



いらっしやいませ!

Irashiaimase; Welcome  
To 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

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!



## 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

A BOWL OF PREMIUM RICE ご飯   
Served with no soy sauce

50 kr

## Greens

DENGAKU 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

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## 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

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

### ASSORTED SASHIMI 8PC

地元産 刺身 盛り合わせ

Only from Scandinavian/Northern Sea

165 kr

## Meat / Poultry

### BLY BEEF TARTAR "YUKKE" B.L.Y スペシャルユッケ

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

Traditionally marinated and fried chicken bits. With a choice of sauce :

- 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

Served in pork-bone based soup, a touch of black garlic oil

145 kr

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## 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

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@BLUELIGHTYOKOHAMA



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## 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