

OREGON COAST JOURNEY · FREE GUIDE

The Oregon Coast Foodies' Guide

Dungeness crab, chowder, cheese, oysters & taffy — how to eat the coast well.

What to order in each town, how to buy and crack fresh crab, the sweet stops, and a few insider picks that make the trip delicious.

YOURS FREE

Melinda · Oregon Coast Journey

Your Oregon Coast & Cruise Guide

oregoncoastjourney.com

START HERE

Eat the coast well

Fresh seafood, famous cheese, and small-town treats — here's the delicious map.

The Oregon Coast is a genuinely great food trip: Dungeness crab pulled that morning, creamy clam chowder, Tillamook cheese and ice cream, sweet local oysters, and saltwater taffy pulled in shop windows. This guide points you to what to order where — and how to do the crab thing like a local.

HOW TO USE THIS GUIDE

Use it town by town, or just follow your appetite. The golden rule on the coast: **eat where the locals line up.**

What's inside

01 The coast's greatest hits

02 Fresh crab — buy it, crack it, love it

03 Sweet stops & town picks

04 Ready to eat — and a cruise idea

SECTION 01

The coast's greatest hits

Order these at least once.

- **Dungeness crab** — sweet, meaty, and iconic; whole, in a roll, or in mac and cheese.
- **Clam chowder** — the coast's comfort food; every town has a champion.
- **Fish 'n' chips** — fresh rockfish or halibut, best from a busy dockside shack.
- **Tillamook cheese & ice cream** — the factory visit is a coast rite of passage.
- **Oysters** — briny and local, especially around the bays; raw, grilled, or fried.
- **Marionberry pie & pastries** — Oregon's signature berry, at its best on the coast.

EAT WHERE THE LOCALS ARE

On the coast, the unglamorous places with a line out the door almost always beat the fancy ones with an empty patio. Trust the crowd.

Fresh crab, the local way

It's easier and cheaper than you think.

Buy it

Look for seafood markets on the bays and docks (Newport, Garibaldi, Charleston). Crab is sold live or cooked; ask for it **cleaned and cracked** if you don't want to do it yourself. In-season Dungeness is a bargain compared to a restaurant.

Crack it

All you really need is a mallet or cracker and a pick. Twist off the legs, crack each segment, and pull the meat; the body has sweet pockets too. It's messy, hands-on fun — spread newspaper and dig in.

Catch your own

Crabbing off a public dock is a beloved coast pastime. You'll want a [crab ring or trap](#) (or rent one dockside) and a cheap shellfish license from a local shop. Bays like Newport and Nehalem are classic spots.

SECTION 03

Sweet stops & town picks

Save room — and know where to stop.

SWEET TOOTH

The classics

Saltwater taffy (Seaside & Lincoln City), Tillamook ice cream, marionberry pie, and small-batch chocolate and fudge shops up and down 101.

BY TOWN

Where to graze

Astoria for craft food & brews, Newport's Bayfront for docks-to-plate seafood, Bandon for cheese and chowder, Cannon Beach for upscale bites.

A few smart habits

- Ask about the **catch of the day** — it's freshest and often the best value.
- Bring a [soft cooler](#) if you're buying crab or fish to cook at your rental — keep it cold on the drive.
- Cash helps at small dock stands and taffy counters.

Ready to eat your way down the coast?

A few easy next steps — and how I can help.

DREAMING OF A CRUISE, TOO?

The best seafood buffet floats

If you love coast seafood, a cruise takes it up a notch — fresh catch, endless dining, and a new port every day. I book cruises for free, same as coast trips.

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