

Hoboken411.com

LAS
 OLAS
SUSHI BAR AND GRILL



• APPETIZERS

Edamame	4
Japanese soybean, steamed and lightly salted	
Shrimp Shumai	6
fried or steamed dumpling	
Shrimp Tempura	7
served w/a side of tempura sauce	
Vegetable Tempura	6
served w/a side of tempura sauce	
Gyoza	7
homemade pan-fried pork dumplings	
Yasai Gyoza	6
pan-fried vegetable dumplings	
Fried Calamari	10
served w/signature dipping sauce	
Oyster Tempura	8
deep fried oyster served w/tempura sauce	
Beef Negimaki	8
thinly sliced beef rolled w/scallion and pan-seared	
Las Olas Fish Tempura	13
Tuna, salmon and white fish lightly fried served w/spicy mayo sauce drizzled on top	
Buffalo Shrimp	11
lightly battered shrimp tossed in your choice of hot or mild buffalo sauce	
Buffalo Wings	8
tossed in your choice of mild or hot buffalo sauce	
Spicy Tuna Mango Tartar	11
spicy tuna chopped w/mango and served w/homemade tortilla chips	
Spicy Tuna Pizza	12
flat bread pizza w/tuna and mozzarella cheese finished w/spicy mayo sauce	
Lobster Spring Roll	13
served w/a side of green chili dipping sauce	
Las Olas Style Crab Cakes	12
served on a bed of spicy mayo and micro greens (4)	
Empire State Tartar	14
tuna, salmon, white fish, avocado and spicy mayo served w/spicy mango salsa and black tobiko	
Yellowtail Jalapeño	12
sliced yellowtail, jalapeño and ponzu sauce	

• SOUPS

Miso Soup	3
soybean soup w/tofu, scallion and seaweed	
Mushroom Soup	5
shiitake mushroom, scallion, tofu in clear broth	
Dumpling Soup	5
dumpling and scallion	
Nabeyaki Udon	16
Japanese udon noodles served w/chicken, egg, vegetables and shrimp tempura in a delicious broth. Served in a cast iron bowl	
Tempura Udon	15
Japanese udon noodles served w/shrimp tempura and vegetables in a delicious broth. Served in a cast iron bowl	

• SALADS

Green Salad	3
iceberg lettuce, carrots, tomatoes and cucumber w/our homemade ginger dressing	
Seaweed Salad	6
assorted green seaweed tossed in sesame dressing	
Kani Salad	8
crabstick w/cucumber tossed w/spicy mayo and tempura flakes	
Las Olas Cajun Tuna Salad	13
spring mix w/avocado, red pepper and red onion served w/a garlic dressing	
Grilled Chicken Avocado Salad	11
mixed greens w/black beans, corn, tomato and avocado tossed in a light balsamic vinaigrette	

• SUSHI OR SASHIMI A LA CARTE

Tuna/Maguro	3
Salmon/Sake	3
Yellowtail/Hamachi	3
White Tuna	3
Eel/Unagi	3
Spanish Mackerel/Sawara	3
Egg/Tamago	3
Crabstick/Kanikama	3
Tobiko/Flying Fish Roe (choice of orange, red, green or black)	3
Fluke/Hirame	3
Red Snapper	3
Stripe Bass/Suzuki	3
Shrimp/Ebi	3
Octopus/Tako	3
Sea Urchin/Uni	6
Squid/Ika	4
Salmon Roe/Ikura	3
Scallop/Hotate	3

• LAS OLAS SIGNATURE ROLLS

Mammamia	13
spicy tuna w/tempura flakes wrapped in avocado and aji nori furikake	
Tiger Roll	15
spicy crab, shrimp tempura, avocado wrapped in soybean paper and finished with signature chipotle sauce	
Olas Roll	12
chicken teriyaki topped w/avocado and spicy teriyaki salsa	
Midnight Fantasy	14
shrimp and asparagus w/spicy sauce wrapped in avocado and black tobiko	
Aloha Roll	13
grilled pineapple w/tuna and spicy salmon, sweet potato flakes and a sweet/spicy sauce	
King Scorpion Roll	15
shrimp tempura, spicy tuna, topped w/BBQ eel, red tobiko and kabayaki sauce	
Black Tuna	15
spicy salmon and avocado topped w/blackened tuna and spicy sauce	
Madame Butterfly	15
eel, shrimp tempura wrapped in avocado topped w/kabayaki sauce and red tobiko	
First Street	14
deep fried tuna, salmon and yellow tail roll finished w/spicy sauce and tobiko	
Grand Canyon	14
spicy salmon, avocado and tempura flakes wrapped in kiwi	
El Fuego	14
spicy scallop and avocado topped w/jalapeño and 2 kinds of tobiko	
Vera Cruz	12
spicy salmon, mango and scallion, served w/special mango sauce	
On the Hudson	16
spicy crab and avocado topped w/lobster salad	
White Angel	15
mango, avocado and tempura flakes wrapped in white tuna, kabayaki sauce and red tobiko	
Dynamite	20
California roll topped w/a blend of baked crab and Chilean sea bass w/spicy mayo—served warm—please allow 15-20 minutes	
Flamingo	13
crabstick, avocado and cucumber wrapped in spicy tuna and tempura flakes	
Bellagio	14
crab, avocado and jalapeño wrapped in yellowtail and finished w/pozu sauce	
Green Tea Roll	13
spicy tuna, salmon, avocado wrapped in green soybean paper	
Osaka Roll	14
spicy salmon and cucumber inside topped w/mango, avocado and sweet potato flakes finished w/green tobiko and spicy mango sauce	

• ROLL OR HAND ROLL

California Roll	5
crabstick, cucumber and avocado	
Tuna, Salmon or Yellowtail Roll	5
Spicy Tuna, Spicy Salmon or Spicy Yellowtail	7
Spicy Scallop	8
fresh scallop, tempura flakes, scallion and spicy sauce	
Manhattan	7
salmon skin, cucumber and kabayaki sauce	
Philadelphia Roll	7
salmon, cream cheese and cucumber	
Shrimp Tempura Roll	8
shrimp tempura, avocado, cucumber, lettuce and mayo	
Spider	10
soft shell crab tempura, avocado, cucumber, lettuce and mayo	
Eel Roll	9
eel w/a choice of avocado, asparagus or mango	
Boston Roll	8
shrimp, cucumber, lettuce and mayo	
Bloomfield Roll	7
salmon, avocado and cucumber	
Garden Roll	7
tuna, avocado and cucumber	
Fantasy Roll	9
tuna, salmon, yellowtail and mango	
Godzilla Roll	8
shrimp, avocado and cucumber	
Volcano	8
spicy salmon, avocado and tempura flakes	
Alaskan Roll	9
salmon, avocado, scallion and masago	
Red Dragon Roll	12
eel and cucumber topped w/avocado, eel sauce and red tobiko	
Rainbow Roll	13
crabstick, cucumber and avocado wrapped in tuna, salmon and yellowtail	



• **SUSHI BAR ENTREES** Served w/miso soup or green salad

Las Olas Sushi (chef selection) 7 pieces of sushi and 1 California roll	22
Las Olas Sashimi (chef selection) 15 pieces of assorted fresh fish	27
Sushi for 2 (chef selection) 14 pieced of assorted sushi, California roll and spicy tuna roll	38
Sashimi for 2 (chef selection) 30 pieces of assorted fresh fish	48
Las Olas Sushi Sashimi (chef Selection) 4 pieces sushi, 10 pieces assorted sashimi and 1 California roll	32
Sushi Sashimi for 2 (chef selection) 8 pieces assorted sushi, 20 pieces assorted sashimi, California roll and spicy tuna roll	58
Chirashi (chef selection) assorted sashimi over a bed of rice	20
Sakedon 7 pieces of salmon sashimi on a bed of rice	21
Crazydon 8 assorted pieces of tuna, salmon, yellowtail and white tuna sashimi on a bed of rice	24
Eel Lover 6 pieces of eel sashimi and eel avocado roll	23
Maki Combo tuna roll, salmon roll, California roll	15
Spicy Maki Combo spicy tuna, spicy salmon, spicy yellowtail	16
Rainbow Plate 3 pieces of tuna sushi, 3 pieces of salmon sushi, 3 pieces of yellowtail sushi and 1 California roll	27
White Tuna Lover 7 pieces super white tuna and spicy white tuna crunchy roll	24
Veggie Lover (chef selection) 6 assorted veggie sushi and 1 avocado roll	15

• **KITCHEN ENTREES** Served w/miso soup or green salad

Skirt Steak with Chimichuri Sauce served w/a side of yuca fries	25
Chilean Sea Bass with Mushroom Teriyaki Sauce served w/a side of wasabi mashed potatoes and bok choy	25
Salmon with Soy Glaze Mustard Sauce served with a side of sauteed asparagus and rice	22
Tilapia with Green Chili Sauce served with a side of mixed vegetables and rice	21
Grilled Chicken or Beef served w/a side of mix vegetables and rice	17
Las Olas Signature Fried Rice stir-fried rice w/vegetables and egg, brown or white rice	
Vegetable	12
Chicken or Beef	15
Shrimp or Scallop	16
Teriyaki marinated in our signature teriyaki sauce, served w/a side vegetables on a sizzling skillet	
Chicken or Beef	17
Seafood (shrimp, scallop and fish)	20
Combo (chicken, beef and shrimp)	18
Tofu	14
Tempura gently fried w/a delicate Japanese tempura batter served w/tempura homemade sauce	
Chicken	16
Shrimp or Scallop	17
Vegetable	14
Katsu delicious crispy fried chicken or pork cutlet served w/signature tonkatsu sauce	15
Yakisoba stir-fried Soba noodles w/vegetables and egg	
Vegetable	12
Chicken or Beef	15
Shrimp or Scallop	16
Bento Box served with miso soup, green salad, gyoza, and 1 California roll	
Chicken or Beef Teriyaki	25
Chicken or Shrimp Tempura	25
Chicken Katsu	25

www.lasolasushi.com

Please advise your server of any allergies, as many of our dishes contain sesame seeds
20% will be added to parties 6 or more