



SEAFOOD FOR THOUGHT

WINTER — SPRING — SUMMER — FALL

eat_osea underthesea

109 S GLASSELL STREET, ORANGE, CA
EATOSEA.COM PHONE (714) 363 3309

DINNER

A NOTE FROM SARAH & CHEF GERMAN

It is our privilege to welcome you to O SEA, a seafood restaurant of time and place. We serve responsibly-sourced seafood complemented by the seasonality and diversity of Southern California cooking. Wines? Let us help you select something fun, something different. Beers? All thoughtfully selected from our local Orange County brewers.

We can't wait to serve you.

smaller things

TO SHARE — OR NOT

GRILLED AVOCADO
with **PICKLED ONIONS 9.95**
spicy thai vinaigrette, crema,
pepitas — grilled rustic bread

BURRATA CHEESE with
APPLE CHUTNEY 15.95
V curry oil, garlic chips
— grilled rustic bread

WILD TAHITIAN ALBACORE
TUNA POKE 15.95
DF blood orange aji amarillo dressing,
jicama, cucumber — taro chips

FARMED ATLANTIC
SALMON CEVICHE 15.95
DF coconut leche de tigre, avocado,
chili oil — taro chips

CRISPY CALAMARI 19.95
togarashi-fried— white miso
tartar sauce, oaxacan chili oil

WILD MEXICAN WHITE SHRIMP
AGUACHILE 'NEGRO' 15.95
DF squid ink, sunomono pickles,
radish, fresno chili — taro chips

WILD MARYLAND JUMBO
LUMP CRAB CAKE 19.95
spicy mayo, thai slaw, garlic chips

HAND ROLL with ALBACORE
TUNA or CRISPY SALMON SKIN
'CHICHARRON' ea 9.95
DF nori rice, sunomono pickles,
spicy mayo, avocado, furikake
— citrus ponzu

WILD SPANISH OCTOPUS
'A LA PLANCHA' 19.95
walnut pesto, crispy potatoes,
goat cheese

SPICY WILD TAHITIAN
ALBACORE TUNA
on **CRISPY RICE 19.95**
DF avocado, green onion,
sweet soy, jalapeño, furikake

O SEA 'CHOWDAH'
cup **8.95** | bowl **14.95**
GF new england style —
with bacon, lemongrass & ginger

finger foods

STEAMED PEI MUSSELS in
THAI GREEN CURRY 21.95
MAKE 'EM SPICY +1.95
MAKE 'EM MOULES-FRITES +4.95
DF coconut milk, ginger, kaffir lime
— grilled rustic bread

CRISPY OAXACAN
HOT SHRIMP 24.95
guajillo & arbol chili oil,
charred scallion aioli
— classic fries or garden salad

WILD WASHINGTON
COD FISH & CHIPS 24.95
DF white miso tartar sauce
— classic fries

DAD'S CHEESEBURGER 16.95
MAKE IT A DOUBLE +2.95
american cheese, remoulade,
pickles — classic fries

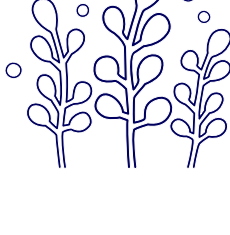
mains

DAILY CIOPPINO 38.95
DF fresh fish, manila clams,
PEI mussels & mexican white shrimp in
spicy tomato broth
— grilled rustic bread

WILD ALASKAN BLACK COD 48.95
GF red garnet yam puree, charred
broccolini, sweet & spicy fish sauce
caramel, crispy bacon

GRILLED SKIRT STEAK
'BULGOGI' 39.95
DF bok choy, shimeji mushrooms,
sweet soy, tempura'd shishitos

SEARED WILD JAPANESE
HOKKAIDO SCALLOPS 39.95
GF roasted heirloom tomatoes,
herbed yogurt, pomegranate
gastrique, dukka



sides

BREAD & BUTTER 4.95

NORI RICE &
BLACK BEANS 4.95

CLASSIC FRIES 6.95

SIDE SALAD 6.95

entree salads

ADD A MARKET PROTEIN +14.95

GARDEN SALAD 14.95
DF GF preserved lemon vinaigrette,
tomato, cucumber, radish, avocado,
carrots, pickled onions

GREEN GODDESS SALAD 16.95
GF baby kale, bacon, crispy corn nuts,
avocado, cucumber, tomato,
goat cheese

TIJUANA CAESAR 16.95
kale & baby romaine, tortilla crisps,
pepitas, cotija cheese, anchovy, tajin

ROASTED SQUASH
& APPLE GREENS 16.95
GF romaine & mixed greens,
cider dressing, roasted butternut squash
& honeycrisp apple, goat cheese,
walnuts, pepitas

7oz MARKET PROTEINS

WILD MEXICAN WHITE SHRIMP
WILD TAHITIAN ALBACORE TUNA
FARMED ATLANTIC SALMON
WILD WASHINGTON COD
WILD ECUADORIAN WHITE SEABASS

WILD MEXICAN SWORDFISH
WILD MEXICAN YELLOWTAIL

GRILLED CHICKEN BREAST

SEARED TOFU

entree plates

LEAN & MEAN PLATE 24.95

CHOOSE A MARKET PROTEIN

DF GF nori rice, garden salad,
grilled lemon

SUPER TUSCAN PLATE 29.95

CHOOSE A MARKET PROTEIN

DF braised tuscan kale, romesco'd
potatoes, charred scallion aioli

ROASTED BUTTERNUT SQUASH &
GARBANZO TAJINE 29.95

CHOOSE A MARKET PROTEIN

DF GF lemon tahini, dukka, cilantro

TWO GRILLED FISH TACOS

with **RICE & BLACK BEANS 19.95**

CHOOSE A MARKET PROTEIN

pico de gallo, pickled onions,
cabbage, spicy mayo, in a mejorado
corn or flour tortilla

O SEA BURRITO 19.95

CHOOSE A MARKET PROTEIN

nori rice, black beans, pico de
gallo, cabbage, spicy mayo, avocado
salsa, in a mejorado flour tortilla

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CLASSIC FRIES or GARDEN SALAD

DF GF **GRILLED FISH 17.95**

LIL BURRITO 14.95

JR CHEESEBURGER 13.95

GRILLED CHEESE 12.95

sweets

THAI MILK TEA BLONDIE SUNDAE 9.95

'greater than the sum of its parts' —

vanilla ice cream, thai tea caramel, sea salt

CHOCOLATE BREAD PUDDING 11.95

chocolate chipotle ganache, salsa seca

streusel, housemade cinnamon whipped cream

RICE PUDDING with
ROASTED HONEYCRISP APPLE 9.95

streusel & sea salt



beverages

NON-ALCOHOLIC

LEMONADE 3.95

ICED TEA 3.95

DAILY AGUA FRESCA 3.95

TOPO CHICO bottle 3.95

MEXICAN COKE bottle 4.95

DIET COKE bottle 3.95

SPRITE bottle 3.95

FRENCH-PRESSED COFFEE OR TEA

THE LOST BEAN COFFEE 5.95

regular or decaf

STEVEN SMITH TEAMAKER 5.95

British Brunch Tea, Jasmine Silver Tip

Green Tea, Meadow Herbal Tea

ESPRESSO

ESPRESSO SHOT 3.95

AMERICANO hot or iced 4.95

LATTE hot or iced 4.95

CAPPUCCINO 4.95

CONSUMING RAW OR UNDERCOOKED
MEATS, POULTRY, SEAFOOD, SHELLFISH,
OR EGGS MAY INCREASE YOUR RISK OF
FOOD BORNE ILLNESS

WE CARE FOR THE COMFORT AND SAFETY OF OUR GUESTS WITH DIETARY
RESTRICTIONS & PREFERENCES. PLEASE INQUIRE WITH YOUR SERVER REGARDING ANY
SPECIAL CONSIDERATIONS IN THE PREPARATION OF YOUR LUNCH OR DINNER.