



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,
pepitass — grilled rustic bread

BURRATA CHEESE with
APPLE CHUTNEY 15.95

Ⓛ curry oil, garlic chips
— grilled rustic bread

WILD TAHITIAN ALBACORE
TUNA POKE 15.95

Ⓛ blood orange aji amarillo dressing,
jicama, cucumber — 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

walnut pesto, crispy potatoes,
goat cheese

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,
pepitass, cotija cheese, anchovy, tajin

ROASTED SQUASH
& APPLE GREENS 16.95

Ⓛ romaine & mixed greens,
cider dressing, roasted butternut squash
& honeycrisp apple, goat cheese,
walnuts, pepitass

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 TARTAR 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, blood orange aji

amarillo dressing, jicama, cucumber

— seaweed salad

DAILY CIOPPINO 38.95

Ⓛ fresh fish, manila clams,

PEI mussels & mexican white shrimp

in spicy tomato broth

— grilled rustic bread

CLASSIC CRISPY

FISH SANDO 19.95

wild washington cod, american

cheese, tartar sauce, bread & butter

pickles — classic fries

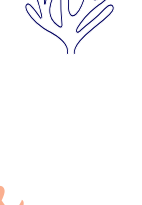
sides

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
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.