

Seastar Restaurant & Raw Bar

Grab, Heat-n-Eat Meal Menu

All orders need to be placed by 2:00 PM for pick up or delivery on the next day.

Place your order online anytime; please remember orders placed before 2:00 PM daily will be available by 12:00 PM the following day. Orders placed after 2:00 PM daily will not be available unto 12:00 PM two days later.

You can also place your orders by Phone

425.456.0010

From 12:00 PM – 8:00 PM daily.

Delivery is available there is a \$50 minimum purchase requirement for delivery.

Deliveries are available from 4:00 PM – 8:00 PM daily, the same 24 hour pre-order applies to all delivery orders.

These Grab, Heat-n-Eat Meals come refrigerated and are either meant to be served that way or to be re-heated in a microwave oven.

The Grab, Heat-n-Eat Meals have a variety of options to satisfy everyone.

These options include Low Carb (LC), Vegetarian (V), Gluten Free (GF) and Vegan (VG), Dairy Free (DF) Pescatorian (P) and Nut Free (NF).

Please see the designations on the menu descriptions.

They are offered in two sizes, The Taste and The Entrée.

* Some of Seastar's menu items are served raw or undercooked to preserve flavor and moisture. Raw or undercooked seafood's and meats, having never been frozen, may be hazardous to your health. Please notify your server if you would like them prepared differently.

11.30.2020

FROM THE LAND

Kale Salad, red onion, carrot, red cabbage, pumpkin, hemp & sunflower seeds,
whole grain mustard-cider-olive oil vinaigrette (LC, VG, GF, DF)
Taste.....\$5.50 Entrée.....\$8.50

Quinoa Greek Salad, tomato, cucumber, red onion, bell peppers, Kalamata olive,
red wine-oregano vinaigrette (LC, VG, GF, DF, NF)
Taste.....\$6.50 Entrée.....\$9.50

Charred Broccoli, olive oil, lemon, citrus aioli, toasted pistachios (LC, V, GF)
Taste.....\$6.00 Entrée.....\$9.00

Zucchini Linguine, artichoke, Roma tomato, Kalamata olives, sweet basil,
shallots, garlic, red chili flakes (LC, VG, GF, DF)
Taste.....\$7.50 Entrée.....\$10.50

Cauliflower Rice Stir Fry, garlic, ginger, sesame, Tamari, snow peas, bell peppers,
snow peas, celery, scallions (LC, VG, GF, DF, NF)
Taste.....\$8.00 Entrée.....\$11.00

Grilled Eggplant Parmigiano, EVOO, Italian Herbs Marinara Sauce, house made
Ricotta, fresh mozzarella (LC, V, GF, NF)
Taste.....\$7.75 Entrée.....\$10.75

Roasted Pork Chile Verde, Southwestern Spiced Black Beans, Cotija Cheese
(LC, GF, NF)
Taste.....\$7.75 Entrée.....\$10.75

Chicken Tikka Masala, Indian spiced seared chicken breast, fresh zucchini ribbons,
Tikka Masala sauce. (LC, GF, NF)
Taste.....\$7.75 Entrée.....\$10.75

Chicken Piccata, Seasoned seared chicken breast, capers, artichoke hearts, lemon,
mashed cauliflower (LC, GF, NF)
Taste.....\$8.50 Entrée.....\$11.50

Sirloin Cap Steak, Seasoned, fire-grilled medium rare, sliced, roasted vegetables,
and mushrooms, Maître d' sauce (LC, GF, NF)
Taste.....\$9.00 Entrée.....\$12.50

Beef Tenderloin Bourguignon, Red wine, carrots, onion, garlic, fresh herbs,
tomato, Cremini mushrooms, veal stock
(LC, GF, NF)
Taste.....\$9.25 Entrée.....\$12.50

FROM THE SEA

Silver Salmon, seasoned, seared, roasted vegetables, lemon (LC, GF, DF, NF, P)
Taste.....\$8.50 Entrée.....\$12.00

Ancho-Chile Steelhead, Southwestern roasted corn mashed potatoes,
BBQ Aioli Sauce. (GF, NF, P)
Taste.....\$9.00 Entrée.....\$12.50

Parmigiano Crusted Sole, Yukon Gold mashed potatoes,
haricot verts Almandine, and butter sauce. (P)
Taste.....\$ 9.00 Entrée.....\$12.50

WEEKLY SPECIALS

Mushroom Steak, fire-grilled sirloin cap steak, four grain pilaf,
mushroom sauce, (NF)
Taste.....\$9.00 Entrée.....\$12.50

Curried Cauliflower, butter, cream, smoked tomato relish, spices, salt & pepper.
(LC, V, GF, NF)
Taste.....\$7.50 Entrée.....\$10.50

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