



Weekly Specials



July 12th - July 18th

Chilean Sea Bass \$32.95 Sauteed Chilean Sea Bass

- 1 cup all-purpose flour for dredging, seasoned with salt and pepper
- 1 1/2 to 2 pounds Chilean Sea Bass fillets
- 4 tablespoons butter/olive oil combination
- 1 cup dry white wine
- 1 tablespoon butter, softened
- 2 tablespoons drained capers

1. Preheat oven to 200 degrees F.
2. Place flour in a shallow bowl. Coat each fillet with seasoned flour and shake off excess. Heat a large nonstick skillet over medium heat for 3 to 4 minutes. Add butter/olive oil combination. Add the fillets, without crowding. Increase heat to high and saute until the bottom of the fish is nicely browned, about 3 minutes. Turn and brown the other side. Remove fish to a plate and keep warm in the oven.
3. Deglaze the pan with white wine. Cook, stirring over high heat until reduced by about one-third. Stir in remaining butter and drained capers.
4. Plate fish and drizzle sauce around each fillet.

Local Halibut \$19.95 Summer Ceviche

- 1.5 pounds halibut diced into 1/2-3/4 inch cubes
- 1 large tomato, diced
- 1/2 cup red onion, diced
- 1/2 cup cilantro, diced
- 1 - 2 Serrano peppers, finely minced
- 1 garlic clove, minced
- 1/2 cup lime juice, freshly squeezed
- 1/2 cup lemon juice, freshly squeezed
- 1 to 1 1/2 teaspoons sea salt
- 1 - 3 teaspoons Sriracha
- Avocado

1. Blot off the excess moisture from the halibut using paper towels, then place the halibut, tomato, red onion, cilantro, Serrano peppers, and garlic in a (non-reactive) glass 9x13" baking dish.
2. In a small mixing bowl, combine the lime juice, lemon juice, sea salt, and Sriracha; pour the mixture over the raw fish mixture. Mix until combined.
3. Cover, and place in the refrigerator. Allow the fish to marinate for 2-4 hours, until the ceviche is chilled and the halibut is opaque and "cooked" through.
4. Garnish with avocado and serve with tortilla chips.

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