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**BLUE LIGHT**  
**YOKOHAMA**



## WELCOME TO BLUE LIGHT YOKOHAMA

How to order, eat and enjoy

Our menu consists of small dishes, served in no particular order. Three or four dishes per person are usually enough, if you want more, just order more! We recommend that you try all sorts of dishes; fried, simmered, raw, steamed and grilled, they are all delicious. Don't forget the sushi!

Each dish is meant to be shared by everyone at the table. The more people at the table, the more dishes to experience! Use your chopsticks to pick up food from the shared plates.

The Izakaya experience

In Japan, an izakaya is a casual restaurant that serves a wide range of dishes and a few specialities. Food and drink are of equal importance to the experience and we work hard to make sure that you are pleased with your visit, just as any respectable izakaya would!

RED LIGHT YOKOHAMA

If you love BLYs dinner, we have something even more special. Red Light Yokohama is a pre-ordered dinner menu the chef creates after season and inspiration, where you can take the chance to try food you can't order from the usual menu. Check our website or ask our staff for more information.

**Itadakimasu!**

Order 3-4 dishes  
per person

Share!

Enjoy when  
it's served!  
The dishes are served in  
no particular order

WE HAVE GIFTCARDS  
Please ask our staff

CHECK OUR WEBSITE  
if you'd like to read  
more about us  
[bluelightyokohama.com](http://bluelightyokohama.com)



DRINKS  
お飲物

コーヒー、紅茶

Coffee, Tea 35 kr

煎茶

Japanese Green Tea 30 kr

ジュース、ソーダ

Juice, Soda, Mineral Water 30 kr

カルピス

Calpis 50 kr

+ Mineral Water 65 kr

A Japanese favourite, a yogurt-like juice.

ビール

Japanese Beer in Bottle



Sapporo, Kirin, 33cl. 75 kr

Hitachino Red Rice , 33cl. 95 kr

Hitachino Ginger Ale , 33cl. 95 kr

Non-Alcoholic Drink 40 kr





## SAKE AND SHOCHU 日本酒

Ask our staff if you are interested in trying something new.

### 日本酒

## SAKE – JAPANESE RICE BREW

All sake is available by bottle. All cold sake is served in a masu-cup.



**熱燗 Atsukan** 130 kr  
Sake of the House, Hot (130 ml)

**人気一 スパークリング (純米吟醸)**  
Ninki-ichi Sparkling Sake Bottle 195 kr (300 ml)  
Refreshing, fruity, perfect as aperitif.

**豊国 (純米)**  
Toyokuni (Junmai) Cold (Glass) 105 kr  
Dry, pure, flowery. Suggested dishes; kamikaze roll, quickly fried tofu in broth.

**樽 Taru – The Cedar Tree** Cold (Glass) 110 kr  
Crisp, mineral, a hint of Japanese cedar.  
Suggested dishes; sushi, quickly fried tofu in broth.

**福寿 (純米吟醸)**  
Fukuju – The God of Fortune Cold (Glass) 110 kr  
Half-dry, fruity, complex yet smooth. Suggested dishes; sushi, sashimi.

**天狗舞・山麩純米酒**  
Tengumai, Yamahai Junmai Cold (Glass) 110 kr  
Dry, full bodied, complex, intensive.  
Suggested dishes; yakiniku, long simmered pork belly.

**ENTER. 純米吟醸**  
Enter, Junmai Ginjo Cold (Glass) 110 kr  
Clean, smooth, a note of melon.  
Suggested dishes; sashimi avocado salad, grilled black cod.

**人気一 にごり純米吟醸**  
Ninki Ichi, Junmai Ginjou Nigori Cold (Glass) 110 kr  
Vibrant and fresh with Ginjo aroma, Unfiltered.  
Suggested dishes; tartar, softshell crab tempura.



**不動・吊るし無濾過純米吟醸生原酒**

Fudou, Junmai Ginjou Genshu Cold (Glass) 110 kr  
Full bodied, rich, clean-cut, dry. Suggested dishes; fried chicken bits, shumai dumpling.

**紀土(KID)純米大吟醸**

Kid, Junmai Daiginjou Cold (Glass) 115 kr  
Aromatic, fruity, elegant. Suggested dishes; sushi, carpaccio.

**八海山(純米吟醸)**

Hakkaisan (Junmai Ginjo) Cold (Glass) 120 kr  
Dry, smooth, tones of apple and wood. Suggested dishes; fried chicken bits, grilled black cod.

## 焼酎

### SHOCHU – JAPANESE DESTILLATE



Shochu can be enjoyed in 3 different styles:

On the rocks.

With mineral water: + 20 kr

With hot water and pickled plums: + 20 kr

**界 Kai**

Cold (Glass) 100 kr

Imo shochu brewed on sweet potato. Distilled once in single pan for distinct sweet potato flavor.

**未知系遭遇 Michi e Sougu**

Cold (Glass) 100 kr

Kome shochu brewed on rice and has a softer taste than imo shochu. Distillated only once in a simple pan.

## 梅酒

### UMESHU – PLUM LIQUEUR



**チョーヤ・宇治茶梅酒**

Choya "Uji" Green Tea Flavor Plum Wine Cold (Glass) 100 kr  
Sophisticatedly sweet, savory, elegant. Suggested dishes; potato salad, desserts.

**不動・山廃純米梅酒**

Fudou, Yamahajunmai Plum Wine-Sake Cold (Glass) 110 kr  
Unique plum wine, deeply aromatic, refreshing.  
Suggested dishes; grilled aubergine, thai kick roll.





WHITE/SPARKLING  
白ワイン/スパークリング

Our wines comes from smaller Italian vineyards. They are only slightly filtered so there may be pulp left in the glass or bottle.

Nombra Prosecco, Veneto  
Salamon  
Glass 105 kr  
Bottle 375 kr  
Fresh and fruity, notes of pear, citrus and white flowers

Vermentino  
Durin, Liguria  
Glass 105 kr  
Bottle 375 kr  
Fresh and elegant, notes of pear, citrus, almond and honey

Greco Di Tufo,  
Vinosia  
Glass 105 kr  
Bottle 375 kr  
Intensively fresh, notes of exotic fruits, peach, citrus and white flowers

Ribolla Gialla,  
Torre Rozza  
Glass 110 kr  
Bottle 395 kr  
Complex with a full body, notes of yellow apples, citrus and melon

Sancerre,  
Riffault  
Glass 125 kr  
Bottle 425 kr  
Fresh and aromatic, notes of green apples, citrus and gooseberry





RED/ROSÉ  
赤ワイン/ロゼ

Our wines comes from smaller Italian vineyards. They are only slightly filtered so there may be pulp left in the glass or bottle.

Haedus Rose Glass 105 kr  
Ch. Ferry Lacombe, Provence Bottle 375 kr  
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Elegant and fresh, tones of red berries, citrus, mineral and herbs

Chianti Colli Senesi, Glass 105 kr  
Bindi Sergardi Bottle 375 kr  
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Elegant and intensive, notes of cherries, violet and herbs

Versante, Glass 105 kr  
Vallone Bottle 375 kr  
/////////  
Fresh and fruity, notes of raspberries, cherries and roses

Barbera d'Alba, Glass 110 kr  
Franco Mollino Bottle 395 kr  
/////////  
Complex and spicy, notes of cherries, blackberry and chocolate

Fumin Ottin Glass 135 kr  
Bottle 450 kr  
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Dark and smokey, notes of berries, chark and spices





COLD  
DISHES,  
SALADS  
冷物・サラダ

The food is served the Japanese way, as soon as it is done or when it is suited the best. We recommend 3-4 warm or cold dishes for one adult.

茄子とオクラのお浸し

Broth Marinated Grilled  
Aubergine and okra

[v] 70 kr



昔ながらのポテトサラダ

Japanese "Old School" Potato Salad

[v] 70 kr



漬け鮮魚の山葵アボカドクリーム和え(漬けマグロ・漬け鮭)

Marinated Tuna or Salmon  
with Wasabi Avocado Cream

95 kr



角切りマグロのゆず酢味噌添え

Tuna Cubes With Yuzu Vinegar Miso

115 kr



刺身アボカド・サラダ

Sashimi & Avocado Salad

115 kr



牛しゃぶしゃぶ・水菜サラダ、胡麻ドレッシング

Entrecôte Shabu-shabu Salad  
with Mizuna Salad, Sesame Dressing  
and Crunchy Radish

125 kr







COLD  
DISHES,  
SALADS  
冷物・サラダ

The food is served the Japanese way, as soon as it is done or when it is suited the best. We recommend 3-4 warm or cold dishes for one adult.

**マグロまたはサーモンのタルタル**

Tuna or Salmon Tartare with  
Avocado and Wasabi Bits 125 kr



**和牛ユッケ うずら生玉添え**

Specially raised "Wa-gyu"- Beef Tartare  
with Spicy Miso and Quail Egg 125 kr



**スパイダー天ぷら**

Spider Tempura – Soft Shell crab Tempura  
with Shiso, Sesame dressing 125 kr



**ハマチのカルパッチョ**

Yellowtail Carpaccio 130 kr





WARM  
DISHES  
温物

The food is served the Japanese way, as soon as it is done or when it is suited the best. We recommend 3-4 warm or cold dishes for one adult.

炙りリブアイ肉握り

Seared Entrecôte Nigiri Sushi 55 kr

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手作り海老シュウマイ

House Made Shrimp "Shuumai" Dumplings 80 kr

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茄子にんにく田楽

Grilled Aubergine with Garlic Miso [V] 90 kr

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チキン竜田揚げ

Marinated Fried Chicken Bits,  
Japanese Style 115 kr

チキン竜田揚げ 付けダレ

Tatsuta tsuke-dare 15 kr ea.

Two different dip-sauces for your chicken if you want one.

**Happiness** – grated radish with ponzu-sauce

**Red QP** – spicy Japanese garlic mayonnaise

**Plum tartar** – Japanese style tartar sauce, pickled plum flavor





WARM  
DISHES  
温物

The food is served the Japanese way, as soon as it is done or when it is suited the best. We recommend 3-4 warm or cold dishes for one adult.

**定番揚げだし豆腐、2種**

Classic Quickly Fried Tofu with Kelp Broth

- 明太子と鰹節添え  
with spicy cod roe and bonito flake 115 kr
- 大根おろしと練り梅 [v]  
with radish and pickled plum 115 kr



**リブステーキの焼き肉**

Entrecôte Yakiniku, Served on a Hot Pan 125 kr



**野菜煮付け、すきやき風**

Broth Simmered Assorted Vegetables,  
Sukiyaki Style [v] 125 kr



**豚の角煮、トリュフ風味炙り**

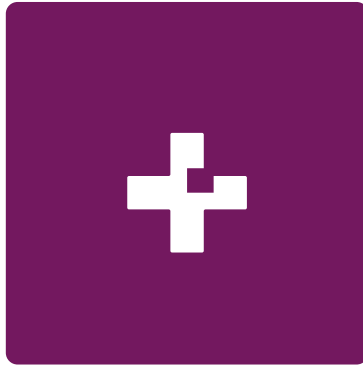
Long-Simmered Pork Belly,  
with Truffle Oil 125 kr



**銀だらの西京焼**

Miso Marinated Grilled Black Cod,  
Kyoto Style 125 kr





SIDE DISHES  
その他

**本わさび**

Real Wasabi 10 kr



**白米**

Koshihikari Rice [v] 25 kr



**自家製ガリ**

House Made Pickled Ginger and Vegetable [v] 30 kr



**枝豆**

Edamame - Salted Soy Bean [v] 45 kr





## SUSHI GEM 握り寿司

We call our nigiri-sushi for "gem" as we make them with extra care to make sure they will both look and taste fantastic. We create different versions by, for example, marinating the fish and using different garnishes to give the gem harmony.

Soy sauce is served with selected dishes.

All sushi gems come with real wasabi. Extra wasabi is available for 10 kr.

### SUSHI GEM (1 pc)

**鮭** Shake 30 kr  
Norwegian salmon

**鰻** Unagi 30 kr  
Japanese eel, lightly grilled with a touch of parmesan

**鮪** Maguro 30 kr  
Tuna (Big eye tuna)

**はまち** Hamachi 35 kr  
Yellowtail

**鯖** Saba 35 kr  
Mackarel

**蟹** Kani 35 kr  
Snow crab

**黒鯛** Kurodai 35 kr  
Sea bream

**活ホタテ** Hotate 35 kr  
Fresh scallop

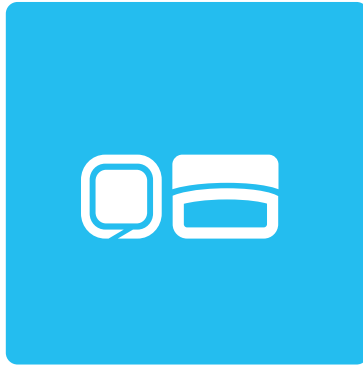
### VEGETARIAN SUSHI GEM (1 pc)

**稲荷** Inari 30 kr  
Fried tofu with sweet egg omelet and okra.

**茄子** Nasu 30 kr  
Grilled aubergine marinated in vegetable bouillon.

**中華わかめ**  
Chuuka Wakame 30 kr  
Sesame marinated wakame seaweed.

**トマト/モッツアレラ**  
Tomato/Mozzarella 35 kr  
Tomato with shiso, mozzarella and a balsamic vinegar dressing.



## MORIAWASE

### 盛り合わせ

All sushi rolls and sashimi come with real wasabi. Extra wasabi is available for 10 kr. Soy sauce is served with selected dishes.

### 盛り合わせ

Moriawase – Chef's Selections

#### 野菜握りセレクション

Vegetable Nigiri-Sushi Selection, 4 pcs **[v]** 90 kr

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#### 鮭の握り

Svensson Nigiri Selection,  
4 Kinds of Salmon Sushi 90 kr

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#### 炙り握り

Seared Nigiri Selection, 4 pcs 95 kr

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#### 空手キッド

Sushi for Karate Kid (For children under 11 years) 95 kr

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#### 握りセレクション・DX

Nigiri Selection Deluxe, 8 pcs 175 kr

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SUSHI MAKI,  
SASHIMI  
巻き寿司・刺身

Our maki rolls differ from the traditional ones but are genuinely Japanese in technique and philosophy.

All sushi rolls and sashimi come with real wasabi. Extra wasabi is available for 10 kr. Soy sauce is served with selected dishes.

## SUSHI-ROLLS

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### ボルケーノ・ロール

"Volcano"

5/10 pcs 75/145 kr

Spicy tuna roll with onion crunches

### タイ・キック

"Thai Kick"

5/10 pcs 75/145 kr

Seared salmon and scallop roll

### 色々な野菜太巻き、生姜味噌ドレッシング

[v]

"Vegetable Fat Mama Roll"

6 pcs 145 kr

### 神風・ロール

"Kamikaze"

170 kr

Shrimp tempura roll with BBQ eel

## SASHIMI

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### 刺身の盛り合わせ

Selection of Sashimi

135 kr





DESSERTS  
デザート

**アイスクリーム** Ice cream

Vanilla	45 kr
Green tea	60 kr
Black Sesame	60 kr

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**ソルベ** Sorbet

Raspberry	45 kr
Mango	45 kr
Ginger	60 kr
Yuzu	60 kr

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**抹茶ティラミス、生姜風味**

Matcha Green Tea Tiramisu with Sesame Crackers	80 kr
with ginger twist, served with sesame crackers	

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**大学芋**

Warm Sweet Potato	90 kr
with soy sauce caramel and vanilla ice cream	

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**枝豆タルト**

Edamame Bean Tart cake	90 kr
with citrusy orange marmalade	

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## BLUE LIGHT YOKOHAMA COOKING

The most important part of a Japanese recipe is the cooking method. These are the five main methods that we use at Blue Light Yokohama to draw out the goodness from the raw materials. Some of the methods take quite a while to master, but don't be afraid of trying it at home. If you set your mind to it, you can be a Master Fryer in only five years!

### Agemono – fried

The temperature and length of frying is adjusted to the ingredient and the batters. The most important thing is to keep the natural flavours of the ingredients. That's why the frying time is much shorter than in western style frying. We only use light vegetable oil.

### Mushimono – steamed

Steaming maintains more of the nutrients in the ingredients and brings out natural flavours like nothing else. We sometimes combine steaming with other cooking methods, to reduce fat before grilling for instance. You can steam practically anything, but we prefer to steam tender ingredients that need to taste as natural as possible.

### Namamono – raw, lightly seared and boiled

Naturally, food that is to be eaten raw needs to be as fresh as possible when served. We pride ourselves in keeping track on origins, distribution conditions and transport lengths of all ingredients served at our Izakaya and Bento Stations. That makes it easier for us to decide how to preserve the freshness until the food is served.

### Nimono – simmered

Simmering is just like the game Master Mind, it takes a minute to learn but a life time to master. The broth, dashi, is the single most important element in Japanese cooking, and when it comes to simmering, it is equally important as the quality of the ingredient you are about to cook. The main ingredients in a dashi is konbu or seaweed and katsuobushi, dried and smoked flakes of skipjack tuna. But the amount of knowledge required to create the perfect dashi is staggering. We at Blue Light Yokohama humbly believe that we have come a long way with our dashi and that you will be very pleased with it. But in about fifteen to twenty years it will be perfect. Maybe. The starting rules if you want to make your own dashi is never let it boil and a basic knowledge of in which order to add ingredients and flavours.

### Yakimono – grilled and pan fried

According to tradition, it takes only three years to be a master at yakimono. That's two years less than becoming a deep fry champion! We preserve the goodness and flavour on the inside and make the outside crisp and delicious by grilling in high heat over open fire for a short time. Sometimes a bit of burn mark is added for flavours and colour.

## THE FOOD WE SERVE IS CONVENIENT

The modern ways of living, working and socializing changes our demands and expectations on the food we eat. We eat alone or with friends. We eat on the go, in the open, at the office, or at home. Our goal at Blue Light Yokohama is to make healthy, tasty, convenient and flexible food that suits all these situations and demands.

## THE FOOD WE SERVE IS HONEST

We concentrate on bringing out the goodness that is already there, in the raw ingredients. We do not change it.

We look for the best ingredients we can find; fish, meat, fowl and produce. The ingredients are prepared for their purposes; Bento Station meals for take away or dinner and lunch at the izakaya.

## THE FOOD WE SERVE IS ALWAYS OF GOOD QUALITY, NO MATTER WHERE YOU EAT IT

We grill, steam, fry or simmer or serve the ingredient raw, as in sushi. Then you eat it at our izakaya, at home or at the office.

No matter where you are, our goal is that your food will be a true experience of the Japanese way to prepare, cook and serve food that is good for the body and soul. Please enjoy.

w: [www.bluelightyokohama.com](http://www.bluelightyokohama.com)

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