

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 地産地消 (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

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

G Incl. Gluten
E Incl. Egg

VG Vegan friendly
V Vegetarian friendly

L Incl. Lactose



Appetizer / Side Dish

EDAMAME 枝豆

Salted soy beans

50 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 80 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

90/130 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

140 kr

TRIO OF JAPANESE PICKLES 本日の香の物、3種

3 variations of Japanese pickles of the day

75 kr

Greens

DENGAU AUBERGINE ナスの田楽焼き

Grilled aubergine with saseme garlic miso

145 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

145 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

140 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



SASHIMI AVOCADO SALAD 鮮魚とアボカドのサラダ Fresh sashimi bits and avocado with BLY's ginger miso dressing	120 kr
HAVSKRÄFTOR TENPURA, SALAD STYLE 北欧産手長海老の天ぷら G E Tempura fried scandinavian havskräftor, with mizuna salad, radish and citrus soy sesame dressing	180 kr
SAIKYO GRILLED BLACK COD 銀鱈西京焼き Sake and sweet miso marinated, and grilled	160kr
FRIED SCANDINAVIAN CALAMARI 北欧産イカのフライ、シソと柚子皮まみれ Covered with shiso-leaves and yuzu skin	150 kr
NORTHERN EUROPEAN YELLOWTAIL SEARED-CARPACCIO ヒラマサの炙り・カルパッチョ Served with ponzu-gelé, koriander oil and truffle salt	145 kr

Meat / Poultry



BLY BEEF TARTAR "YUKKE" B.L.Y スペシャルユッケ E Raw entrecôte tartar with kimchi miso and apple, sake marinated raw quail egg	145 kr
PORK BELLY - KAKUNI WITH TRUFFLE OIL 豚の角煮 トリフオイル香り BLY's traditional long simmered pork belly enriched with truffle oil	155 kr
TATSUTA CHICKEN BITS WITH A DIP 立田鶏から揚げソース添え E Traditionally marinated and fried chicken bits. With a choice of sauce : <ul style="list-style-type: none">• Traditional citrus soy• Spicy mayo• Sweet and sour with chili	150 kr
SIMMERED BEEF-TENDON 牛すじ煮込み、わさび菜添え Long-simmered beef tendon in its own sweet miso broth, with fried root vegetables	135 kr
PORK DUMPLINGS IN TONKOTSU SOUP (3PC) 豚シュウマイ、豚骨スープ G E Served in pork-bone based soup, a touch of black garlic oil	145 kr

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

265 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

210 kr

THAI KICK ROLL 10PC タイキックロール
Roll with grilled salmon and scallop

210kr

KAMIKAZE ROLL VER.2 10PC 神風ロール  
Roll with havskräftor tempura, spicy mayo

225 kr

ALL-VEGETABLE FAT ROLL 6PC 野菜太巻き 
Selected vegetable roll

160 kr

ASSORTED SASHIMI 刺身の盛り合わせ
Assorted sashimi 8 pc
Assorted sashimi Deluxe 12 pc

160 kr

215 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)

110 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

110 kr

RARE-BAKED CHEESECAKE

バスクチーズケーキ

Rare-baked Matcha cheesecake with yuzu sorbet.

115 kr



@BLUELIGHTYOKOHAMASTHLM



@BLUELIGHTYOKOHAMA

How about genuine Japanese food for your coming events?

How about genuine Japanese food for your coming events?

Blue Light Yokohama, the best Japanese izakaya restaurant in STHLM, are ready to work with you for your next coming events, gatherings, parties, etc.

If you are interested, please send an email to catering@bluelightyokohama.com with

- Date and Time
- Budgets
- Preferences, if any
- Delivery (with a fee) or pick up

*All food can be decorated and served in our special wooden boxes if you wish.



It requires to be picked them up or delivered them back by the next day or a few days after the event. You will enjoy our genuine Japanese flavors anywhere, anytime with anyone!

Here are the examples of our menu for catering (Starting 550kr per person or more)



Sushi

- Assorted Nigiri Sushi (we will arrange depending on your order)
- Rolled Sushi
- Vegetarian Rolled Sushi

Cold dishes

- Thin sliced Entrecote salad with sesame dressing
- Sashimi and Avocado salad with ginger miso dressing
- Glass noodle salad with mixed seaweeds 
- Roasted duck breast with orange teriyaki sauce
- Edamame soybeans 

Warm dishes

- Chicken kara-age bits (Japanese style fried chicken)
- Grilled sweet miso marinade Salmon
- Tofu teriyaki 
- Grilled Aubergine with garlic miso sauce 

We are looking forward to serving you soon!