



SEAFOOD FOR THOUGHT

WINTER — SPRING — SUMMER — FALL

@ eat_osea f underthesea

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

LUNCH

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 PACIFIC YELLOWFIN TUNA POKE 15.95

df blood orange aji amarillo dressing, jicama, cucumber — taro chips

FARMED BRITISH COLUMBIAN 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 BROWN 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 YELLOWFIN TUNA or CRISPY SALMON SKIN

'CHICHARRON' ea 9.95

df nori rice, sunomono pickles, spicy mayo, furikake

— citrus ponzu

WILD SPANISH OCTOPUS 'A LA PLANCHA' 19.95

walnut pesto, crispy potatoes, goat cheese

SPICY WILD PACIFIC YELLOWFIN TUNA

on CRISPY RICE 19.95

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

O SEA 'CHOWDAH' cup 8.95 | bowl 14.95

df new england style — with bacon, lemongrass & ginger

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 BROWN SHRIMP

WILD PACIFIC YELLOWFIN TUNA

FARMED BRITISH COLUMBIAN SALMON

WILD ALASKAN COD

WILD MEXICAN 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

finger foods

STEAMED TOTTEN INLET MUSSELS in

THAI GREEN CURRY 21.95

MAKE 'EM MOULES +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 ALASKAN

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

WILD PACIFIC YELLOWFIN TUNA POKE BOWL 19.95

df gf nori rice, blood orange aji amarillo dressing, jicama, cucumber

— seaweed salad

DAILY CIOPPINO 38.95

df fresh fish, manila clams, ttorren inlet mussels & mexican brown shrimp in spicy tomato broth

— grilled rustic bread

CLASSIC CRISPY FISH SANDO 19.95

wild alaskan 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

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.