

Shareable + Starters

FRESH OYSTERS **GF**

daily selection, mignonette, horseradish sauce 6 for 21 / 12 for 42

BAJA SHRIMP COCKTAIL **GF**

cocktail sauce, marie rose sauce, lemon wedges 6 for 24 / 12 for 48

LOCAL BLUEFIN TUNA TARTARE **GF**

pickled celery, macadamia, shiso, chamoy strawberries, green melon aguachile, taro chips 24

THE SEAFARER'S TOWER **GF**

six fresh oysters, six shrimp cocktail, rockfish ceviche, tuna tartare 72

BAKED CRAB TOAST

blue crab, thick-cut brioche, dashi cream cheese, shaved green onions, smoked trout roe, lemon 23

SALSA MACHA GUACAMOLE **VEG**

cotija cheese, spicy salsa macha, pico de gallo, grilled corn, cilantro, tortilla chips 15

SWEET CORN COCONUT SOUP

blue crab fritter, lime leaf powder 17

ROASTED LOCAL BEETS **VEG | GF**

stracciatella cheese, pepita pesto, grapefruit segments, petite cress, pistachio dukkah 16

HOUSE GREEN CHORIZO MEATBALLS **GF**

four wrapped in applewood-smoked bacon and medjool dates, sweet peppadew-tomato sauce 18

CALIFORNIA CHEESE + CHARCUTERIE

collection of assorted artisanal california cheeses, local salami, seasonal jam and mustard, crackers 26

VERMILION ROCKFISH CEVICHE **GF**

avocado, fresno chile, cucumber, quicos, red onion, passion fruit-serrano sauce, tostadas, grilled lime 21



Vermilion Rockfish is one of the most sought-after rockfish found right off the coast of San Diego, including from the well-known "9-Mile" bank. There, at depths ranging from 400ft to over 4000ft, they can grow up to 30" long.

Salads

WARM GOAT CHEESE SALAD **VEG**

caña de cabra crostinis, local honey, candied walnuts, butter lettuce, red oak, frisée, green beans, red radish, dijon-walnut vinaigrette 19

VISTAL CAESAR SALAD

romaine hearts, shaved black kale, garlic breadcrumbs, parmigiano-reggiano, white anchovies, grilled lemon, house dressing 17

SALADS ADD-ONS: avocado 3, grilled chicken 7, baja shrimp 12

Sea

SOCAL TUNA BOWL **GF**

seared local bluefin tuna, coconut-matcha jade rice, avocado, radish, spicy cucumber & pea salad, yuzu tobiko aioli 36

BAJA CIOPPINO

local rockfish, shrimp, mussels, clams, fennel, hominy, guajillo seafood broth, grilled bread 38

U12 DIVER SCALLOPS

parisian gnocchi, baker's bacon lardons, snap peas, morel mushrooms, vadouvan sauce, pea tendrils 39



LOCAL SHEEPHEAD ZARANDEADO **GF**

onions, fresno chile, roasted poblano polenta, charred avocado salad, zarandeado sauce, grilled lemon 38



California Sheephead is a kelp-dwelling fish along the California coast that starts out its life as a female, slowly turning into a male as it reaches maturity. They are commonly referred to as "poor man's lobster" by local fishermen.

Land

HALF JIDORI CHICKEN **GF**

lemon-roasted half chicken, caramelized fennel, goat cheese potatoes, hazelnut romesco, garden herbs, schmaltz vinaigrette 34

GRILLED 12oz KUROBUTA PORK CHOP **GF**

achiote rub, garlic yuca fries, pickled onions, grilled brassica, sweet & sour pineapple-mezcal sauce 42

GRILLED ASADO N.Y. STRIP STEAK **GF**

12oz, roasted tomatoes, grilled spring onion, chiles toreados butter 45

GRILLED ASADO BEEF TOMAHAWK STEAK **GF**

32oz, roasted tomatoes, grilled spring onion, chiles toreados butter 125

Sides

SAUTÉED SUGAR SNAP PEAS **VEG | GF**

goat milk fromage blanc, fennel pollen, local honey 12

PAPAS BRAVAS **VEG | GF**

baby potatoes, romesco sauce, roasted garlic crème fraîche, chives 12

GRILLED ASPARAGUS **VEG | GF**

calabrian chile, preserved lemon, parmigiano-reggiano 12

GARLIC YUCA FRIES **V**

pickled onions, cilantro, lime 12

Seven Cocktails for the Seven Seas

50 DEGREE MIGRATION AVIATION

gray whale gin, luxardo, blue lagoon aperitif, eureka lemon, egg white 17

BIRD ACROSS THE BAY

cutwater white rum, nixta licor de elote, cutwater bali hai dark rum float, sarsaparilla bitters, cherimoya, persian lime 19

BIG BAY OLD FASHIONED

pacific oak rye whiskey, angostura aromatic and orange bitters, demerara cane sugar, asin tibuok smoked sea salt 19

LIME IN THE COCONUT (serves 1-2 guests)

kuleana agricole hawaiian rum, organic lime cordial, cane sugar, persian lime, el guapo fuego bitters, fresh coconut water 29
just the coconut 22

LA JOLLA SEA LION

cynar, yellow chartreuse, eureka lemon, demerara sugar 17

SMOKE ON THE WATER

patrón single cask sherry aged añejo tequila, kahlúa especial, demerara sugar, espresso, cinnamon-licor 43 cream float, cherrywood smoke 45

THE SAND DOLLAR, STIRRED NOT SHAKEN

don julio 70th anniversary cristalino tequila, flamingo riviera mango chili liqueur, stirred mango syrup and lime crystals, orange bitters 27

V Vegan | **VEG** Vegetarian | **GF** Gluten-Free

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. For your convenience an 18% service charge will be applied for parties of 6 or more.

WARNING: Certain foods and beverages sold or served here can expose you to chemicals including acrylamide in many fried or baked foods and mercury in fish, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/restaurant.

WARNING: Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages may increase cancer risk, and during pregnancy, can cause birth defects. For more information go to www.P65Warnings.ca.gov/alcohol.

VISTAL

BAR + RESTAURANT

VISTAL'S SAN DIEGO SEAFOOD PURVEYORS



Smart Catch works with restaurants to recognize and promote responsible seafood sourcing. Our restaurant works with Smart Catch to assess and improve the sustainability of our seafood. We are committed to continually improving our seafood buying practices to support healthy oceans and coastal communities.



Established in San Diego, CA by the Heflin Family in 2009, Chula Seafood is a family owned + operated fishery that purveys high quality, fresh fish from local waters, helping preserve the rich fishing history of San Diego Bay. <https://www.chulaseafood.com/about>



Tommy Gomes, aka Tommy the Fishmonger®, hails from a long line of Portuguese tuna fishermen who settled in San Diego in 1892. He is one of San Diego's most beloved food personalities and an outspoken champion of local seafood, responsible fishing practices, and using every part of the fish. Saltwater runs deep in Gomes's veins. Local and sustainable seafood direct from local fishermen. <https://www.tunavillemarketandgrocery.com/about-us/>



Positively Groundfish tells the story of sustainable West Coast Groundfish to cultivate consumer appreciation and support the long-term economic success of our local fishing industry and communities

