

OCEANO BEGINNINGS

New England Seafood Chowder

with Peekytoe crab and smoked tomato butter 10

Maryland Lump Crab Cakes

Shiitakes, green apple and arugula with lemon grass chile aioli 12

Pan Roasted Freshwater Prawns

Provençal saffron-vegetable relish, shellfish butter and garlic aioli 13

Grilled Seasonal Vegetables

with balsamic-brie dipping sauce 9

Blackened Big Eye Tuna

rolls of Ahi tuna filled with radish, shiitake mushrooms, pickled ginger and scallions with spicy mustard emulsion 13

Hamachi Avocado Ceviche

sashimi grade Hamachi shaved thin with Meyer lemon vinaigrette, avocado, peas and micro sprouts 11

Umami Kobe Sliders

Kobe beef mini burgers, Vermont cheddar, and Oceano's bread and butter pickles on brioche rolls 12

Bistro Mussels

white wine, shallot, and tomato/roasted garlic mariniere with bruschetta 12

Amber Glazed Salmon Flatbread

with caper cream cheese and aged parmesan, wild greens, and fennel 9

Fritto Misto

crispy rock shrimp, calamari and seasonal vegetables with lemon aioli 9



Blue Point Oysters

half dozen on the half shell, iced and served with lemon, horseradish cocktail sauce and cucumber mignonette 12



individual Blue Points 2.50



Chef Selected Oysters

half dozen on the half shell, iced and served with lemon, horseradish cocktail sauce and cucumber mignonette 13



individual Chef Selected 3.00

GARDEN GREENS

Bistro Market Salad

spring lettuce mix, potato straws, tomatoes, red onion and gorgonzola cheese tossed in balsamic vinaigrette 5

Caesar Salad

romaine hearts, pimentos, fried capers, and garlic croutons tossed in a creamy parmesan dressing 5

Spinach and Grilled Salmon Salad

with pommes frites, spiced walnuts, blue cheese, and roasted golden beets tossed in a blood orange vinaigrette 14

Coconut Prawn Salad


with wild greens, tomato, avocado, red onion and hearts of palm tossed in a spicy honey mustard dressing 15



Red Chile Rock Shrimp Chop Salad


arborio fried rock shrimp with hard cooked egg, tomato, cucumber, red onion, croutons, prosciutto bits, avocado, walnuts, and mozzarella and fontina cheese, tossed in a creamy tarragon dressing 14

OCEANO'S

 **Atlantic Salmon**
grilled and topped with shaved apple-fennel salad and a bacon, potato, arugula cake with grain mustard cider jus 26



 **Sauteed Warm Water Sea Bass**
herb crusted, over zucchini and eggplant "ratatoulli" risotto with an oven dried smoked tomato butter 26

 **Spiced South Pacific Big Eye Tuna**
 golden beets, schezuan long beans, red chile oil and sliced brie 25

 **Grilled Jumbo Sea Scallops**
 one half pound of George's Bank harvest, dry packed scallops with white truffle beurre fondue 24

Pan Seared Missouri Rainbow Trout
dusted with aborio rice flour and lemon almondine butter 18

 **Lobster Risotto**
with melted leek, roasted garlic and parmesan cheese 19

 **Steamed Shellfish Soffrito**
lemon, tomato, and roasted garlic with steamed prawns,
 mussels and a jumbo scallop over risotto galette 24


Jumbo Prawn or Chicken Linguini Pasta
your choice of sauteed jumbo prawns or chicken breast in a roasted garlic, tomato basil broth tossed with baby spinach and linguini 18


Braised Haddock



saffron reduction, little neck clams, celery, yukon potatoes, onion and sauteed tomato 25

(A member of the Cod family, like its relative, along with Plaice, is one of the most common fish used in British cuisine)

FROM THE LAND

 **Pan Roasted Half Chicken**
with piquante peppers, scallions, white truffle roasted garlic potato puree and sherry citrus jus 20

 **Apple Cider Pork Chop**
16 ounce grilled pork chop with a gorgonzola cheese, turnip, brussel sprout gratin and smoked tomato butter 21

 **Grilled Choice Beef Tenderloin**
 8 ounce grass fed beef tenderloin, roasted garlic potato puree and local organic mushroom and prosciutto saute 32

OCEANO A LA CARTE

Grilled Portobello Mushrooms 7

Roasted Garlic Potato Puree 5

Sauteed Spinach and Maple Bacon 6

Grilled Seasonal Vegetables 5


Bacon, Arugula and Potato Cake 5

Sauteed Green Beans 5


Zucchini and Eggplant Risotto 5

Grilled Schezuan Long Beans 6

OCEANO FISHNOTES

 Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of a food borne illness, especially if you have certain medical conditions

 Indicates items that are heart-healthy

 Items that are prepared without the use of gluten