

# MENU

## ENTREES

*add extra sauce +\$*

### CHICKEN TERIYAKI

grilled chicken served on a bed of stir-fried vegetables topped with sesame seeds, teriyaki sauce; side white rice

### CHICKEN CUTLET (KATSU) ♥

panko breaded chicken cutlet topped with tonkatsu sauce; served with a side cabbage salad and pickled red onion

### KOREAN BBQ RIBS ♥

grilled marinated short ribs served on a bed of stir-fried vegetables topped with sesame seeds; side white rice

### MISO GLAZED CHILEAN SEA BASS

chilean sea bass expertly cooked in a miso glaze served over sautéed kale; side furikake seasoned white rice

### SALMON TERIYAKI ♥

grilled salmon served on a bed of stir-fried vegetables topped with sesame seeds, teriyaki sauce; side white rice

### SPICY TOFU AND GREEN BEAN 🌶️🌶️

stir-fried tofu, green bean, mushroom, zucchini, sambal, and ponzu mix served over rice and topped with sesame seeds

## ENTREE SPECIALS

### BLUE OCEAN THREE COURSE ♥

miso soup or house salad, assorted sashimi, miso glazed chilean sea bass with vegetable stir-fry and white rice *\*no substitutions for three course\**

### ISHIYAKI HOT STONE ♥

sliced premium beef to be cooked at the table on a hot stone grill; side salt, pepper, sesame oil, and house yakitori sauce

## ROBATA

*available after 4pm, served with two skewers unless noted otherwise*

### WHAT IS ROBATA?

Japanese robata is a shortened form of the term “robatayaki” meaning “fireside cooking”. The cooking style refers to a method of cooking over hot charcoal on a wide and flat open fireplace, similar to western barbecuing.

## MEAT

FILET + PINEAPPLE..... \$

PORK BELLY ♥..... \$

CHICKEN BREAST ..... \$

FLAT IRON STEAK ..... \$

WAGYU MEATBALL ♥..... \$

BBQ RIB..... \$

*served off skewer*

## SEAFOOD

SHRIMP + BACON ♥..... \$

BABY OCTOPUS..... \$

SALMON + GREEN ONION..... \$

CHILEAN SEA BASS..... \$

*single item, served off skewer*

SCALLOP + BACON ♥..... \$

*single skewer*

*portion suggestions*

*party of 1..... 1-2 orders*

*party of 2..... 3-5 orders*

## VEGETABLE

ASPARAGUS 🌶️..... \$

ASPARAGUS + BACON..... \$

## SIDES

EDAMAME..... \$

SEARED GARLIC EDAMAME 🌶️..... \$

BRUSSELS SPROUTS..... \$

*deep-fried with garlic*

SAUTÉED KALE..... \$

SUSHI RICE..... \$

WHITE RICE..... \$

BLACK RICE..... \$

FRESH CHOPPED WASABI..... \$

EXTRA SAUCE/DRESSING..... \$

## BEVERAGES

*for alcoholic beverages please view our bar menu*

### FOUNTAIN DRINK

pepsi, diet pepsi, dr. pepper, starry, lemonade

### MIXED SOFT DRINK

arnold palmer, cherry pepsi, shirley temple

### SAN PELLEGRINO

natural mineral water

### GINGER BEER

### ICED TEA

iced black tea, iced raspberry black tea, iced green tea

### HOT GREEN TEA

## SALADS

*add extra dressing/sauce +\$*

### I LOVE POKE SALAD 🌶️

albacore, cilantro, sweet onion, puffed rice, black sesame seeds, spicy poke dressing

### SPICY SASHIMI SALAD 🌶️♥

organic greens, assorted sashimi, masago

### TAKO SALAD 🌶️

tender spicy octopus mix, masago

### SEAWEED SALAD 🌶️

seaweed, ponzu, sesame seeds

### HOUSE SALAD 🌶️

spring mix, grape tomatoes, fried onion, lemon ginger dressing

## SOUPS

### BLUE OCEAN MISO SOUP *vegan*

scallions, tofu, seaweed

### KABOCONUT SOUP 🌶️♥

blend of kabocha squash and coconut milk to be poured over a mix of hon shimeji mushroom and brown butter

## SMALL PLATES

*add extra sauce +\$*

### SOFT SHELL CRAB

deep-fried soft shell crab; side ponzu, side eel sauce

### PORK BELLY BAO ♥

*3pcs* | glazed pork belly, napa cabbage slaw, spicy mayo in a folded bao bun

### CHILLED PACIFIC OYSTERS *\*limited quantity*

*6pcs* | topped with ponzu, tabasco, chef blend

### AGEDASHI TOFU

*6pcs* | deep-fried tofu, green onion, tempura sauce

### SALT & PEPPER CALAMARI

served with side lemon aioli, side sweet chili sauce

### GRILLED HAMACHI OR AMBERJACK KAMA *\*limited quantity*

grilled yellowtail collar; side shredded napa cabbage, side yuzu dipping sauce

### GRILLED SALMON KAMA

grilled salmon collar; side shredded napa cabbage, side yuzu dipping sauce

### POPCORN SHRIMP ♥

fried shrimp, asparagus, and shiitake mix; glazed in a sweet miso sauce

### PINEAPPLE FRIED RICE ♥

white rice, kurobuta pork sausage, egg, and pineapple; topped with chef blend

*Add chicken or beef +\$*

### VEGETABLE POTSTICKERS ♥🌶️

japanese-style dumplings filled with carrot, daikon, zucchini, napa cabbage, and egg; side hibiscus, side sweet & sour, side sesame soy

### BLISTERED SHISHITO PEPPERS 🌶️

wok seared shishito peppers and crispy rice noodles topped with togarashi; side ponzu

### CARAMELIZED EGGPLANT

seasoned deep-fried eggplant caramelized in eel sauce topped with cashew nuts and sesame seeds

### VEGETABLE TEMPURA 🌶️

tempura battered and fried vegetables; side tentsuyu, side hot mustard sauce

*Add 2 pcs shrimp +\$*

### GARLIC HERB SHRIMP

*4pcs* | side yuzu aioli dipping sauce

♥ favorites

🌶️ vegetarian

🌶️ spicy



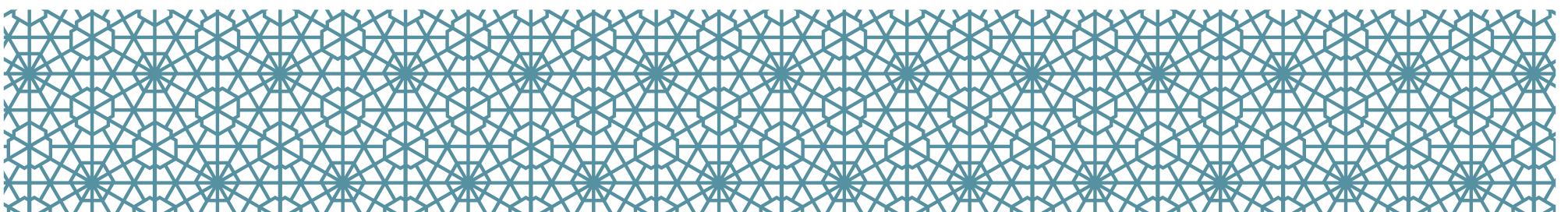
*located in carlsbad, california*

*menu last updated on march 2024*

*attention: please alert your server if you have any food allergies or dietary restrictions.*

*Because of variations in local suppliers, ingredient substitutions, and the potential for cross contamination in cooking and preparation areas, Blue Ocean cannot guarantee that any item is completely free of animal products or allergens.*

*Consuming raw or undercooked meat, fish, shellfish, poultry, or eggs may increase risk of food-borne illness, especially if you have certain medical conditions.*



# NIGIRI & SASHIMI

add extra sauce +\$, add fresh chopped wasabi +\$

## 2PC NIGIRI / 5PC SASHIMI

ALBACORE “ <i>tombo</i> ”	.....	\$	.....	\$
AMBERJACK “ <i>kampachi</i> ”	.....	\$	.....	\$
BLUEFIN TUNA “ <i>hon maguro</i> ”	.....	\$	.....	\$
FATTY TUNA “ <i>toro</i> ”	.....	\$	.....	\$
FRESH WATER EEL “ <i>unagi</i> ”	.....	\$	.....	\$
HALIBUT “ <i>hirame</i> ”	.....	\$	.....	\$
HOKKAIDO SCALLOP “ <i>hotate</i> ”	.....	\$	.....	\$
KING SALMON “ <i>masunosuke</i> ”	.....	\$	.....	\$
LIVE SWEET SHRIMP “ <i>live amaebi</i> ”	.....	mkt	.....	mkt/2pc
OCTOPUS “ <i>tako</i> ”	.....	\$	.....	\$
JAPANESE SEAM BREAM “ <i>madai</i> ”	.....	\$	.....	\$
SALMON “ <i>sake</i> ”	.....	\$	.....	\$
SALMON EGG “ <i>ikura</i> ”	.....	\$	.....	\$
SEA URCHIN “ <i>uni</i> ”	.....	mkt	.....	mkt/4pc
SHRIMP “ <i>ebi</i> ”	.....	\$	.....	\$
SMELT EGG “ <i>masago</i> ”	.....	\$	.....	x
SPANISH MACKEREL “ <i>aji</i> ”	.....	\$	.....	\$
JAPANESE EGG “ <i>tamago</i> ”	.....	\$	.....	x
ESCOLAR “ <i>walu</i> ”	.....	\$	.....	\$
YELLOWTAIL “ <i>hamachi</i> ”	.....	\$	.....	\$
AVOCADO	.....	\$	.....	x

## CHEF'S CHOICE

### BLUE OCEAN OMAKASE BOX

chef's tasting of assorted sashimi & seaweed salad

### DELUXE SASHIMI

tuna, yellowtail, salmon, spanish mackerel, walu, uni

### PLATINUM SASHIMI

chef's choice of Blue Ocean's finest sashimi

# CONTEMPORARY ITEMS

### AMBERJACK CARPACCIO

6pc | amberjack sashimi, ponzu and black truffle oil topped with jalapeño, black salt, and yuzu

### BLUEFIN CARPACCIO

6pc | bluefin sashimi, ponzu and black truffle oil topped with jalapeño, black salt, and yuzu

### SCREAMING YELLOWTAIL

6pc | yellowtail sashimi, ponzu, and olive oil topped with crispy garlic, cherry tomato, and sweet onion

### FISH TOWER

spicy assorted fish layered with krab, avocado, and radish

### FRENCH KISS

4pc | krab and avocado base topped with albacore, garlic mustard, spicy mayo, and chili drop

### CHUCK'S SPECIAL

2pc | seared toro topped with jalapeño and fresh chopped wasabi

### RICE CRUNCH ALBACORE

3pc | rice crunch topped with albacore, julienne onion, avocado, soy mustard, chili oil, and chef blend

### RICE CRUNCH SPICY TUNA

3pc | rice crunch topped with spicy tuna, spicy mayo, and chef blend; set in mango mascarpone purée

# SUSHI ROLLS

## HOUSE CUT / HAND ROLLS

CALIFORNIA	.....	\$	.....	\$
<i>in:</i> krab, avocado, cucumber				
PHILLY	.....	\$	.....	\$
<i>in:</i> salmon, avocado, cream cheese				
SPICY SALMON	.....	\$	.....	\$
<i>in:</i> spicy salmon, cucumber				
SPICY TUNA	.....	\$	.....	\$
<i>in:</i> spicy tuna, cucumber, dill, shallot				

## SPECIALTY ROLLS

### ALBACORE DELIGHT

*in:* albacore/krab/miso mix, cucumber, tempura crunch powder  
*out:* albacore, avocado, green onion, chili oil, ponzu

### BLUE CRAB

wrapped in soy paper  
*in:* blue crab

### HAWAIIAN

*in:* blue crab  
*out:* bluefin tuna, garlic mustard

### HOT NIGHT

*in:* spicy tuna, cucumber  
*out:* albacore, avocado, ponzu, sriracha, green onion

### CATERPILLAR

*in:* eel, krab, avocado, cucumber  
*out:* avocado, masago, eel sauce, bonito

### DRAGON

*in:* krab, avocado, cucumber  
*out:* eel, eel sauce, bonito

### RAINBOW SPIDER

*in:* soft shell crab, krab, cucumber, avocado  
*out:* bluefin tuna, salmon, albacore, walu, shrimp, wasabi drop, tobiko trio

### MADISON

*in:* blue crab, cucumber  
*out:* seared toro, black pepper, soy mustard, chili oil, fresh wasabi, chef blend

### MARINE BOY

*in:* spicy tuna, cucumber  
*out:* salmon, avocado, spicy mayo

### MEXICAN

*in:* shrimp, stick krab, masago, spicy mayo, sriracha, chili oil, cucumber, green onion  
*out:* stick krab, masago

### NEGITORO

outside of rice is wrapped in seaweed  
*in:* chopped toro, green onion

### PLAYBOY ROLL

*in:* shrimp, cream cheese  
*out:* salmon, avocado, spicy mayo

### RAINBOW

*in:* krab, cucumber, avocado  
*out:* bluefin tuna, salmon, albacore, shrimp, escolar

### SUMMER

wrapped in cucumber, no rice  
*in:* bluefin tuna, salmon, albacore, krab, avocado, masago  
*out:* ponzu, spicy mayo

### SUNSHINE

*in:* krab, avocado, cucumber  
*out:* assorted fish, masago, green onion, spicy sunshine sauce

### TANGO MANGO

*in:* escolar, salmon, avocado  
*out:* mango, ponzu, mango mousse

### WASABI

*in:* assorted fish mixed with wasabi, masago, mayo, green onion, sesame oil  
*out:* fresh chopped wasabi

### YELLOWTAIL JALAPEÑO

*in:* yellowtail, cucumber, green onion  
*out:* jalapeño, avocado, soy mustard sauce

## VEGETABLE ROLLS

### CRUNCH VEGETABLE

wrapped in rice paper and rice crunch  
*in:* black sesame seeds, beet, sautéed celery, chives, cream cheese, white rice  
*out:* black tahini

### EARTHQUAKE

*in:* portobello mushroom, chives, avocado, gobo root  
*out:* pickled watermelon radish, yuzu, olive oil

### FRIED SOY PROTEIN

*in:* fried tofu, avocado  
*out:* yellow bell pepper, soy protein dressing, plum puree

### LADY IN RED

*in:* deep-fried green onion, avocado  
*out:* pickled red beet, miso dressing

### VEGETABLE

outside of seaweed and rice is wrapped in soy paper  
*in:* cucumber, avocado, asparagus, gobo root, spring mix

## TEMPURA ROLLS

### CHEF SPECIALTY

*in:* tempura shrimp, krab, avocado, cucumber  
*out:* spicy tuna, spicy mayo, eel sauce

### CRUNCH SALMON

*in:* tempura salmon, krab, avocado, cream cheese, cucumber, gobo root  
*out:* tempura crunch powder, eel sauce

### CRUNCH SHRIMP

*in:* tempura shrimp, krab, avocado, cucumber  
*out:* tempura crunch powder, eel sauce

### DYNAMITE

*in:* deep-fried california roll  
*out:* baked langoustine, spicy mayo, eel sauce, masago, cheese, chef blend

### LOBSTER TAIL ROLL

*in:* lobster tempura, krab, avocado, cucumber  
*out:* tempura crunch powder, spicy mayo, tobiko trio

### HEART ATTACK

*in:* deep-fried jalapeño stuffed with spicy tuna, shrimp, cream cheese  
*out:* spicy mayo, eel sauce, masago, chef blend

### HOTTY HOTTY

*in:* tempura shrimp, spicy tuna, cucumber, gobo root  
*out:* baked salmon, spicy mayo, eel sauce, chili drop, tempura onion, chef blend

### PADRES

*in:* tempura shrimp, krab, cucumber  
*out:* chopped soft shell crab, avocado, spicy mayo, eel sauce, chef blend

### SURF-TURF

*in:* tempura shrimp, krab, avocado, cucumber  
*out:* filet mignon, spicy seafood dressing, masago, chef blend

### SPIDER

*in:* soft shell crab, krab, cucumber, avocado, gobo root  
*out:* masago, eel sauce

### TSUNAMI

*in:* tempura shrimp, krab, avocado, cucumber, gobo root  
*out:* seared bluefin tuna, garlic mustard, chili drop, chef blend

