

# Appetizers

<b>Alaskan King Crab Legs</b> <i>1 1/4lb steamed Alaskan King Crab legs, hot drawn butter</i>	Market Price
<b>Shrimp Cocktail</b> <i>Jumbo Gulf Shrimp, spicy cocktail sauce</i>	14
<b>Garlic Butter Jumbo Prawns &amp; Scallops</b> <i>Garlic butter, parmesan cheese</i> <i>For two</i>	15 30
<b>Pan-Fried Pacific Oysters</b> <i>Lightly breaded, olive oil, lemon over California greens</i>	12
<b>Smoked Salmon Canapes</b>	12
<b>Fresh Seasonal Oysters on the Half Shell</b> <i>Spicy cocktail sauce and lemon</i>	14
<b>Oysters Rockefeller</b> <i>Spinach, hollandaise sauce, melted romano cheese</i>	16
<b>Gulf Coast Crab Cakes</b> <i>Homemade dijon mustard tartar sauce over California greens</i>	12
<b>Tender Fried Calamari</b> <i>Tzatziki sauce &amp; lemon</i>	11
<b>Steamed Mussels</b> <i>Steamed in a leek &amp; saffron white wine sauce</i>	12
<b>Mussels Saganaki</b> <i>Marinara sauce, white wine &amp; feta cheese sauce</i>	16
<b>Marinated Octopus</b> <i>Marinated BC octopus, olive oil, lemon, herbs</i>	14
<b>Hot Appetizer Platter to Share</b> <i>Pan fried oysters, garlic butter prawns &amp; scallops, calamari and gulf coast crab cakes</i>	48
<b>Cold Appetizer Platter to Share</b> <i>Chilled Jumbo Prawns, Crab Claws, Marinated Octopus, Smoked Salmon Canapes and Fresh Oysters on the Half Shell</i>	48
<b>Baby Back Ribs</b> <i>Tender baby back ribs dressed with coarse salt, lemon, oregano and olive oil</i>	22

# Soup and Salads

<b>New England Clam Chowder</b> <i>Cream based, baby clams and vegetables</i> 7.5	<b>Manhattan Seafood Chowder</b> <i>Tomato based, haddock, cod, halibut, scallops and shrimp</i> 7.5
<b>Mediterranean Calamari Salad</b> <i>Mixed greens, Kalamata Olives and Feta</i> 10	<b>Oceana Seafood Salad</b> <i>Mixed greens, baby shrimp, prawns, crab claws</i> 12
<b>Authentic Greek Salad</b> 10 to share 20	<b>Caesar Salad</b> 8 to share 16
<b>Tossed Field Greens</b> 8	

# Main

<b>Chilean Sea Bass Filet</b> <i>Baked in a parmesan crust</i>	37
<b>Arctic Char</b> <i>From Nunavut - grilled, olive oil, lemon and oregano</i>	29
<b>Orange Roughy Filet</b> <i>From New Zealand - grilled, parmesan crust, lemon pepper &amp; lemon rind</i>	28
<b>Pan Roasted Atlantic Salmon Filet</b> <i>Prepared to your liking with a honey bourbon finish or mango ginger sauce</i>	28
<b>Manitoba Pickerel</b> <i>From Manitoba's lakes pan-fried, lemon &amp; herbs</i>	27
<b>Pan Fried Pacific Oysters</b> <i>Lightly breaded, olive oil, herbs &amp; lemon</i>	25
<b>Cajun Pan Seared Fresh Nova Scotia Sea Scallops</b> <i>Jumbo sea scallops prepared with mild cajun sauce</i>	30
<b>Charbroiled Alaskan Halibut Filet</b> <i>Drizzled with olive oil, lemon, oregano</i>	29
<b>Basa Filet</b> <i>From the South Pacific - pan fried with sweet chili pepper glaze</i>	23
<b>Shrimp Saganaki</b> <i>Marinara, feta cheese and ouzo infused</i>	31
<b>Grilled Seafood Brochette</b> <i>Scallops, shrimp and today's market selection of fresh fish, brushed with olive oil and herbs</i>	27
<b>Pan Fried Jumbo Shrimp</b> <i>Garlic butter, herbs &amp; lemon</i>	29

## **The Tailer**

12 -14 oz Lobster tail broiled to perfection  
served with hot drawn butter  
Market Price

## **Alaskan King Crab**

One and a quarter pound of steamed Alaskan  
King Crab legs served with hot drawn butter  
Market Price

All of the above served with your choice of roast potatoes, garlic mash potatoes, rice, french fries and market fresh vegetables

## **Fruit De Mer**

*Jumbo prawns, Nova Scotia scallops, lobster, bernaise sauce, florentine rice and seasonal vegetables* 45

## **Seafood Bouillabaisse**

*Halibut, shrimp, scallops, crab and mussels, saffron wine sauce* 26

# Steaks - Shellfish - Combinations

Served with your choice of Roast Potatoes, Garlic Mash Potatoes, Rice or French Fries and Market Fresh Vegetables

OCEANA PROUDLY SERVES AAA STERLING SILVER ALBERTA BEEF

Filet Mignon	
8 oz	38
12 oz	45



New York Strip	
10 oz	38
14 oz	45

8 oz Filet Mignon or 10 oz New York	<i>with 7 oz lobster tail with 3/4 pound of Alaskan King Crab legs</i>	70 65
8 oz Filet Mignon	<i>with jumbo garlic prawns topped with bernaise sauce with jumbo Nova Scotia scallops topped with bernaise sauce</i>	46 46
10 oz New York	<i>with jumbo garlic prawns with jumbo Nova Scotia scallops</i>	46 46
Chicken Breast	<i>with jumbo garlic prawns topped with bernaise sauce with jumbo Nova Scotia scallops topped with bernaise sauce</i>	32 32
Rack of Lamb with a Madeira-Peppercorn Reduction	<i>served over garlic mash potatoes and fresh market vegetables</i>	35

## Fish & Chips

Alaskan Halibut Fish and Chip	<i>2 piece</i>	20
Fishermans Platter	<i>Lightly battered &amp; deep fried- Halibut, Shrimp, Scallops, Calamari</i>	24

## Pasta

Seafood Linguini	<i>Scallops, shrimp, mussels, olive oil &amp; garlic</i>	26
Seafood Marinara	<i>Scallops, shrimp, mussels, herb tomato sauce</i>	27
Mediterranean Pasta	<i>Kalamata olives, artichokes, garlic, peppers, feta, spinach, herb tomato sauce</i>	26
Salmon Linguini	<i>Fresh Atlantic salmon, spinach, in a rose sauce</i>	26

## On the Side

Charbroiled Asparagus Spears	8
Steamed Spinach	7
Mushrooms	8
Kalamata Olives	7
Sweet Potatoe Fries	7



oceana  
seafood, steakhouse & bar

## Ask Us.....

**We would love to host your next event. From corporate dinners,  
business lunches, Stampede round ups, birthdays, weddings,  
bar mitzvahs, baptisms and anniversaries.**

THIS IS NOT A FISH



It's our statement. A testimony of freshness and quality in every meal we prepare. We strive to provide the highest quality offerings to your table transformed by our chefs and inspired by the Mediterranean. This is not a fish but everything that makes us different.