

いらっしやいませ！

Irashiaimase; Welcome To Blue Light Yokohama

You have now stepped into “Little Japan” Here we serve dishes in the traditional “居酒屋” Izakaya way. - A lot of small/medium size dishes, served as soon as they are made, with no particular order to share with everyone in the table!

In the Japanese spirit, we advise that you “シェア”(share)! Start with 3 dishes per person. All of our dishes are mid-small-sized. If you want more, you can do a “追加”(tsuika) and order again!

SHINKA 進化 EVOLUTION, TO STEP UP

For over 10 years, we have delighted Stockholm and created a wider and deeper understanding of authentic Japanese cooking, but there is still so much to show, cook and experience. We fight daily battles against misunderstandings and prejudices about Japanese cuisine. Like, what's the deal with pouring soy sauce on well-made dishes and completely ruining the flavor balance? And well-made sushi pieces swimming in soy sauce. And, why expect that a bowl of rice or miso soup will come with any dish? Just... please don't. These are customs that have been established in not-so-authentic Japanese restaurants over the years with no harm intended, but now it's time to eat Japanese food in a true Japanese way. I promise you, it will be worth it.

I'm proud to announce the next step in our quest to serve you the best possible Japanese food experience:

AUTHENTIC 伝統 (DENTOU)

We will present new exciting dishes for you, periodically, based on traditional Japanese cooking traditions and ingredients in season.

AS LOCAL AS CAN BE 地消地産 (CHISHOU CHISAN)

In Japan, each region has developed its own style and flavors depending on available foodstuffs and traditions enjoyed by the locals. B.L.Y is a Japanese Izakaya in Stockholm, so naturally we are constantly experimenting with Japanese cooking methods on locally grown ingredients for sustainable and super tasty dishes.

NO BULLSHIT 誠実 (SEIJITSU)

At B.L.Y we don't use prefabricated foodstuffs or second rate ingredients, Never have, never will.






TRUE IZAKAYA 本格 (HONKAKU)

An Izakaya is a place for great food and drinks where you and your friends relax and have a good time. We are proud to call ourselves the most authentic Izakaya in town and we will keep improving the atmosphere and feeling to make you feel as comfortable as possible.


Enjoy!



Tom Ishidori, Executive chef and founder of Blue Light Yokohama

-  Incl. Gluten
-  Vegetarian friendly
-  Vegan friendly
-  Incl. Egg
-  Incl. Lactose

ÄR DU ALLERGISK ELLER ÖVERKÄNSLIG?
FRÅGA OSS OM VAD MATEN INNEHÅLLER!



Appetizer / Side Dish

EDAMAME 枝豆

Salted soy beans

45 kr

ENTRECÔTE YAKINIKU NIGIRI B.L.Y STYLE リブ肉の握り

Seared thinly sliced entrecote sushi, garlic oil and wasabi bits

1pc 75 kr

SHUMAI DUMPLINGS 2PC/3PC 手作り海老シューマイ

Made with only scandinavian havskräftor and edamame, steamed and served in light kelp broth

80/115 kr

NORWEGIAN SCALLOP FRIED CIGAR (2PC) ホタテの”葉巻”揚げ春巻き

Fried spring roll with fresh scallop, plum, shiso, and cheddar

135 kr

TRIO OF JAPANESE PICKLES 本日の香の物、3種

3 variations of Japanese pickles of the day

65 kr

Greens

DENGAU AUBERGINE ナスの田楽焼き

Grilled aubergine with saseme garlic miso

135 kr

VEGETABLE “KAKIAGE” TEMPURA 野菜のかき揚げ天ぷら

A ball of crispy fried mixed vegetable in a light tempura soup, infused with ginger

135 kr

ATSU-AGE TOFU IN SWEET CHILI SOUR JAPANESE MUSHROOM SOUP

厚揚げ豆腐、きのこ甘辛酢あんかけ

Fried tofu served in sweet, chilly, and sour thick kelp and mushroom soup

135 kr


AGEDASHI STYLE ZUCCHINI AND AVOCADO

ズッキーニとアボカドの揚げ出し、根菜チップス、とろろ昆布

Fried zucchini and avocado in light kelp-broth, roots-chips, and Tororo seaweed

145 kr

Fish / Shellfish


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- SASHIMI AVOCADO SALAD** 鮮魚とアボカドのサラダ 120 kr
Fresh sashimi bits and avocado with BLY's ginger miso dressing
- HAVSKRÄFTOR TENPURA, SALAD STYLE** 北欧産手長海老の天ぷら **G E** 165 kr
Tempura fried scandinavian havskräftor, with mizuna salad, radish and citrus soy sesame dressing
- SAIKYO GRILLED BLACK COD** 銀鱈西京焼き 145kr
Sake and sweet miso marinated, and grilled
- FRIED SCANDINAVIAN CALAMARI** 北欧産イカのフライ、シソと柚子皮まみれ 145 kr
Covered with shiso-leaves and yuzu skin
- NORTHERN EUROPEAN YELLOWTAIL SEARED-CARPACCIO** 135 kr
ヒラマサの炙り・カルパッチョ
Served with ponzu-gelé, koriander oil and truffle salt

Meat / Poultry

- BLY BEEF TARTAR "YUKKE"** B.L.Y スペシャルユッケ **E** 135 kr
Raw entrecôte tartar with kimchi miso and apple, sake marinated raw quail egg
- PORK BELLY - KAKUNI WITH TRUFFLE OIL** 豚の角煮 トリフオイル香り 145 kr
BLY's traditional long simmered pork belly enriched with truffle oil
- TATSUTA CHICKEN BITS WITH A DIP** 立田鶏から揚げソース添え **E** 145 kr
Traditionally marinated and fried chicken bits. With a choice of sauce :
• Traditional citrus soy
• Spicy mayo
• Sweet and sour with chili
- SIMMERED BEEF-TENDON** 牛すじ煮込み, わさび菜添え 120 kr
Long-simmered beef tendon in its own sweet miso broth, with fried root vegetables
- PORK DUMPLINGS IN TONKOTSU SOUP (3PC)** 豚シュウマイ、豚骨スープ **G E** 125 kr
Served in pork-bone based soup, a touch of black garlic oil
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Sushi / Sashimi



TODAY'S SELECTION B.L.Y GEM - 7PC 本日の握り寿司 7ピース Sushi nigiri selected by our chef. Well-crafted with gem-like looks	225 kr
SVENSSON GEMS 4PC サーモンの握り All salmon nigiri sushi but with different flavors	135 kr
SEARED "ABURI" GEMS 4PC 炙り寿司 Assorted seared nigiri sushi, BLY style	135 kr
SVENSSON ROLL 10PC サーモンロール Swedish favourite, roll with Norwegian salmon	195 kr
THAI KICK ROLL 10PC タイキックロール Roll with grilled salmon and scallop	195kr
KAMIKAZE ROLL VER.2 10PC 神風ロール   Roll with havskräftor tempura, spicy mayo	195 kr
ALL-VEGETABLE FAT ROLL 6PC 野菜太巻き  Selected vegetable roll	155 kr
ASSORTED SASHIMI 刺身の盛り合わせ Assorted sashimi 8 pc Assorted sashimi Deluxe 12 pc	145 kr 195 kr

Here at Blue Light Yokohama we would like to highlight ethical fishing in our oceans,
therefore we always try to use fishes marked with
MSC (marine stewardship council) or ASC (aquatic stewardship council) when possible!



Dessert

DAIGAKU IMO 大学イモ

Vanilla ice cream and sweet potato,
with caramelized soy sauce (Available lactose-free)

95 kr

GREEN TEA ICE CREAM

抹茶アイスクリーム

95 kr

BLACK SESAME ICE CREAM

黒胡麻アイスクリーム

95 kr

YUZU SORBET 柚子ソルベ

95 kr

NERIKIRI 練り切り

Japanese traditional bean paste
Served with traditional Maccha (from Fukuoka)
Produced by Hinata.eu

105 kr

RARE-BAKED CHEESECAKE

バスクチーズケーキ

Rare-baked Matcha cheesecake with yuzu sorbet.

95 kr



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