

MENU

SALADS

HOUSE SALAD 🌿

spring mix, grape tomatoes, crispy onion, honey mustard dressing

I LOVE POKE SALAD 🌿

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

SPICY SASHIMI SALAD 🌿❤️

organic greens, assorted sashimi, spicy seafood salad dressing

TAKO SALAD 🌿

chef blend, sesame oil, sriracha, green onion, ponzu tender spicy squid mix

SEAWEED SALAD 🌿

seaweed, ponzu, sesame seeds, chef blend, daikon based

BLUEFIN TUNA TATAKI SALAD

bluefin tuna, sliced carrot, spring mix, grape tomatoes, roasted corn, garlic chips, lemon ginger dressing

SOUPS

MISO SOUP

scallions, tofu, seaweed

KABOCONUT SOUP ❤️

blend of kabocha squash and coconut milk, poured over a mix of hon shimeji mushrooms and brown butter

SIDES

EDAMAME.....

SPICY GARLIC EDAMAME 🌿

SUSHI RICE.....

WHITE RICE.....

EXTRA SAUCE/DRESSING.....

FRESH CHOPPED WASABI.....

SMALL PLATES

PANKO SOFT SHELL CRAB

panko deep-fried soft shell crab; side ponzu sauce

PORK BELLY BAO ❤️

2 pcs | glazed pork belly, romaine lettuce, puffed farro, spicy mayo

AGEDASHI TOFU

4 pcs | deep-fried tofu, green onion, tempura sauce

GRILLED KAMA *limited quantity

Choice of Hamachi or Salmon \$7.5 grilled collar; side shredded napa cabbage and ponzu sauce

POPCORN SHRIMP ❤️

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

PORK POTSTICKERS ❤️

6 pcs | pan-fried pork potstickers; side ponzu sauce

KIMCHI CHICKEN POTSTICKERS

5 pcs | pan-fried crunchy kimchi potstickers, green onion; side ponzu sauce

BLISTERED SHISHITO PEPPERS 🌿

wok-seared shishito peppers with togarashi; topped with ponzu sauce

CARAMELIZED EGGPLANT

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

VEGETABLE TEMPURA 🌿

taro root, carrot, sweet potato, zucchini, green bean, onion ring; side tempura sauce
add 2 pcs shrimp +\$4

GARLIC HERB SHRIMP

served with ponzu black garlic sauce, jalapeño pepper slices, fresno peppers

CALAMARI

served with sweet chili sauce, jalapeño

FRIED RICE

egg, bacon, green onion, sesame seeds, fried garlic, red onion, carrot
add chicken +\$3 or tenderloin +\$5

ENTREES

CHICKEN TERIYAKI

grilled chicken, stir-fried vegetables topped with green onions, sesame seeds, teriyaki sauce, and rice

BEEF TERIYAKI

grilled tenderloin, stir-fried vegetables topped with green onions, sesame seeds, teriyaki sauce, and rice

SALMON TERIYAKI ❤️

grilled salmon, stir-fried vegetables, topped with green onions, sesame seeds, teriyaki sauce, and rice

CHICKEN CUTLET ❤️

fresh panko-breaded chicken cutlet with roasted corn mashed potatoes; side tonkatsu sauce, coleslaw

MISO GLAZED CHILEAN SEA BASS

miso glazed chilean sea bass served with sautéed kale, rice, taro chip, chive

SPICY TOFU AND GREEN BEAN 🌿🌿

stir-fried tofu (deep-fried), green bean, mushroom, zucchini, sambal, and ponzu mix served over rice, topped with sesame seeds, taro chip, chive

KOREAN BBQ SHORT RIB

grilled marinated short ribs served on a bed of caramelized onions topped with green onions, sesame seeds; side white rice

ISHIYAKI HOT STONE

sliced premium flat iron steak for tableside grilling on a hot stone, served with side of salt, pepper, sesame oil, and house yakitori sauce

POWER PROTEIN POKE 🌿

assorted fish, seaweed salad, krab, cilantro, onion, fried garlic, roasted corn, green onion, avocado spicy poke dressing, tempura crunch

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.

❤️ favorites 🌿 vegetarian 🌿🌿 spicy

20% Gratuity added to all parties of 6 or more
Blue Ocean Sushi & Grill Carlsbad | last updated 2025

SUSHI & SASHIMI

2PC SUSHI / 5PC SASHIMI

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

AVOCADO.....	\$.....x
ROASTED BELL PEPPER.....	\$.....x
EGGPLANT.....	\$.....x

CHEF'S CHOICE

no substitution

BLUE WAY

edamame
6 pc of blue crab cut roll - cucumber
4 pc of bluefin tuna sashimi - wasabi oil
2 pc of salmon sushi -
toasted sesame seed, chive
2 pc of albacore sushi - ponzu, yuzu kosho
2 pc of seasonal fish - truffle oil, black salt

OCEAN WAY

edamame
6 pc of toro roll - cucumber
4 pc of bluefin tuna sashimi - wasabi oil
2 pc of salmon sushi -
toasted sesame seed, chive
2 pc of albacore sushi - ponzu, yuzu kosho
2 pc of seasonal fish - truffle oil, black salt

BLUE OCEAN OMAKASE BOX ♥
chef's tasting of assorted sashimi & seaweed salad

DELUXE SASHIMI
bluefin tuna, yellowtail, salmon, spanish mackerel, amberjack, seasonal fish, uni, octopus

PLATINUM SASHIMI
chef's choice of Blue Ocean's finest sashimi

CONTEMPORARY ITEMS

TARTARE ♥

toro and yellowtail tartare served with yuzu sour cream, black tobiko, fresh wasabi, ponzu, deep fried wonton chips **fish will vary seasonally**

AMBERJACK CARPACCIO ♥

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

BLUEFIN CARPACCIO ♥

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

FRENCH KISS ♥

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

RICE CRUNCH SPICY TUNA

3pc | rice crunch and spicy tuna with chef blend, jalapeño, spicy aioli, lemon miso

SCREAMING YELLOWTAIL ♥

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

SUSHI ROLLS

CLASSIC ROLL

CALIFORNIA.....	\$
<i>in: krab, avocado, cucumber</i>	
BLUE CRAB.....	\$
<i>in: blue crab, cucumber</i>	
SPICY TORO.....	\$
<i>in: spicy toro, cucumber, dill, shallot</i>	

VEGETABLE ROLLS

plant based/substitutions allowed

FRIED SOY PROTEIN <i>vegan</i>	
<i>in: fried tofu, avocado</i>	
<i>out: roasted yellow bell pepper, lemon miso, plum puree</i>	
VEGETABLE <i>vegan</i>	
<i>outside of seaweed and rice is wrapped in soy paper</i>	
<i>in: cucumber, avocado, asparagus, spring mix</i>	
EGGPLANT.....	
<i>in: tempura scallion</i>	
<i>out: fried eggplant, tomato sauce</i>	

SPECIALTY ROLLS

substitutions allowed, additional charges may vary

ALBACORE DELIGHT

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

RAINBOW SPIDER ♥

in: soft shell crab, krab, cucumber, avocado
out: bluefin tuna, salmon, albacore, escolar, shrimp, tobiko

RAINBOW

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

HAWAIIAN

in: blue crab
out: bluefin tuna, garlic mustard

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, chive

YELLOWTAIL JALAPEÑO

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

HOT NIGHT

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

PLAYBOY ROLL

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

SUMMER ♥

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

SUNSHINE

in: krab, avocado, cucumber
out: assorted fish, green onion, spicy seafood salad dressing

DRAGON

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

TNT

in: spicy tuna, cucumber
out: tuna avocado, spicy aioli

LEMON ROLL

in: albacore krab mix, cucumber
out: yellowtail, lemon slice, ponzu and lemon miso sauce

BAKED TORO

in: krab, Avocado, cucumber
out: baked chopped toro with spicy aioli, green onion, garlic mustard sauce

TEMPURA ROLLS

substitutions allowed, except chef specialty, additional charges may vary

CHEF SPECIALTY

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

CRUNCH SHRIMP

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

SURF-TURF

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

HEART ATTACK

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

PADRES ♥

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

CRUNCH SALMON

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

SPIDER

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