



Weekly Specials



June 28th - July 4th

Orange Roughy \$19.95

Herbed Orange Roughy

- 2 tablespoons lemon juice
- 1 tablespoon butter, melted
- 1/2 teaspoon dried thyme
- 1/2 teaspoon grated lemon zest
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 4 orange roughy fillets (6 ounces each)

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1. In a small shallow bowl, combine the first seven ingredients; dip fillets on both sides in lemon mixture.
 2. Set your oven to broil and place fillets in a baking dish.
 3. Broil in the oven for 5-10 minutes or until fish flakes easily with a fork.

King Salmon \$24.95

Butter Salmon

- 4 tablespoons (1/2 stick) butter
- 4 tablespoons minced chervil, parsley, or dill
- 1 salmon fillet, 1 1/2 to 2 pounds
- Salt and freshly ground black pepper to taste
- Lemon wedges

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1. Preheat the oven to 475 degrees. Place the butter and half of the herb in a roasting pan just large enough to fit the salmon and place it in the oven. Heat about 5 minutes, until the butter melts and the herb begins to sizzle.
 2. Add the salmon to the pan. Roast 4 minutes. Remove from the oven, then peel the skin off. (If the skin does not lift right off, cook 2 minutes longer.) Sprinkle with salt and pepper and turn the fillet over. Sprinkle with salt and pepper again.
 3. Roast 3 to 5 minutes more. Cut into serving portions, spoon a little of the butter over each and garnish with the remaining herb. Serve 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



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

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