



SEAFOOD FOR THOUGHT

WINTER — SPRING — SUMMER — FALL

[eat_osea](https://www.eatosea.com) [undertheosea](https://www.undertheosea.com)

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

LUNCH

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	
✓ 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 AGUACHE '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
FARMED ATLANTIC SALMON
WILD WASHINGTON COD
WILD ECUADORIAN WHITE SEABASS

TIJUANA CAESAR 16.95

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

ROASTED SQUASH & APPLE GREENS 16.95

✓ 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

TIJUANA CAESAR 16.95
✓ nori rice, tortilla crisps, cotija cheese, anchovy, tajin
ROASTED SQUASH & APPLE GREENS 16.95
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