



SEAFOOD FOR THOUGHT

WINTER — SPRING — SUMMER — FALL



eat_osea



underthesea

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

LUNCH

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
APRICOT MOSTARDA 15.95

Ⓥ saba syrup, basil, fennel pollen
— grilled rustic bread

WILD TAHITIAN ALBACORE
TUNA POKE 15.95

Ⓞ hibiscus vinaigrette, pickled
habanero, pineapple salsa

— taro chips

FARMED ATLANTIC

SALMON CEVICHE 15.95

Ⓞ 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

Ⓞ 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

Ⓞ nori rice, sunomono pickles,
spicy mayo, avocado, furikake

— citrus ponzu

WILD SPANISH OCTOPUS

'A LA PLANCHA' 19.95

Ⓞ guajillo sauce, curtido slaw,
cotija cheese, grilled lime

SPICY WILD TAHITIAN

ALBACORE TUNA

on CRISPY RICE 19.95

Ⓞ avocado, green onion,
sweet soy, jalapeño, furikake

O SEA 'CHOWDAH'

cup 8.95 | bowl 14.95

Ⓞ new england style —
with bacon, lemongrass & ginger

entree salads

ADD A MARKET PROTEIN +14.95

GARDEN SALAD 14.95

Ⓞ Ⓞ preserved lemon vinaigrette,
tomato, cucumber, radish, avocado,
carrots, pickled onions

GREEN GODDESS SALAD 16.95

Ⓞ 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

SUMMER STONEFRUIT
& ARUGULA SALAD 16.95

Ⓞ honey mustard dressing,
summer pluots, cucumber,
shallots, goat cheese, toasted walnuts

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

Ⓞ Ⓞ nori rice, garden salad,
grilled lemon

SUPER TUSCAN PLATE 29.95

CHOOSE A MARKET PROTEIN

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

ROASTED BUTTERNUT SQUASH &
GARBANZO TAJINE 29.95

CHOOSE A MARKET PROTEIN

Ⓞ Ⓞ 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

finger foods

STEAMED PEI MUSSELS in

THAI GREEN CURRY 21.95

MAKE 'EM SPICY +1.95

MAKE 'EM MOULES-FRITES +4.95

Ⓞ 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

Ⓞ white miso tartar sauce
— classic fries

DAD'S CHEESEBURGER 16.95

MAKE IT A DOUBLE +2.95

american cheese, remoulade,
pickles — classic fries

WILD TAHITIAN ALBACORE

TUNA POKE BOWL 19.95

Ⓞ nori rice, hibiscus vinaigrette,
pickled habanero, pineapple salsa
— seaweed salad

& pickled mushrooms

DAILY CIOPPINO 38.95

Ⓞ fresh fish, manila clams,
PEI mussels & mexican white shrimp
in spicy tomato broth

— grilled rustic bread

NEW ENGLAND(ISH)

LOBSTER ROLL 34.95

maine lobster — tossed with melted
butter, served with charred scallion
aioli — classic fries

CLASSIC CRISPY

FISH SANDO 19.95

wild washington cod, american
cheese, tartar sauce, bread & butter
pickles — classic fries

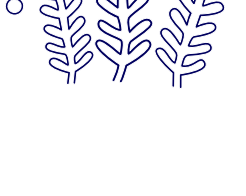
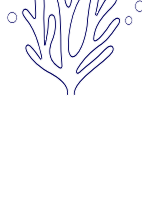
sides

BREAD & BUTTER 4.95

NORI RICE & BLACK BEANS 4.95

CLASSIC FRIES 6.95

SIDE SALAD 6.95



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CLASSIC FRIES or GARDEN SALAD

Ⓞ Ⓞ 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
SUMMER PLUOTS 9.95

Ⓞ mint syrup, candied walnuts, 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.