



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
APRICOT MOSTARDA 15.95
V saba syrup, basil, fennel pollen
— grilled rustic bread

WILD TAHITIAN ALBACORE
TUNA POKE 15.95
DF hibiscus vinaigrette, pickled
habanero, pineapple salsa
— 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
GF guajillo sauce, curtido slaw,
cotija cheese, grilled lime

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

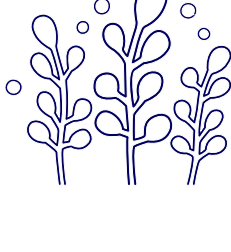
NEW ENGLAND(ISH)
LOBSTER ROLL 34.95
maine lobster — tossed with melted
butter, served with charred scallion
aioli — classic fries

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, tain

SUMMER STONEFRUIT
& ARUGULA SALAD 16.95
GF honey mustard dressing,
summer apricots, 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
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

niños

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
SUMMER APRICOTS 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.