



# Weekly Specials



## June 1st - June 6th

### Orange Roughy \$20.95

#### Garlic Butter Orange Roughy

- 1/2 pound orange roughy; cut into fillets
- 2 tablespoons butter
- 3 cloves garlic ; minced
- 1 tablespoon olive oil
- salt and pepper

1. Preheat oven to 375.
2. Rinse filets in water, pat dry with paper towels.
3. Set aside
4. Melt butter in a small saucepan.
5. Add garlic, olive oil, stirring until all is mixed together.
6. Spray a small square glass baking dish with cooking spray.
7. Sprinkle both sides of fish with salt and pepper, and lay fish filets in the dish.
8. Pour garlic butter mixture over everything.
9. Bake at 375 for 15-20 minutes, until fish flakes when you pick at it with a fork.

### Chilean Sea Bass \$32.95

#### Grilled Sea Bass

- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- lemon pepper to taste
- sea salt to taste
- 2 pounds sea bass
- 3 tablespoons butter
- 2 large cloves garlic, chopped
- 1 tablespoon chopped Italian flat leaf parsley
- 1 ½ tablespoons extra virgin olive oil

1. Preheat grill for high heat.
2. In a small bowl, stir together the garlic powder, onion powder, paprika, lemon pepper, and sea salt. Sprinkle seasonings onto the fish.
3. In a small saucepan over medium heat, melt the butter with the garlic and parsley. Remove from heat when the butter has melted, and set aside.
4. Lightly oil grill grate. Grill fish for 7 minutes, then turn and drizzle with butter. Continue cooking for 7 minutes, or until easily flaked with a fork. Drizzle with olive oil before serving.

#### 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](http://www.oceanprideofventura.com)

(805) 644-4310



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

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