

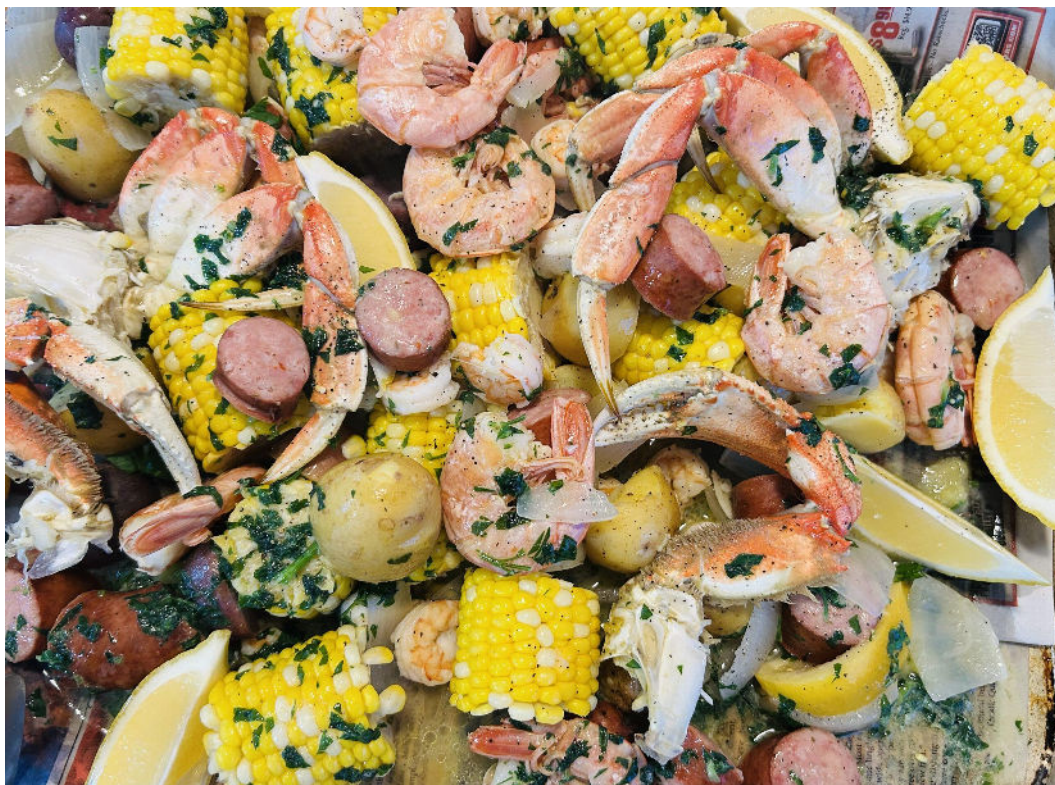
A Foodie's Guide to the Oregon Coast: Taste the Adventure!

Get Ready to Eat Your Way Along the Coast!

Hey food lovers! Are you ready for a tasty trip along the beautiful Oregon Coast? This guide is for you if you think eating great food is just as important as seeing amazing sights. The Oregon Coast has so many yummy things to try. From fresh seafood caught just hours ago to food made with local farm goods, you'll find something for every taste. Get ready to explore new flavors, find special foods for each season, and learn how to eat well without spending too much money.

What's Cooking? Foods for Every Season!

The Oregon Coast is like a treasure chest of fresh, local foods. Seafood is the star here! Let's see what's fresh and ready to eat all year long:



Enjoying a delicious seafood boil on the Oregon Coast.

Winter Wonders (December - February)



Fresh Dungeness Crab, a winter delight.

- **Dungeness Crab:** This is a super special treat in Oregon. The main season for catching these tasty crabs usually starts in December and goes until August. You'll find them cooked whole, in yummy crab cakes, or in creamy chowders. It's a must-try!
- **Rockfish & Lingcod:** These white, flaky fish are caught all year. They are great for fish and chips, tacos, or cooked in a pan. Perfect for a warm meal on a chilly day.

Spring Delights (March - May)



Delicious Oregon Pink Shrimp, a spring delicacy.

- **Pink Shrimp:** These small, sweet shrimp are a spring favorite. You can usually find them from April to October. They are perfect in salads, shrimp cocktails, or just steamed with a squeeze of lemon.
- **Oysters & Clams:** You can enjoy these shellfish all year. They come from different bays along the coast. Try raw oysters, steamed clams with garlic butter, or a big bowl of clam chowder.

Summer Harvest (June - August)



Freshly caught Albacore Tuna, a summer delight.

- **Albacore Tuna:** From June to October, there's lots of albacore tuna. Look for fresh tuna steaks, cooked just right, or in tasty tuna melts. It's a light and fresh choice for summer.
- **Salmon (Chinook & Coho):** Oregon's waters have different kinds of salmon. Chinook salmon is often ready from spring to fall. Coho salmon usually comes in late summer and fall. Enjoy it grilled, baked, or smoked. It's a classic coastal meal.

Fall Flavors (September - November)



Salmon fishing on the Oregon Coast, a fall tradition.

- **Salmon (Coho & Chinook):** The salmon season continues strong into the fall, offering more chances to enjoy this local favorite.
- **Dungeness Crab:** Still available and delicious, especially as the season winds down.

Beyond seafood, the Oregon Coast also has great farms. They offer fresh fruits, berries, and special local products. Many restaurants use these in their dishes, making everything taste even better.

Eat Smart: Save Money While Eating Great!

Eating your way along the Oregon Coast doesn't have to cost a lot. Here are some smart ways to enjoy delicious food without emptying your wallet:



Enjoying fresh seafood without breaking the bank.

- **Happy Hour is Your Friend:** Many restaurants have awesome happy hour deals. You can get smaller plates of popular foods and drinks for less money. It's a super way to try different local tastes.
- **Pack Your Own Lunch:** The coast has amazing views. Why not pack your own lunch and enjoy it outside? Grab fresh bread, local cheese, and fruits from a market. Then, have a picnic on the beach or at a beautiful viewpoint.
- **Lunch Deals are Cheaper:** Lunch menus are often less expensive than dinner menus. You can get similar dishes for a lower price. It's a great trick for saving money.
- **Try Food Trucks and Casual Spots:** The Oregon Coast has more and more food trucks. There are also many relaxed, family-friendly restaurants. They offer tasty and cheap meals. Don't miss them!
- **Share Your Food:** Portions at many coast restaurants can be big. Think about sharing a main dish, especially if you've already had appetizers. This saves money and lets you try more things.

- **Buy Fresh from the Source:** If you can cook where you're staying, visit local fish markets. Buy fresh seafood right from the boats. It's often cheaper and you know it's super fresh.
- **Bring Your Own Drinks:** Some restaurants let you bring your own wine (they might charge a small fee). This can save you money on drinks. Always check first!

Top Spots to Eat: Our Favorite Restaurants (50+ and Counting!)

Here's a hand-picked list of over 50 restaurants along the Oregon Coast. They show off all the different kinds of food you can find. We've included fancy places, casual spots, and local favorites. Quick tip: Always check if they are open and if you need to book a table, especially for popular places. Times can change!

Oregon Coast Fresh Seafood Restaurant

A delicious spread of fresh Oregon Coast seafood.

North Coast Bites (Astoria to Tillamook)



A glimpse of the culinary scene in Astoria.

Astoria:

- **Bridgewater Bistro:** A lovely spot with river views. They use fresh, local food to make fancy dishes. Great for a special night out.

- **Buoy Beer Company:** A popular brewery with tasty food and great views of the Columbia River. Perfect for a relaxed meal and a good beer.
- **Silver Salmon Grille:** If you love fresh seafood and classic American food, this is the place. It's a local favorite.
- **Fort George Brewery + Public House:** A must-visit for beer lovers! They have lots of different beers and a fun menu. It's always lively here.
- **South Bay Wild Fish House:** Locals love this place for super fresh seafood, especially their fish and chips. Simple and delicious.
- **Coffee Girl:** Find this cute spot on Pier 39. They have great coffee, yummy quiche, and fresh baked goods. Perfect for a quick bite.
- **Bowpicker Fish & Chips:** A truly unique experience! They serve fish and chips from an old fishing boat. It's a fun and tasty stop.
- **Albatross:** This restaurant focuses on farm-to-table food, meaning they use fresh, local stuff. It's a great place for a nice meal and a drink.
- **Rogue Pier 39 Public House:** Enjoy pub food and Rogue Ales with views of the bay. A good spot to relax and watch the water.
- **Mo's Restaurant (Astoria):** A classic Oregon Coast restaurant, famous for its creamy clam chowder. You'll find these all along the coast.

Cannon Beach:



A taste of Cannon Beach's culinary offerings.

- **Wayfarer Restaurant & Lounge:** Eat right by the ocean with views of Haystack Rock. They serve fresh Northwest coastal dishes. It's a beautiful setting.
- **Lazy Susan Cafe:** A popular spot for breakfast and lunch. They give you big portions and have friendly service. You'll leave full and happy.

- **Castaways:** This place has a wide menu with lots of fresh seafood. It's a relaxed place to enjoy a good meal.
- **Driftwood Restaurant & Lounge:** An old, classic spot that serves American food and seafood. It has a cozy, historic feel.
- **Public Coast Brewing Co.:** A craft brewery that's great for families. They have good beer and tasty pub food that's a step above the rest.
- **Ecola Seafoods Restaurant & Market:** This is both a fresh seafood market and a restaurant. It's perfect for getting fresh fish or a quick fish and chips.
- **The Bistro:** A small, cozy, and romantic place. They use local ingredients to make refined dishes. Great for a quiet dinner.
- **Anna's Table:** They focus on using high-quality, local ingredients to make fresh and delicious food. A real treat for your taste buds.

Seaside:



A delicious meal from Seaside, Oregon.

- **Osprey Cafe:** People love this place for breakfast and lunch. They use fresh, local ingredients to make their food extra special.
- **Nonni's Italian Bistro:** If you're craving real Italian food, this is the spot. It's a cozy place with a warm feeling.
- **Dooger's Seafood & Grill:** This is a very old and loved restaurant in Seaside. They are known for their seafood and famous clam chowder.
- **Bell Buoy/Buoy's Best Fish House:** A fresh seafood market where you can also grab a casual meal. Super fresh and tasty.
- **Dundee's Bar & Grill:** A fun place for American comfort food. It has a lively bar scene, great for a casual night out.
- **Los Tacos Locos:** If you want real Mexican tacos and burritos, this place comes highly recommended. Quick and delicious.

Tillamook:



Delicious dairy products from Tillamook.

- **Alice's Country House:** A charming restaurant that feels like home. They serve homestyle cooking with a friendly smile.
- **Jandy Oyster Company:** If you love oysters, you must visit here! They have super fresh oysters and other seafood.
- **Pacific Restaurant:** A local favorite for American food and seafood dishes. It's a reliable spot for a good meal.
- **Werner Beef & Brew:** They offer many different beef dishes and local beers. A good place if you're looking for something hearty.
- **Old Oregon Smokehouse:** Known for their delicious smoked seafood and meats. The flavors are rich and unique.
- **The Fish Peddler at Pacific Oyster:** This is a fresh seafood market where you can also get a casual meal. Perfect for a quick, fresh bite.
- **Garibaldi Portside Bistro:** Located in nearby Garibaldi, this spot offers smoked meats, barbecue, and seafood with pretty bay views. A nice drive for a good meal.

Central Coast Delights (Pacific City to Florence)

Pacific City:



Delicious food from Pacific City, Oregon.

- **Pelican Brewing - Pacific City:** This is a famous brewery right on the beach. They have great food and amazing views of Cape Kiwanda. A perfect place to relax.
- **The Grateful Bread Bakery & Restaurant:** A popular spot for breakfast and lunch. They have delicious baked goods and big, filling meals. You'll love their fresh bread.
- **Meridian Restaurant & Bar:** This is a fancy place to eat at the Headlands Coastal Lodge & Spa. They make new and exciting Northwest coastal dishes. Great for a special dinner.
- **The Riverhouse Nestucca:** Enjoy a nice meal with views of the river. It's a refined place for a quiet dinner.
- **Beach Walk:** This restaurant mixes Asian and American flavors. It's a unique and tasty experience.

Lincoln City:



A delicious meal from Lincoln City, Oregon.

- **Kyllo's Seafood Grill:** Eat right by the ocean with fresh seafood and stunning views. It's a beautiful place for a meal.
- **Fathoms Restaurant & Bar:** Found at the top of the Inn at Spanish Head. It has wide-open ocean views and fresh seafood. The views are as good as the food!
- **The Wildflower Grill:** A popular spot for breakfast and lunch. They are known for using fresh ingredients to make their dishes sing.
- **Otis Cafe:** Famous for its German potatoes, homemade bread, and delicious pies. It's a cozy, old-fashioned place that feels like home.
- **Bay House:** A fancy dining spot with ocean views. They are known for their new and exciting food. A great choice for a special occasion.

Depoe Bay:



A culinary delight from Depoe Bay, Oregon.

- **Tidal Raves:** People love this place for its fresh seafood and ocean views. It's a very popular spot for dinner, so book ahead!
- **Gracie's Sea Hag:** This is an old, well-known restaurant. They are famous for their seafood and lively atmosphere. It's a fun place to be.
- **Restaurant Beck:** A special place for a unique and fancy meal. They focus on using wild foods and local ingredients. It's an adventure for your taste buds.
- **The Horn Public House & Brewery:** Enjoy craft beer and fresh seafood with ocean views. A good place to relax and enjoy the scenery.

Newport:



A delicious dish from Newport, Oregon.

- **Local Ocean Seafoods:** You must visit here for super fresh, local seafood. They care about getting their fish in a good way. It's a true taste of the coast.
- **Georgie's Restaurant:** Eat by the ocean with amazing views. They serve fresh seafood and classic American dishes. A beautiful place for any meal.
- **Clearwater Restaurant:** They offer fresh seafood and American food with views of the bay and sea lions. You might even see some seals while you eat!
- **Chowder Bowl at Nye Beach:** A classic spot for the best clam chowder and other seafood favorites. It's a cozy, friendly place.
- **Rogue Ales Bayfront Public House:** A craft brewery with many different foods and views of Yaquina Bay. A great place to try local beers and good food.

Yachats:



A taste of Yachats, Oregon.

- **The Drift Inn Restaurant & Hotel:** A popular spot for breakfast, lunch, and dinner. They often have live music, making it a fun place to hang out.
- **Luna Sea Fish House:** Known for its fresh seafood, fish and chips, and yummy clam chowder. Simple, fresh, and delicious.
- **Ona Restaurant & Lounge:** They offer fresh seafood from the area and special homemade dishes. It's a nice place for a good meal.
- **Beach Street Kitchen:** This place focuses on simple, tasty meals made from scratch with local ingredients. Fresh and wholesome.

Florence:



A culinary scene from Florence, Oregon.

- **Waterfront Depot Restaurant:** A fancy place to eat in Historic Old Town. It has great views of the Siuslaw River. Perfect for a special dinner.
- **Novelli's Crab & Seafood:** Known for its super fresh crab and other seafood dishes. If you love crab, this is your spot!
- **Homegrown Public House & Brewery:** They have craft beers and use local ingredients for their food. It's a relaxed and friendly place.

South Coast Savor (Florence to Brookings)

Bandon:



A culinary experience from Bandon, Oregon.

- **Lord Bennett's:** A top coastal restaurant famous for its fresh seafood and ocean views. It's a beautiful place for a memorable meal.
- **Alloro Wine Bar & Restaurant:** A fancy Italian-inspired place with a great list of wines. Perfect for a sophisticated dinner.
- **Tony's Crab Shack:** A real Oregon Coast eating experience! They have super fresh crab and seafood. Casual and delicious.

Port Orford:



Fresh seafood from Port Orford, Oregon.

- **The Crazy Norwegian's Fish & Chips:** People love this place for its amazing fish and chips. It's a must-try for a classic coastal meal.
- **Redfish:** High-quality coastal food with a focus on local and good-for-the-earth ingredients. A great choice for a nice dinner.

Gold Beach:



A taste of Gold Beach, Oregon.

- **Spinner's Seafood Steak & Chop House:** Known for its seafood, steaks, and views of the river. A good place for a hearty meal.
- **Barnacle Bistro:** A local favorite for creative dishes made with fresh ingredients. They always have something new and tasty.

Brookings:



A delicious meal from Brookings, Oregon.

- **Black Trumpet Bistro:** They serve fancy new American dishes with an Italian touch. It's a great place for a special meal.
- **Zola's on the Water:** Known for their wood-fired pizzas and fresh seafood. A good spot for a casual and delicious dinner.

Your Delicious Oregon Coast Journey Ends Here (For Now!)

The Oregon Coast is a food paradise! It has so many amazing tastes and places to eat. From simple seafood shacks to fancy restaurants, there's something for everyone. We hope this Foodie's Guide makes you want to go on your own yummy adventure along this beautiful coast.

Your Next Delicious Adventure Awaits!

For more travel tips, detailed trip plans, and awesome pictures of the Oregon Coast, check out our blog:

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