



Weekly Specials



May 17th - May 23rd

Alaskan Halibut \$25.95

Quick & Easy Baked Halibut

- 2 (6 ounce) fresh halibut filets
- 4 tablespoons butter
- juice of 1 lemon
- 1 teaspoon sea salt
- 1 teaspoon herbs de provenance

1. Preheat oven to 400 degrees F.
2. In a small saucepan, melt the butter over medium heat. When the butter is melted, add the lemon juice, sea salt and herbs de provenance. Stir well and turn off heat when all the ingredients are combined.
3. Use a brush to grease the bottom of a baking dish with the butter mixture. Rinse the halibut filets and pat dry with a paper towel. Place the filets in the baking dish. Brush more of the butter mixture on the halibut filets, making sure that they are completely covered in butter.
4. Place the baking dish in the oven for 15 minutes. Halfway through, remove the dish and baste with the butter mixture. After 10 minutes, remove the dish from the oven and baste with the butter one more time. Serve hot.

Grouper \$20.95

Creole Cast Iron Grouper

- 1 lb. Grouper
- 3 tablespoons olive oil
- 4 cloves pressed garlic (or minced)
- 1 tablespoon Creole Seasoning
- 1-2 tablespoons finely grated Parmesan cheese

1. Preheat oven to 425 degrees. Place cast iron skillet in oven while preheating. (If you don't have a cast iron skillet, just use a roasting pan, but don't preheat the pan)
2. In a small bowl mix together oil, garlic, 2 -3 tablespoons of the seasoning, and Parmesan cheese. Brush the fish generously with mixture and place in hot skillet (be careful and don't forget to use an oven mitt!) Place skillet and fish back into oven. Cook for about 12-15 minutes, depending on thickness of fish, until fish is translucent and flaky.

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