



Weekly Specials



August 16th - August 22nd

Orange Roughy \$20.95

Citrus Orange Roughy

- 1/2 cup dry bread crumbs
- 3/4 teaspoon salt
- 1/2 cup orange juice
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon butter, melted
- 1 tablespoon olive oil
- 1/2 teaspoon lemon juice
- 4 orange roughy fillets (6 ounces each)

1. In a shallow bowl, combine bread crumbs and salt. In a separate shallow bowl, combine the orange juice, soy sauce, butter, oil, and lemon juice.
2. Dip the fillets into orange juice mixture, then coat with crumb mixture.
3. Place in a 13-in. x 9-in. baking dish coated with cooking spray. Bake, uncovered, at 450° for 15-18 minutes or until fish flakes easily with a fork.

Scottish Salmon \$22.95

Poached Salmon

- 1/2 cup dry white wine
- 1/2 cup water
- Several sprigs of fresh dill or sprinkle of dried dill
- 1 sprig of fresh parsley
- 1 shallot, thinly sliced
- Salt
- 1 to 1½ pounds salmon fillets, pin bones removed
- Freshly ground black pepper
- 2 to 3 slices fresh lemon, to serve

1. Put the wine, water, dill, parsley, and shallots or onions in a sauté pan. Bring to a simmer on medium heat.
2. Sprinkle the salmon fillets with a little salt. Place salmon fillets, skin-side down on the pan. Cover.
3. Cook 5 to 10 minutes, depending on the thickness of the fillet, or to the desired done-ness. Do not overcook.
4. Serve sprinkled with freshly ground black pepper and a slice or two of lemon.

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