



Weekly Specials



April 12th - April 18th

Swordfish \$17.95

Grilled Swordfish with Lemon, Mint and Basil

- 1/2 cup olive oil
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh basil leaves
- 1 garlic clove, minced
- Salt and freshly ground black pepper
- 4 (5 to 6-ounces each) swordfish steaks

1. Prepare the grill (medium-high heat). Whisk the oil, mint, lemon juice, basil, and garlic in a medium bowl to blend. Season the lemon and olive oil mixture with salt and pepper, to taste.
2. Brush the swordfish steaks with 2 tablespoons of the lemon and olive oil mixture. Grill the steaks until just cooked through, about 3 minutes per side (depending on thickness of steaks). Transfer the steaks to plates. Spoon the remaining sauce over and serve.

White Sea Bass \$17.95

Simple Oven-Baked Sea Bass

- 1 lb. sea bass (cleaned and scaled)
- 3 garlic cloves, minced or crushed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Italian seasoning or 1 tablespoon fresh parsley leaves
- 2 teaspoons fresh coarse ground black pepper
- 1 teaspoon salt
- 2 lemon wedges
- 1/3 cup white wine vinegar (optional) or 1/3 cup white wine (optional)

1. Preheat oven to 450F°.
2. In a cup, mix garlic, olive oil, salt, and black pepper.
3. Place fish in a shallow glass or ceramic baking dish.
4. Rub fish with oil mixture.
5. (Optional) Pour wine over fish.
6. Bake fish, uncovered, for 15 minutes; then sprinkle with parsley or Italian seasoning and continue to bake for 5 more minutes (or until the thickest part of the fish flakes easily).
7. Drizzle remaining pan juices over fish and garnish with lemon wedges.

Reminders

Tuesdays: \$2.00 off anything in the case
Curbside assistance and delivery options are available.

Orders delivered Monday - Saturday

Ventura & Oxnard \$50 minimum

Ojai & Camarillo \$100 minimum



2894 Bunsen Ave. Unit B

Ventura, CA 93003

www.oceanprideofventura.com

(805) 644-4310



Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM