



# HARU

JAPANESE  
STREET FOOD

## SNACKS

**Miso Shiru de Caldo de Soja e Tou-fu (vegan)** 3€

**Edamame com casca** 3.5€  
Feijão asiático com casca

**Negitoro** 11.5€  
Tártaro de Atum aromatizado c/ molho de kimuchi e wasabi

**Usuzukuri** (Fatias finas de peixe com azeite de cebola doce e ponzu)  
Kampachi (lírio) 12€  
Sake (salmão) 10€

**Ebi fry c/Amêndoas**  
(3 peças)  
Camarão c/ cabeça panado em amêndoas e molho Agridoce 9.5€

**Tori-Katsu-Sando** 8€  
Sandes japonesa de lombo de frango panado e repolho, com molho especial

**Tempura Moriwase** 11€  
(7 un.)  
Seleção de vegetais e camarão

**Tempura Yasai (vegan)** 8€  
(7 un.)  
Seleção de vegetais

**Tempura Ebi** 10€  
(5 un.)  
Camarão

**Harumaki com molho Sweet Chilli (vegan)** 4.5€  
(2 un.)  
Crepes de vegetais



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## KUSHI-YAKY

(Espetadas variadas grelhadas)

**Tebasaki** 6€

(2 espetos)

Asas de frango panadas com molho bulldog

**Ebi Yaki** 6€

(2 espetos)

Camarão grelhado com manteiga de alho

**Sake Yaki** 6.8€

(2 espetos)

Salmão grelhado com molho de miso

**Button Mushroom** 5€

(2 espetos)

Cogumelos, cebola e tomate cherry grelhado com molho teriyaky

## ACOMPANHAMENTOS

**Sweet Chips** 4€

Batata doce frita com maionese de mel e sal

**Arroz Salteado com Sésamo** 3.5€

**Arroz de Sushi** 3€

**Salada Fria** 6€

Salada seleção de vegetais e temperada com molho Ponzu

## DUMPLINGS

Massas recheadas

**Bao Chashu** 9€

Pão cozinhado a vapor recheado com barriga de porco marinado

**Bao Yasai (c/ opção vegan)** 7€

Pão cozinhado a vapor recheado com seleção de vegetais e Tou-Fu

**Bao Tori Teriyaki** 8€

Pão cozinhado a vapor recheado com vegetais e frango e molho teriyaki

**Bao de Caranguejo de Casca Mole** 13€

Pão cozinhado a vapor com caranguejo tempura e maionese kimuchi

**Gyozas Ebi** 7€

(4 peças)

Raviolis de camarão fritos

**Gyozas Yasai (vegan)** 5€

(4 peças)

Raviolis de vegetais fritos

**Gyozas Kamo** 6€

(4 peças)

Raviolis de pato fritos



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## DONBURI

<b>Chirashi Sashimi</b> (Mix de sashimi com Ikura e arroz de sushi)	15€
<b>Gyu Kare Raisu</b> (Caril de vaca com arroz de sushi)	13.9€
<b>Gyu-Torikatsu Kare Raisu</b> (Caril de vaca c/ panado de frango e arroz de sushi)	16.9€
<b>Especial Unadon</b> Donburi de Enguia grelhada em molho teriyaki	15.5€

## RAMEN

<b>ToriKatsu Ramen*</b> (Sopa dashi c/ massa e frango panado)	13.5€
<b>Chashu Ramen*</b> (Sopa dashi c/ massa e barriga de porco marinado)	13.9€
<b>Ebi Tempura Ramen*</b> (Sopa dashi c/ massa e camarão tempura)	14.5€
<b>Kare Miso Ramen</b> (Sopa de massa de dashi com caril de vaca e molho de miso)	13.9€
<b>Yasai Miso Ramen (vegan)</b> (Sopa de massa com tou-fu e molho de Miso)	13.5€

\*Opção:

Base de molho: Shoyu/ Miso / Tan Tan



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## SUSHI

### Temaki

Sake (salmão com ou sem queijo creme)	7€
Haru (salmão, abacate e tempura)	8€
Soft Shell Crab (caranguejo, abacate c/ maionese picante)	8€

### Hosomaki (8 peças)

Sake (salmão)	5.5€
Maguro (atum)	6.5€
Abacate	4.5€

### Futomaki (5 peças)

Ebi Tempura (camarão)	6€
Soft Shell Crab (caranguejo)	7€

### California Roll (8 peças)

Salmão, abacate e pepino	9€
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### Hot Roll (10 peças)

Salmão e abacate	12€
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### Spicy Tuna Roll (8 peças)

Atum e abacate com molho de kimichi	12€
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### Veggie Maki (8 peças)

Takwan, abacate e pepino	9€
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### Nigiri (4 peças)

Sake (salmão)	5.5€
Maguro (atum)	6.5€
Kampachi (lírio)	7.5€

### Sashimi (4 peças)

Sake (salmão)	5.5€
Maguro (atum)	6.5€
Kampachi (lírio)	7.5€

### Combinado de Sashimi (12 peças)

Seleção de peixes fatiados	18€
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### Free-Style de Sushi to Sashimi

(18 peças) ou (36 peças)	22/42€
Seleção de Nigiri + Gunkan + Rolos de Sushi + Sashimi	

### Free-Style de Sushi

(18 peças) ou (36 peças)	19/38€
Seleção de Nigiri + Gunkan + Rolos de Sushi	

### Free-Style de Sushi Vegan

(18 peças)	18€
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## SOBREMESAS

**Gelado Artesanal** - 3.5€

(uma bola)

Lima Limão

Majericão Ananás

Chocolate Negro e Laranja

Gelado "Haru"

**Gelado de Mochi** - 5€

Manga Maracujá

CheeseCake

Chocolate Branco

Macha

Macha Vegan - 6€

**Nama Chocolate&Macha** - 4€

**Japanese Soufle Cheesecake** - 8€



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## SNACKS

**Miso Soup with Soya broth and  
Tou-fu (vegan)**

3€

**Edamame**

Japanese beans

3.5€

**Negitoro**

Flavored tuna tartar with kimuchi and  
wasabi sauce

11.5€

**Usuzukuri** (thin fishes slices with  
onion oil and Ponzu sauce)

Yellowtail

Salmon

12€

10€

**Ebi Fry with Almonds**

(3 pieces)

Prawns with almonds, sweet chilli and  
mustard mayonnaise

9.5€

**Tori-Katsu-Sando**

Japanese sandwich with crispy breaded  
chicken with cabbage and special sauce

8€

**Tempura Moriawse**

(7 un.)

Selection of vegetables and shrimp

11€

**Tempura Yasai**

(7 un.)

Selection of vegetables

8€

**Tempura Ebi**

(5 un.)

Shrimp

10€

**Harumaki with Sweet Chilli  
(vegan)**

(2 un.)

Vegetable spring rolls

4.5€



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## KUSHI-YAKY

(Sorted grilled skewers)

### Tebasaki

(2 skewers)

Fried chicken wings with bulldog sauce

6€

### Ebi Yaki

(2 skewers)

Grilled shrimp with garlic butter

6€

### Sake Yaki

(2 skewers)

Grilled salmon miso sauce

6.8€

### Button Mushroom

(2 skewers)

Mushrooms, onion and cherry tomato with teriyaki sauce

5€

## SIDE DISH

### Sweet Chips

Sweet potato chips with honey mayonnaise

4€

### Fried Rice with Sesame Seeds

3.5€

### Sushi Rice

3€

### Cold Salad

Selection of raw vegetables  
seasoned with ponzu sauce

6€

## DUMPLINGS

### Bao Chashu

Steamed bun stuffed with marinated pork belly

9€

### Bao Yasai (with vegan option)

Steamed bun stuffed with selection of vegetables and tou-fu

7€

### Bao Tori Teriyaki

Steamed bun stuffed with vegetables and chicken and teriyaki sauce

8€

### Bao Soft Shell Crab

Steamed bun with crab tempura and kimchi mayonnaise

13€

### Gyozas Ebi

(4 pieces)

Fried dumplings with shrimp

7€

### Gyozas Yasai (vegan)

(4 pieces)

fried dumplings with vegetables

5€

### Gyozas Kamo

(4 pieces)

fried dumplings with duck

6€



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## DONBURI

<b>Chirashi Sashimi</b>	15€
(Mix of sashimi and ikura with sushi rice)	
<b>Gyu Kare Raisu</b>	13.9€
(Beef curry with sushi rice)	
<b>Gyu-Torikatsu Kare Raisu</b>	16.9€
(Beef curry with crispy breaded chicken and sushi rice)	
<b>Especial Unadon</b>	15.5€
Grilled eel with teriyaki sauce	

## RAMEN

<b>Torikatsu Ramen*</b>	13.5€
(Noodle dashi soup with crispy breaded chicken)	
<b>Chashu Ramen*</b>	13.9€
(Noodle dashi soup with marinated pork belly)	
<b>Ebi Tempura Ramen*</b>	14.5€
(Noodle dashi soup with ebi tempura)	
<b>Kare Miso Ramen</b>	13.9€
(Noodle dashi soup with beef curry)	
<b>Yasai Miso Ramen (vegan)</b>	13.5€
(Noodle soup with vegetables and tou-fu with miso Miso sauce)	

\*Option:

Sauce Base: Shoyu / Miso / Tan Tan





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## SUSHI

### Temaki

Sake (salmon with or without cream cheese)	7€
Haru (salmon, avocado and tempura flakes)	8€
Soft shell Crab (crab and avocado with spicy mayo)	8€

### Hosomaki (8 pieces)

Sake (salmon)	5.5€
Maguro (tuna)	6.5€
Avocado	4.5€

### Futomaki (5 pieces)

Ebi tempura (tempura shrimp)	6€
Soft Shell Crab tempura	7€

### California Roll (8 pieces)

Salmon, avocado and cucumber	9€
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### Hot Roll (10 pieces)

Salmon and avocado	12€
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### Spicy Tuna Roll (8 pieces)

Tuna and avocado with Kimichi sauce	12€
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### Veggie Maki (8 pieces)

Takwan, avocado and cucumber	9€
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### Nigiri (4 pieces)

Sake (salmon)	5.5€
Maguro (tuna)	6.5€
Kampachi (yellowtail)	7.5€

### Sashimi (4 pieces)

Sake (salmon)	5.5€
Maguro (tuna)	6.5€
Kampachi (yellowtail)	7.5€

### Selection of Sashimi (12 pieces)

Selection of sliced fish	18€
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### Free-Style Sushi to Sashimi

(18 pieces) or (36 pieces) Selection of Nigiri + Gunkan + Sushi roll + Sashimi	22/42€
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### Free-Style Sushi

(18 pieces) or (36 pieces) Selection of Nigiri + Gunkan + Sushi roll	19/38€
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### Free-Style Sushi Vegan

(18 pieces)	18€
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## DESSERT

**Artisanal Icecream** - 3.5€

(one scoop)

Lime Limon

Basil Pineapple

Dark Chocolate and Orange

"Haru" Icecream

**Mochi Icecream** - 5€

Passion Fruit with Mango

Cheesecake

White Chocolate

Macha

Macha Veggan - 6€

**Nama Chocolate&Macha** - 4€

**Japanese Soufle Cheesecake** - 8€

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## COCKTAIL NON ALCOHOL

Limonada	4€
Pineapple Express	4.5€
Berry Mix	4.5€

## COCKTAIL WITH ALCOHOL

Moscow Mule	9€
Old Fashioned	10€
Negroni	9€
Mojito	7€
Whiskey Sour	9€
Black Pepper	9€
Sake Sprintz	9€

## GIN

Gin Mare	14€
Hendricks	12€
Tanqueray	8€

## BEVERAGES DRINKS

Moscatel de setúbal	3.5€
Martini	3.5€
Vinho de Porto	3.5€
Balleys	5€
Licor Beirão	5€

## WHISKEY

Ballantine's	5€
Cutty Sark	5€
Jameson	7€
Jack Daniel's	8€
Johnnie Walker Black Label	10€
J&B 15 anos	10€
Cardhu 12 anos	15€

## BRANDY

CR&F	5€
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## JAPANESE WHISKEY

Nikka Malt Taketsuru	15€
Nikka Coffey Malt	18€
Nikka From The Barrel	18€



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## WINE 750 mL

### HOUSE RED WINE

**Guadalupe**  
(Alicante Bouchet, Aragonez, Syrah)

Copo 4.3€  
Garrafa 19€

### RED

**Papa Figos** 16€  
(Tinta Roriz, Tinta Barroca, Touriga Franca, Touriga Nacional)

**Portas do Solar reserva** 19€  
(Touriga Nacional, Touriga Franca, Sousão)

**Três Bagos reserva** 21€  
(Tinta Roriz, Touriga Franca e Touriga Nacional)

**Meandro** 26€  
(Touriga Franca, Touriga Nacional, Tinta Roriz, Tinta Barroca, Alicante Bouschet)

**Scalab Reserva** 18€  
(Cabernet Sauvignon)

**Crescendo** 16€  
(Alicante Bouschet, Syrah, Trincadeira)

**Casa da Urra Seleccionada** 20€  
(Syrah)

**Vinha das Romãs** 26€  
Syrah e Touriga Franca

**Esporão reserva** 31€  
(Alicante Bouschet, Aragonez, Syrah, Trincadeira, Cabernet Sauvignon, Touriga Franca)

### HOUSE WHITE WINE

**Guadalupe**  
(Antão vaz, Arinto)

Copo 4.3€  
Garrafa 19€

### WHITE

**Planalto** 14€  
(Viosinho, Malvasia Fina, Gouveio, Rabigato, Códega, Arinto, Moscatel)

**Papa Figos** 16€  
(Rabigato, Viosinho, Arinto, Codega, Moscatel)

**Portas do Solar reserva** 19€  
(Viosinho, Rabigato, Gouveio)

**Três Bagos** 23€  
(Sauvignon Blanc)

**Meandro** 26€  
(Rabigato, Arinto)

**Scalab Reserva** 18€  
(Sauvignon Blanc)

**Catarina** 16€  
(Fernão Pires, Chardonnay, Arinto)

**DOK** 18€  
(Chardonnay)

**Casa da Urra Seleccionada** 16€  
(Alvarinho e Verdelho)

**Vinha das Romãs** 26€  
(Syrah e Touriga Franca)

**Esporão reserva** 31€  
(Antão Vaz, Arinto, Roupeiro)



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## WINE 750 mL

### ROSÉ

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**Mateus Rosé** 13€  
(Baga; Rufete; Tinta Baroeca; Touriga Franca)

**Roble** 15€  
(Touriga Nacional, Tinta Roriz, Tinto Cão)

**Scalab** 18€  
(Syrah)

### "GREEN"

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**Muralhas** 13€  
(Alvarinho, Trajadura)

**Santa Catarina** 14€  
(Azal)

**Quinta Azevedo reserva** 16€  
(Loureiro, Alvarinho)

**Longo Vales reserva** 26€  
(Alvarinho)

### SPARKLING WINE

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**M&M TURQUOISE** 13€

**M&M SILVER** 16€

**M&M GOLD** 21€

### CHAMPAGNE

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**TAITTINGER** 85€

**MOET & CHANDON** 95€

### SAKE

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**Sake "Sho Chiku Bai" 180 ml** 8€

**Sake 300 ml** 18€

**Sake "Sho Chiku Bai" 750ml** 23€

**Sake 720 ml** 35€

**Sake Premium 720 ml** 64€



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## SANGRIA

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Branco (1L/2L)	14/19€
Espumante (1L/2L)	16/24€

## SOFT DRINKS

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Pepsi 33cl	2.5€
Sumol 33cl	2.5€
Ice tea 33cl	2.5€
Compal 33cl	2.5€
Water 50cl	1.8€
Water 1L	2.9€
Tonic water 20cl	2.5€
Ginger Ale 20cl	2.5€
Sparkling water limon 25cl	2.5€
Sparkling water 25cl	2.5
Sparkling water 75 cl	6€

## BEER

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Draft Estrella Damm 20 cl	1.9€
Draft Estrella Damm 30 cl	2.4€
Draft Estrella Damm 50 cl	4.8€
Estrella Bock 20 cl (dark)	2.5€
Inedit Estrella Damm 33cl	4€
Inedit Estrella Damm 75 cl	8€
Free Damn 20cl (non alcohol)	2.5€
Asahi 33cl	4€
Sapporo 33cl	4€
Sapporo Black 6.5cl	9€
Japanese craft beer Itachino	6€

## BUBBLE TEA

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Clássico	4.5€
Melância	4€
Manga	4€
Lychee	4€
Maracujá	4€
Morango	4€

## COFFEE

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1€



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## MENUS EXECUTIVOS

(apenas nos almoços)

(inclui uma cerveja 20cl /refrigerante e um  
café)

Haru Hot Bento Box - 14€

Haru Sushi Bento Box - 16€

Haru Kid Bento Box - 12€