



Weekly Specials



August 2nd - August 8th

New Zealand Gouper \$19.95

Super Grouper

- ½ cup butter, melted
- 2 tablespoons lemon juice
- ¼ teaspoon garlic salt
- ½ teaspoon dried parsley
- ⅛ teaspoon paprika
- ¼ teaspoon ground white pepper
- 2 pounds grouper fillets
- 2 tablespoons mayonnaise
- ⅛ teaspoon paprika

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1. Preheat oven to 350° F. Combine melted butter and lemon juice in a small bowl. Brush 2 tablespoons of this mixture on a piece of foil placed on the broiler pan.
 2. Mix together garlic salt, parsley, paprika, and white pepper. Sprinkle spice mixture on both sides of fillets.
 3. Bake fillets until meat flakes, about 10 minutes. Brush fillets again with lemon butter and spread with mayonnaise. Sprinkle with paprika before serving.

Wild Coho Salmon \$19.95

Grilled Coho Salmon

- 2 pounds Alaska coho salmon (deboned)
- 1 tablespoon fresh thyme
- 2 teaspoons fresh chives
- 1 lime (thinly sliced)
- ¼ teaspoon Himalayan pink salt
- 2 teaspoons avocado oil

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1. Preheat the grill to 375° F.
 2. Place the thawed coho salmon fillets on a plate. Coat with salt, herbs, and sliced limes.
 3. Drizzle avocado oil on top.
 4. Place the fillets onto a large piece of aluminum foil. Add in any vegetables you want to cook with the fish.
 5. Wrap the fish in the foil packets.
 6. Grill for 8 minutes until done. You will know the fish is done when it is firm to the touch. Cooking time may be a little longer if you use a thicker cut of salmon.
 7. Serve hot.

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