



Weekly Specials



August 23rd - August 29th

New Zealand Sea Bass \$17.95

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 parsley
- 1 ½ tablespoons extra virgin olive oil

1. Preheat the 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 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.

Albacore \$14.95

Baked Tuna Steak

- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 cloves garlic minced
- ¼ teaspoon red pepper flakes
- 4 small tuna steaks
- ½ cup olive oil
- ¼ cup lemon juice
- 2 tablespoons teriyaki sauce

1. Preheat oven to 375 degrees F
2. Combine Salt, Pepper, Garlic, and pepper flakes together thoroughly and rub on both sides of tuna steaks.
3. Place 2 tablespoons of olive oil in a shallow baking dish and lay in tuna steaks
4. Combine the remaining 6 tablespoons olive oil, lemon juice, and teriyaki sauce and pour over fish. Bake for 30 minutes or until fish flakes easily with a fork. Baste with seasoned oil mixture 2 or 3 times during baking.

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

