



いらっしやいませ!  
Irashaimase; 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




# Welcome to Blue Light Yokohama!

You have now stepped into “Little Japan”






Where we serve dishes in the traditional “居酒屋” (Izakaya) style—smaller to medium-sized dishes served as they’re prepared, in no particular order, meant to be enjoyed with everyone at your table!


In the Japanese spirit, we urge you to “シェア” (share)! We recommend starting with 3 dishes per person, but if you want more, you can do a “追加” (tsuika) and order as much as you like!

## Side Dish

- EDAMAME 枝豆**  50 kr  
Salted soy beans
- TRIO OF JAPANESE PICKLES** 本日の香の物、3種  80 kr  
3 variations of Japanese pickles of the day
- A BOWL OF PREMIUM RICE** ご飯  50 kr  
Served with no soy sauce

## Vegetarian

- DENGAKU AUBERGINE** ナスの田楽焼き  150 kr  
Fried and grilled aubergine with a sesame, garlic, and miso glaze
- KAKIAGE VEGETABLE TEMPURA** 野菜のかき揚げ天ぷら  150 kr  
Shredded, crispy fried seasonal vegetables served in a light tempura broth infused with ginger and sesame
- ATSU-AGE TOFU** 厚揚げ豆腐  150 kr  
Fried tofu with a slightly spicy, sweet and sour thickened kelp broth with Asian mushrooms
- TRADITIONAL TEMPURA STYLE AGE-DASHI TOFU**   150 kr  
昔ながら揚げ出し豆腐  
Fried tofu with tororo seaweed and seasonal vegetables

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# Seafood



<b>SASHIMI AVOCADO SALAD</b> 鮮魚とアボカドのサラダ Fresh sashimi with avocado, served with our own ginger and miso dressing	130 kr
<b>SHUMAI DUMPLINGS 2PC/3PC</b> 手作り海老シューマイ <b>G E</b> Filled with Scandinavian langoustine and edamame, served in a light kelp broth	90/130 kr
<b>NORWEGIAN SCALLOP FRIED CIGAR (2PC)</b> ホタテの”葉巻”揚げ春巻き <b>G E L</b> Fried spring rolls with fresh scallops, plum, shiso, and cheddar	140 kr
<b>LANGOUSTINE TENPURA SALAD</b> 北欧産手長海老の天ぷら Tempura fried Scandinavian langoustine with seasonal salad and daikon radish, served with a ponzu and chili-plum dressing	180 kr
<b>SAIKYO GRILLED BLACK COD</b> 銀鱈西京焼き Grilled black cod marinated in sake and sweetened miso	170kr
<b>SEASONAL FRIED FISH PLUM ANKAKE</b> 季節の地産鮮魚、柚子あんかけ Scandinavian fish with seasonal vegetables, served with a thickened, sweet and sour kelp broth infused with yuzu pepper	160kr
<b>NORTHERN SCANDINAVIAN YELLOWTAIL OR SALMON CARPACCIO</b> ヒラマサか鮭の炙り・カルパッチョ Served with ponzu-gelé, green pepper oil, and truffle oil	170 kr
<b>ASSORTED SASHIMI 8PC</b> 地元産 刺身 盛り合わせ Fresh sashimi from Scandinavia and the Northern Sea	180kr

# Meat / Poultry

<b>ENTRECÔTE YAKINIKU NIGIRI B.L.Y STYLE</b> リブ肉の握り Thinly sliced, seared entrecôte sushi with truffle oil and ponzu	80 kr
<b>B.L.Y “YUKKE” BEEF TARTAR</b> B.L.Y スペシャルユッケ <b>E</b> Raw entrecôte tartar with kimchi miso and apple, sake marinated raw quail egg	150 kr
<b>PORK BELLY - KAKUNI WITH TRUFFLE OIL</b> 豚の角煮 トリフオイル香り Our own long-simmered pork belly, served in its own sauce with a hint of truffle oil	160 kr
<b>TATSUTA-AGE FRIED CHICKEN</b> 立田鶏から揚げソース添え <b>E</b> Traditionally marinated and fried chicken. Choose your sauce: <ul style="list-style-type: none"><li>● Ponzu (Traditional citrus soy)</li><li>● Spicy mayo</li><li>● Sweet and Sour Chili</li></ul>	150 kr
<b>GYU SUJI, SIMMERED BEEF TENDON</b> 牛すじ煮込み、わさび菜添え Long-simmered beef sinew served in a sweeter miso broth with fried root vegetables	140 kr
<b>PORK DUMPLINGS IN TONKOTSU SOUP (3PC)</b> 豚シューマイ、豚骨スープ <b>G E</b> Served in a pork-bone based soup with a marinated egg and a touch of black garlic oil	145 kr

## 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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## SHINKA 進化 TO TAKE THE NEXT STEP

Since 2012, Blue Light Yokohama has been a staple in Stockholm's restaurant scene. We've always strived to spread and create a deeper love and understanding of authentic Japanese cooking, but there is still so much more to show, cook, and experience. We believe that Japanese cooking is often misrepresented in Sweden, and there's still a lot of prejudice and misunderstanding in the Swedish perception of Japanese Cuisine. As such, we urge you to enjoy our dishes as they were meant to be enjoyed if they were served in an Izakaya in Japan. Go easy on the soy sauce, enjoy miso in other ways than as an appetizer for sushi. Give dishes other than Sushi or Ramen a go! We promise you; you won't be disappointed. We're proud to say that we're always striving to take our next step in our quest to give you the absolute best experience of Japanese Cuisine.

## AUTHENTIC 伝統 (DENTOU)

Most of our menu is based on traditional Japanese dishes that are rarely seen outside Japan. We're happy to serve you exciting, authentic dishes made with fresh, seasonal ingredients, keeping the spirit of our Japanese roots.

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

Each culinary region in Japan has, over the years, developed its own unique style and flavour depending on the ingredients available and the traditions of the local population. Since Blue Light Yokohama is an Izakaya in Stockholm, we are naturally experimenting with Japanese cooking methods using locally grown ingredients for sustainability, as well as delicious dishes. For sustainable and super tasty dishes.

## NO BULLSHIT 誠実 (SEIJITSU)

At Blue Light Yokohama, we always strive to use the best components in our cooking without relying on prefabricated food or second-rate ingredients. And this will never change.

## TRUE IZAKAYA 本格 (HONKAKU)

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

*Enjoy!*



Tom Ishidori, Executive chef and founder of Blue Light Yokohama