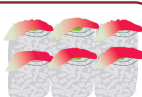
Napoli Maki
Cherry tomatoes,
arugula, see bream,
olive oil, salt

503 € 15,90



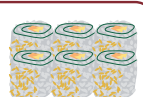
Kurai Maki
Avocado, cucumber,
toro, ponzu, wasabi
spring onions,

510 € 16,50



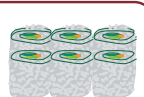
Jamaica Maki
Fried chicken, chili,
coriander, mango,
seasoned

399 € 10,00



Ebi-Tempura Maki
fried shrimp, sesame,
special sauce

500 € 10,50



Sushi Mix

Kuni Mix
7 Nigiri,
1 Ura Maki

412 € 32,00

Chosen by our
Sushi-Chef

Haru Mix Deluxe
7 x 2 Nigiri,
2 Ura Maki,
1 Hosoi Maki

414 € 66,00

Chosen by our
Sushi-Chef

Yuki Mix
4 Nigiri,
1 Ura Maki
kleines Sashimi

404 € 39,00

Chosen by our
Sushi-Chef

Sashimi

Sashimi Moriawase
Traditional mix out of fish and seafood

350 normal € 33,00 247 small € 26,00

Sashimi Sake
Salmon

352 normal € 29,00 249 small € 22,00

Sashimi Maguro
Tuna

351 normal € 35,00 248 small € 28,00

Sashimi Maguro + Sake
Tuna & Salmon

357 normal € 33,00 358 small € 26,00

Sashimi Hamachi
Kingfish

366 normal € 35,00 367 small € 28,00

Dessert

Mousse au Chocolat
2 Scoops 5,50

Yuzu-Lime-Tart
1 Piece 4,50

Matcha Panna Cotta
5,-

Yuzu-Sorbet
(japanese lemonfruit)

Ginger-Ice
Black Sesame-Ice
Matcha-Ice
(Green Tea)

each scoop 2,50

Mochis

yuzu, coconut, raspberry
chocolate, Strawberry Cheesecake,
matcha, passionfruit, mango,
salted caramel, honey pistachio
each mochi 2,80

Negroni

Gin, Campari, Vermouth

11,-

Espresso
Espresso Doppio

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2 Scoops 5,50

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1 Piece 4,50

Matcha Panna Cotta
5,-

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