

current sushi recommendations

Hokkaido Maki 9.-
Inside-Out Maki filled with pumpkin chutney, arugula and curry flakes.

Hokkaido Ageta Maki 10.-
Fried Futo Maki (5 Pieces) filled with cream cheese, arugula and pumpkin chutney. Served with a fruity curry mayo.

Turyufa Maki 20.-
Inside-Out Maki filled with baked green asparagus, avocado. Stripes of flamed beef tenderloin on the outside and topped with fresh black truffle.

Nigiri San 4.0 15.-
Three Nigiris.
Flamed scallop marinated with butter.
Ama-Ebi with homemade ponzu sauce.
Flamed Kingfish with yuzu-kosho.

Tunaki Maki 16.-
Inside-Out Maki filled with avocado, cucumber, arugula, wrapped with tuna stripes and topped with black sesame, pumpkin chutney and chive.

Haro Maki 5.-
Hoso Maki filled with backed pumpkin pieces, chive and sesame.

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.

Backhendl á la haru 10.-
Baked chicken breast with crispy panko breading. Served with plum-tomato dip.

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.

Hokkaido Salada 13.-
Fresh lamb's lettuce with baked pumpkin pieces, tuna, caramelized pumpkin seeds and homemade yuzu-vinaigrette.

Teshigoto Niku 22.-
Hand cutten beef tenderloin (Tatar) with miso-mustard-marinade and planed black truffle.

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

MAIN DISHES

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

Soba Tsuki 20.-
Japanese egg noodles with beef tenderloin stripes, herb mushrooms, red onions, pumpkin puree and coconut milk.

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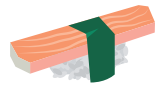
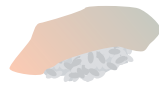
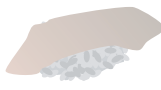
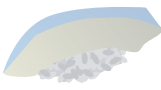
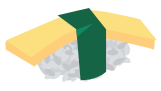
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Sushi

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

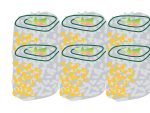
Sake Kawa Maki
seared salmon skin,
cucumber; sesame

212 € 7,30



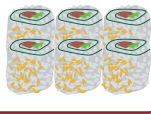
California Maki
shrimp, avocado,
cucumber; tobiko

300 € 8,30



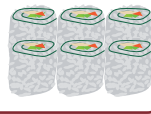
Pirikara Maki
Tuna marinated with
chili, spring onions,
sesame

302 € 8,90



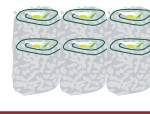
Una Kyu Maki
Eel, cucumber;
sesame

303 € 9,90



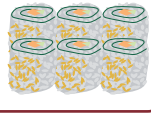
Green Philadelphia Maki
Cream cheese,
cucumber; asparagus

306 € 6,90



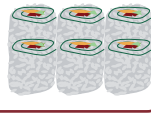
Alasuka Maki
Salmon, cucumber;
sesame

301 € 8,30



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

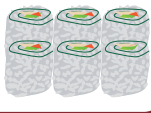
339 € 9,90



HARU Spezial Maki

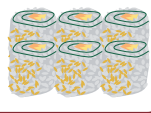
Snow Crab Maki
Crayfish, avocado,
arugula

319 € 12,00



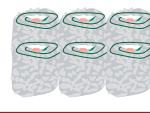
New York Maki
Salmon, apple,
sesame

310 € 8,30



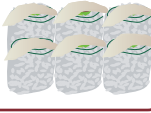
Moritz Maki
shrimp, cream
cheese, arugula

309 € 8,30



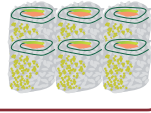
Oktopus Maki
fried octopus, spring
onions, special sauce

375 € 12,90



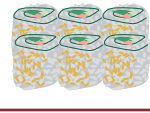
Haru Maki
smoked salmon, dill,
avocado, tobiko

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



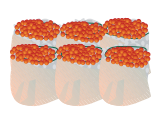
Alina Maki
Tuna, avocado, chili,
arugula

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



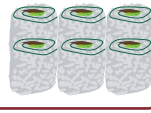
Surf and Turf Maki
fried shrimp, beef
tenderloin, truffle
mayo

505 € 17,00



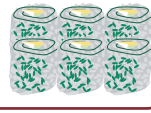
Hiroki Maki
Tuna, spring onions,
jap. mayo, arugula

372 € 9,30



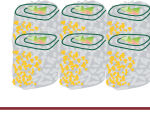
Paris Maki
Camenbert, apple,
mustard, herbs

314 € 7,50



Yamaguchi Maki
Fried asparagus,
seasoned cress,
special sauce

379 € 9,90



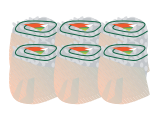
Spider Roll
Soft-Shell Crab,
daikon cress, mayo,
tobiko, avocado

502 € 16,50



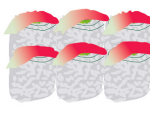
Napoli Maki
Cherry tomatoes,
arugula, see bream,
olive oil, salt

503 € 15,90



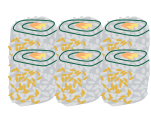
Kurai Maki
Avocado, cucumber;
toro, ponzu, wasabi
spring onions,

510 € 16,50



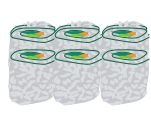
Jamaica Maki
Fried chicken, chili,
coriander; mango,
seasoned

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 Hosu 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

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.-

Matcha Tonic

Beefeater Gin, matcha syrup, simple syrup, lime juice cordial, tonic water, ice

12.-

LEMONADEs á la haru

Matcha Lemonade

Matcha syrup, lime juice, sparkling water, lime, ice

7.-

Murasaki Lemonade

Lavender syrup, lime juice, sparkling water, rosemary, ice

7.-

SOUPS

Misoshiru	4,80
traditional, japanese soup out of miso paste with tofu, seaweed and spring onions	
Aki supu	7.-
Piquant pumpkin soup, refined with passionfruit nectar, garlic, coconut milk and togarashi. (+Shrimp 5.-)	

„SMALL“ DISHES

Ceviche a la haru	15.-
Octopus, squid, sea bream and avocado marinaded with yuzu, chili and olive oil	
Beef tataki	15.-
Shortly seared beef tenderloin with coriander-chili-ponzu	
Ebi Mayo	9,50
Fried Black Tiger-Shrimps with fresh japanese orange mayonnaise	
Thunfischtatar „haru style“ <i>-Classic since 2001</i>	24,50
Tuna and avocado cubes marinaded with teriyaki sauce, sesame, garlic and chili	small 18,50
Karaage	11.-
Fried chicken balls marinaded 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 Umeshu 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 1 er 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.-

Dessert

Mousse au Chocolat

2 Scoops 5,50

Yuzu-Lime-Tart

1 Piece 4,50

Matcha Panna Cotta

5,-

Yuzu-Sorbet

(japanese lemon-fruit)

Ginger-Ice

Black Sesame-Ice

Matcha-Ice

(Green tea)

each scoop 2,50

Mochis

*coconut, raspberry
chocolate, Strawberry Cheesecake,
matcha, mango-passionfruit,
salted caramel, honey pistachio*

each mochi 2,80

Negroni

Gin, Campari, Vermouth

11,-

Espresso

Espresso Doppio

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

*coconut, raspberry
chocolate, Strawberry Cheesecake,
matcha, mango-passionfruit,
salted caramel, honey pistachio*

each mochi 2,80

Negroni

Gin, Campari, Vermouth

11,-

Espresso

Espresso Doppio